

Spiritual Communion

Spiritual Communion is the heartfelt desire to receive Our Lord, even when we are unable because of distance or some other reason. This desire to receive Him through spiritual Communion is an act of love which prolongs our thanksgiving even when we are not in the Eucharistic presence of Our Lord. The wish to live constantly in His presence can be fuelled by acts of love and desire to be united to Him and is a means of drawing more deeply from the life of the Holy Spirit dwelling within our souls in the state of grace. The writings of the saints reveal many formulae for making a spiritual communion:

My Jesus, I believe that You are truly present in the Most Holy Sacrament. I love You above all things, and I desire to possess You within my soul. Since I am unable now to receive You sacramentally, come at least spiritually into my heart. I embrace You as already being there, and unite myself wholly to You; never permit me to be separated from You.

St Alphonsus Ligouri, from 'The Holy Eucharist'

The effects of a Sacrament can be received by desire, although in such a case the Sacrament is not received physically. Just as some are baptised by a Baptism of fire, as they had the desire for Baptism before they were baptised in water, so some receive the Eucharist spiritually before they eat sacramentally...Nevertheless sacramental eating is not devoid of meaning: because the actual reception of the Sacrament brings with it a fuller effect than receiving the Sacrament through desire alone.

St Thomas Aquinas Summa Theologica III, Q.80, a.1, obj.3

O God of love, my Saviour, my joy, my delight for eternity. You alone can quench my thirst, and satisfy my soul. Yet the more I feed on You, the more I hunger, the more I drink of Your source, the more I thirst. Come, then, Lord Jesus, come.

St Gertrude the Great

Give me, good Lord, a longing to be with You...give me warmth, delight and quickness in thinking upon you. And give me Your grace to long for Your holy Sacraments, and specially to rejoice in the presence of Your very blessed Body, Sweet Saviour Christ, in the Holy Sacrament of the altar.

St Thomas More

Jesus said to St Catherine of Siena, 'In this golden ciborium I put your Sacramental Communion. In this silver ciborium I put your Spiritual Communion. Both ciboriums are quite pleasing to Me.'

Jesus told St Margaret Mary Alacoque, 'I love so much a soul's desire to receive Me, that I hasten to it each time it summons Me by its yearnings.'

You were wondering how to use those moments when you wake up in the night. Speak to Me of love, longing for your next Communion. Stretch out the arms of your heart to Me. Call Me by the gentlest names, even when you are half asleep. Be stirred to your heart's depths as you yearn for My Host-Presence prepared for you since the Last Supper. Today's Communion is different from yesterday's and tomorrow's; the grace I give is always unique. God's love is infinite and creative. Give Me your unworthiness. Does your poverty make you sad? You are like a poor woman who, having shown her ugly dress to the king, received a beautiful new one from Him. Would He have given it to her if she had not humbled herself to show him her poverty? God is full of compassion.

Jesus to Gabrielle Bossis, July 23 1942, 'He and I'

Spiritual Communion may sometimes be more effective than Sacramental Communion if the ardour with which you invoke Me is great. Call upon Me many times during the day to come into your heart. It will be like a renewal of the meeting of love, it will be a rekindling of your faith, it will be a confirmation of the offering of your actions, orienting them and rendering them fruitful. Remember that spiritual Communion is a sweet reality, not only a pious desire. You call Me and I come, and if you call Me, it is because you love Me. I make My Father and the Holy Spirit come with Me and We establish Our dwelling within you. You become Our Heaven. May your Communion well made, desired, prepared and followed by the most fervent thanksgiving, be a reparation for sacrilegious, cold and badly made ones. You will give Me consolation and you will have My blessing.

Jesus to Carmela Carabelli, Friday June 7, 1968, 'The Message of Merciful Love'

Make as many Spiritual Communion as possible, to supply for the many Sacramental Communion which are not made. One every quarter of an hour is not enough. Make them shorter, but more numerous.

Jesus to Sr. Benigna Consolata (d.1916)

When you make a Spiritual Communion, remember to spend a little time afterwards talking to Jesus as you do in Sacramental Communion.

'If you practice the holy exercise of Spiritual Communion a good many times each day, within a month you will see yourself completely changed.' St Leonard of Port Maurice