

What is a Spiritual Communion?

This is a long-standing practice of our Catholic faith.

St. Teresa of Jesus wrote: "When you do not receive Communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you." [*The Way of Perfection*, Ch. 35.]

A spiritual communion can be offered by anyone who desires a deeper union with Christ and is unable to attend Mass and receive the Eucharist. There are many reasons why one may not be able to receive holy Communion. It may be due to the fact that one is not Catholic; those who have been away from the Church for a long time and have not yet made a good confession; those who are living in a state of serious sin; and also for those who are sick or homebound. This form of prayer is most appropriate in the current situation when members of the faithful are unable to attend Mass.

What must I do to make a Spiritual Communion?

The key in making a spiritual communion is to express to the Lord our faith in His merciful love and his real presence in the Eucharist. Remember, you are making a spiritual communion because you are unable to receive the Eucharist at Mass. The following prayer service can be used to make a spiritual communion. Here are four easy steps to guide you:

1. Make an act of faith – Express to Jesus your faith in His real presence in the Eucharist.
2. Make an act of love – Offer a prayer of love and gratitude to the Lord.
3. Express your desire to receive Him – Because you are not able to physically receive Jesus, express to Him your desire to receive Him in your heart.
4. Invite Jesus to come into your heart – Ask Jesus to come to you as He would if we were able to receive the sacrament of holy Communion.

The following prayer service can be used to make a spiritual communion.

HOME PRAYER SERVICE



Where possible, light a candle to symbolize Christ, the light that has conquered the darkness.



Reflection

Reader: God promised to make all things new again. It's a constant promise made by God, from the lips of Isaiah to the triumphant cry of Christ risen from the dead: "Behold, I make all things new." The ability to make things new again, even better than the original creation, is a prerogative of God. God Himself is ever new — He never ages for He is eternal. Moreover, because He is infinite, we will never cease seeing new insights of his beauty and magnificence; for all eternity we will never be bored.

When we say that God is immutable, unchanging, this is not to say that He lacks life, but rather, that He is so alive that He does not lose any of his perfection, but is always new. So too with the Church, and with each one of us, her members...We have God's divine life within us. We walk in newness of life...destined to sing a new song of praise to God forevermore.

Fr. McLean Cummings

www.preciouslifemissions.org/FrCummings/Homilies

Introductory Rite

Leader: The Lord is always attentive to the needs of His people and makes all things new through the glory of the resurrection. Let us praise him! Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now, and will be forever.

All: Amen.

Prayer to the Most Holy Redeemer (Anima Christi)

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, embolden me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within thy wounds hide me. Never permit me to be parted from you. From the evil Enemy defend me. In the hour of my death call me. And bid me come to thee, that with your saints I may praise thee for age upon age. Amen.

Opening Prayer

Leader: Let us pray.

God of light, by whose Spirit all things are made new, we praise you for the gift of life, for the blessing of a new day, for your mercy that makes each day a fresh start and offers hope in time of darkness.

All: Grant us the strength to walk in your light, the grace to experience your presence with us, and the hope that comes from being made new in Christ. We ask this through Christ our Lord. Amen.

Also consider readings from Sunday Mass. You can find the readings at usccb.org

Scripture: Revelation 21:3-5, 6b-7

Reader: I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them as their God.

He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away."

The one who sat on the throne said, "Behold, I make all things new." I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give a gift from the spring of life-giving water.

The victor will inherit these gifts, and I shall be his God, and he will be my son.

Intercessions

Leader: We trust in God, who makes all things new.

Let us lift up to him our prayers, saying:

All: Lord, you make all things new.

Leader: For those who feel they are out of second chances, fill them with hope in you.

All: Lord, you make all things new.

Leader: For those who are broken and seeking the truth, guide them to the fullness of faith in you.

All: Lord, you make all things new.

Leader: For children, parents, and teachers, keep them always in the care of your redeeming love.

All: Lord, you make all things new.

Leader: Our Father...



Conclusion

Leader: O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.

All: Amen.