

A Prayer for Spiritual Communion from the *St. Augustine's Prayer Book*

St. Augustine's Prayer Book is a devotional book used by many High Church and Anglo-Catholic Episcopalians, produced by an Episcopal order of monks, the Order of the Holy Cross. There's a short liturgy in it for spiritual communion, which includes this prayer, called an "Act of Reception." When you are watching the Sunday morning celebration of Communion, pray it during the time when you would normally be coming to the altar rail to receive Communion.

Act of Reception

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, I long to offer praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive Communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

A Prayer for Spiritual Communion from St. Alphonsus Liguori

St. Alphonsus Liguori, a Roman Catholic bishop, theologian, author, and the founder of the Redemptorists (an order of Roman Catholic missionary priests and brothers), recommended this prayer for those who wish to receive Communion but cannot.

Act of Spiritual Communion

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 were already there, I embrace you and unite myself wholly to you; never permit me to be separated from you. Amen.