

# How to Make a Spiritual Communion

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Spiritual Communion is "an earnest desire to receive Communion in reality, by which desire we make all preparations and thanksgivings that we would make in case we really received the Holy Eucharist. Spiritual Communion is an act of devotion that must be pleasing to God and bring us blessings from Him.

"Baltimore Catechism, section 912

Just like when you receive Holy Communion, it is necessary to be in a state of grace, before you make a Spiritual Communion, so you grow in your heart a constant desire for the Blessed Sacrament.

1. If you are aware of serious or mortal sin, make an act of Perfect Contrition.
2. Imagine the words and actions of the Mass or watch online or on TV.
3. Make all those acts of faith, humility, sorrow, adoration, love and desire that you usually express before Holy Communion.
4. Desire, with earnest longing, to receive Our Lord present — Body, Blood, Soul and Divinity — in the Blessed Sacrament.
5. Say this prayer of St. Alphonsus Ligouri:  
"My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things, and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You are already there, I embrace You and unite myself wholly to You; do not let me ever be separated from You. Amen."
6. After moments of silent adoration make all those acts of faith, humility, love, thanksgiving and offering that you usually express through prayers after Holy Communion.