



## **Making a Spiritual Communion during the Coronavirus Pandemic**

1. Gather with others in your household and begin a time of prayer with the Sign of the Cross.
2. Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at [usccb.org](http://usccb.org), and various televised Masses are available on Sunday (check your TV listing).
3. Share prayer intentions quietly or aloud.
4. Pray the Lord's Prayer.
5. Pray one of the following three sample prayers of spiritual communion.
6. Pray Pope Francis' Prayer to Mary during the Coronavirus Pandemic that is at the end of this guide.
7. Close with the Sign of the Cross.



### **Prayer to the Most Holy Redeemer (Anima Christi)**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within thy wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

In the hour of my death call me.

and bid me come to thee,

that with your saints I may praise thee

for age upon age.

Amen.

## **Prayer to our Lord Jesus Christ Crucified**

Behold, O good and loving Jesus, that I cast myself on my knees before you and, with the greatest fervor of spirit, I pray and beseech you to instill into my heart ardent sentiments of faith, hope and charity, with true repentance for my sins and a most firm purpose of amendment. With deep affection and sorrow I ponder intimately and contemplate in my mind your five wounds, having before my eyes what the prophet David had already put in your mouth about yourself, O good Jesus: They have pierced my hands and my feet; they have numbered all my bones (Ps. 21: 17-18).

*The above prayers are found in the Manual of Indulgences for those who make "an act of spiritual communion" and are prayers of thanksgiving in the Roman Missal. The Manual of Indulgences indicates that a partial indulgence is granted to the faithful who recite one of these prayers.*

## **An Act of Spiritual Communion by St. Alphonsus Liguori**

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I 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. Amen.



## **Pope Francis's Prayer to Mary during the Coronavirus Pandemic**

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.