

An Act of Spiritual Communion to be prayed when we are prevented from receiving the Blessed Sacrament.

My Jesus,

I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen

Year of the Eucharist Prayer.

Lord Jesus, in your gift of yourself in the Eucharist you look at me as I look at you.

My eyes are deceived, I see bread wrapped round with gold and silver.

But this small fragile piece is more valuable than gold, more precious than all the world.

So easily broken it can mend the world, joining together every human heart.

So light an object, it outweighs the greatest treasure, surpassing the mightiest power.

Lord Jesus, in your gift of yourself in the Eucharist you receive me as I receive you.

My senses are deceived I taste simple food and drink but this little morsel, a tiny sip

is the greatest banquet ever eaten it is you, my God, entering within me.

So quietly it heals a broken life curing all humanity so gently it rescues the feeble sinner restoring lost innocence.

Fill me and nourish me that I may drink deep of your strength. Stay with me in my journey through the world satisfy me in my hunger for fulfilment.

Touch me with your power and enter the depths of my being as I look at you and you look at me as I receive you and you receive me. Blessed be the Holy Eucharist in which Christ's sacrifice is offered and the salvation won for all is given to me!