

## Spiritual Communion

Behold, I stand at the door and knock.  
If you hear my voice and open the door  
I will come in to you and eat with you and you with me. (Revelation 3:20)

You have prepared a banquet for me. (Psalm 23:5)

For various reasons, we may be stuck at home or otherwise unable to attend Mass. One of the hard things about this is being unable to physically receive communion. But we need to remember that while physically receiving during the Mass is the normal and most regular way to receive Communion, Jesus is not confined by the sacrament and can also come to us in other ways, if only we invite and welcome him. For this reason the Church recommends to us an ancient practice of "spiritual communion". This consists of telling Jesus our desire to receive him in communion, of uniting ourselves to him in an intimate and personal way. This also helps us to be in unity with others; like us they are loved by God who comes knocking on our doors and yearns to dwell with each one of us and make us whole.

We can make this prayer for spiritual communion at any time, in any place, and whenever we choose to do so. Here are two simple prayers that others have used to express their desire.

A short prayer:        Lord Jesus, come into my heart.

A longer prayer:

Dear Jesus, I believe that you are present in the Holy Sacrament of the altar.  
I love you above all things and I passionately desire to receive you.  
Since I cannot now receive you sacramentally, come to me spiritually  
so that I may unite myself wholly to you now and forever, Amen.

It is good to remember that just as our relationship with God is personal to us, so too our prayer is our own. We can therefore pray using whatever words we feel are best for us. However as in any relationship sometimes words can get in the way, so our invitation may instead be more of a silent longing and yearning for God's presence.

Christ be beside me, Christ be before me, Christ be behind me, King of my heart.  
Christ be within me, Christ be below me, Christ be above me, never to part.