

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.