

# **Spiritual Communion**

**Thanks be to you,  
Lord Jesus Christ, for all the  
benefits you have given me,  
for all the pains and insults  
you have borne for me.**

**Since I cannot now receive  
you sacramentally, I ask you  
to come spiritually into my  
heart. O most merciful  
redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen.**