What is Spiritual Communion? How to make Spiritual Communion?

An excerpt from a beautiful article written by Abbot Jerome Kodell, OSB (Subiaco Abbey) for the *Arkansas Catholic* regarding Spiritual Communion

In his encyclical, [*Ecclesia de Eucharistia*](http://www.vatican.va/holy_father/special_features/encyclicals/documents/hf_jp-ii_enc_20030417_ecclesia_eucharistia_en.html) ,  Pope [St] John Paul II encouraged the practice of spiritual communion, “which has been a wonderful part of Catholic life for centuries and recommended by saints who were masters of the spiritual life”(*EdE*, 1, April 17, 2003).

Pope Emeritus Benedict XVI also encourages us to make spiritual communions when circumstances occur that prevent sacramental communion. “In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope [St] John Paul II and recommended by saints who were masters of the spiritual life” (*Sacramentum Caritatis*, 55).

What is spiritual communion? St. Thomas Aquinas described it as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” at a time or in circumstances when we cannot receive him in sacramental Communion.

Spiritual Communion Prayer attributed to St. Alphonsus Liguori:  
  
**My Jesus, I believe that you are present in the Blessed Sacrament.  
I love you above all things and I desire you with all my heart.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
I embrace you as if you were already in my heart  
and unite myself to you completely.  
Please do not let me ever by separated from you.**  
  
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