

### **Current Legislation for an Act of Spiritual Communion**

An act of spiritual communion, expressed in any devout formula whatsoever, is endowed with a *partial indulgence*.

*Handbook of Indulgences and Grants, Grant No. 15, Ed. 1991*

There is no set formula or prayer for this, - there never has been, (cf. *Enchiridion Indulgentiarum* No. 164 Ed. 1952). You are quite free to use your own words. The following are two examples that may be used.

#### **An Act of Spiritual Communion, (St. Alphonsus de Liguori)**

My Jesus, I believe that Thou are present in the Blessed Sacrament. I love Thee above all things and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee.

#### **An Act of Spiritual Communion, (Raphael Cardinal Merry del Val)**

At Thy feet, O my Jesus, I prostrate myself and I offer Thee the repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental Communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

*Ex Enchiridion Indulgentiarum, Imprimatur Francis Cardinal Spellman, New York 1951*