

Spiritual Communion RésD Montréal
March 26, 2020.

Here is an article that explains how to commune spiritually, when we are prevented from sacramental communion.

What is spiritual communion?

It is Communion with Christ present in the Eucharist, not by receiving him sacramentally, but by the sole desire proceeding from a faith animated by charity. The value of spiritual communion rests on faith in the presence of Christ in the Eucharist as the source of life, love and unity. It is a privileged means of uniting with Christ for those who cannot commune corporeally.

Jn 4:15 The Samaritan woman says to Jesus, "Lord, give me some of this water, that I may not thirst any more..."

A simple little method for living spiritual communion

1. Make an act of faith in the real presence of Jesus Christ in the Eucharist, in his Word, and in the communion that unites the prayers.
2. Make an act of desire, making oneself totally available to His Word and to what He wants to tell us. Desire that the Lord make his dwelling place in us. Here we recommend reading the Gospel of the day, meditating on it, and saying the inspired prayer of St. Alphonsus Liguori (below).
3. Give thanks in the same way as if we had really been in communion with the Body of Christ, giving thanks to the Father and asking him by his Spirit to unfold in us all the fruits of charity.

Ps 41:2: "As a deer seeks the living water, so my soul seeks you..."

Christ is always there with His Church, especially in liturgical actions. He is there present in the sacrifice of the Mass, and in the person of the minister, "the same one now offering through the ministry of the priests, who then offered himself on the cross" and, in the highest degree, under the Eucharistic species. He is present, by his power, in the sacraments to the point that when someone baptizes, it is Christ himself who baptizes. He is there present in his word, for it is he who speaks while the Holy Scriptures are read in the Church. Finally, he is present when the Church prays and sings the psalms, he who promised: "Where two or three are gathered together in my name, there am I in the midst of them" (Mt 18:20). (From the Conciliar Constitution on the Liturgy SC7)

Prayer inspired by St. Alphonsus Liguori

Lord Jesus, I believe in your presence in the Blessed Sacrament. I love you more than anything else and I desire that you come again today in my soul. Like many other Christians in the world, I cannot receive you sacramentally today in my Heart. Far from my community, however, I am with each one of my brothers and sisters, available today to Your Word. I know that You are there, truly present, listening to the clamor of the world. Come and visit me spiritually. Come and speak to me as to each one of your friends. Hold me in the communion of all the saints. Keep me united to the whole Church in heaven and on earth. I want to unite myself to you entirely. Do not allow me to be separated from you. Amen