



# Spiritual Communion

My Lord, Jesus Christ, although I greatly desire it at this moment, I am not able to receive You Sacramentally in the Most Holy Eucharist. I believe, O Jesus, that You are really, truly and substantially present in the Most Blessed Sacrament of the Altar - the Holy Eucharist - in Your Body, Blood, Soul and Divinity. I am truly sorry for all of my sins - mortal and venial, past and present. I ask of You, O Lord, through this Spiritual Communion, to bestow upon me all of those graces that I would otherwise receive as if I did actually receive You in Holy Communion. I desire Your sanctifying and actual graces to the full, even until I am overflowing with them, so that I may, in turn, share these same graces with the rest of the world. Amen. +