

SPIRITUAL COMMUNION PRAYER

(Fr. Allan Fitzgerald, O.S.A.)

Lord Jesus, I believe in your presence in the Eucharist
and I thank you for being able to welcome you
into my heart in communion.

Even when I am not able to receive you sacramentally,
I know that spiritual communion with you
nourishes my heart
and strengthens my love for my neighbor.

At all times, may the words of the apostle Thomas – ‘my Lord
and my God’ – arise in my heart
so that communion with you,
both spiritual and sacramental,
may lead me to communion
with all of those that you call me to love. Amen.