

## Spiritual Communions According to Saint Thomas Aquinas

Spiritual communion consists of “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” St. Teresa of Avila wrote: “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you. To make a spiritual communion you can simply say the following prayer in a recollected manner:

**“My Jesus, I relive that You are present in the Most Holy Sacrament. I love You above all things, and desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You”**

The prayer of spiritual communion -which may even be made without words in the yearnings of our heart- shows our deep hunger for the Eucharist; it further shows our deep desire to be united to the Eucharistic life of Christ; it shows as well, our profound love for the Sacrament of Love!