

MAKING A SPIRITUAL COMMUNION

BY FATHER RON AUBIN

If for whatever reason, you are not able to attend Mass and receive Jesus in Holy Communion, then I encourage you to make a spiritual communion, or better yet, make your entire day a spiritual communion with Jesus. There are several web sites, listed below, that explain how to do just that. But my favorite prayer for maintaining a spiritual communion with Jesus is the Prayer of Saint Patrick, also known as the Breastplate of Saint Patrick: <https://www.ourcatholicprayers.com/st-patricks-breastplate.html> I've adapted this prayer to suit my own spiritual needs and my version goes something like this:

Christ be with me, within in me, before me, behind me, beneath me, above me.

Christ be on my right, and on my left.

Christ be in my heart, in my mind, in my soul, and in every fiber of my being.

Christ be in my thoughts, in my words, and in my actions.

*Christ be in my eyes (what I see), my ears (what I hear), on my lips (what I say),
in my hands (what I do) and in my feet (where I go).*

Christ be in my sleeping, in my waking, and in all my doing.

I love Jesus, be with me today, that I might be with you forever.

Aleteia: <https://aleteia.org/2018/09/20/cant-receive-the-eucharist-heres-how-to-make-a-spiritual-communion/>

EWTN: <https://www.ewtn.com/catholicism/devotions/act-of-spiritual-communion-339>

Our Catholic Prayers: <https://www.ourcatholicprayers.com/spiritual-communion.html>

Catholic Link: <https://catholic-link.org/spiritual-communion-can/>