



PRAYER FOR SPIRITUAL COMMUNION

Loving Jesus,

You are the Risen Christ who is always with me.

You are present in the whole Universe.

I love you above all things

and desire to deepen my love for you.

I believe that you are present

in the Sacrament of the Eucharist.

Since I cannot now receive you sacramentally,

I ask that you deepen my awareness of your presence

within me and all around me.

Enable me to protect and care for all life.

I unite myself to you,

grateful for your unconditional love.

Never permit me to stray from your mission

which I received at my baptism.

This day I renew my commitment to your liberating mission

—to live with justice, love and peace.

I rely on the power of your Spirit, guiding me each day.

I ask this through your holy name, Jesus,

you who live and reign forever and ever. Amen.

(Based on St. Alphonsus Liguori's Prayer For Spiritual Communion)