

The following was offered to the world by Pope Francis.

By [Courtney Mares](#)

“Vatican City, Mar 21, 2020 / 06:00 am ([CNA](#)).- As more Catholics around the world find themselves unable to receive the Eucharist due to the coronavirus pandemic, Pope Francis provided an example of a spiritual communion prayer that can be said from home.

*“My Jesus, I believe that You are present in the Most Holy Sacrament of the altar. 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,” Pope Francis prayed March 21 in his televised daily Mass from his residence in Vatican City.*

Pope Francis invited those viewing the livestreamed Mass to find the Lord in prayer. He recited the spiritual communion prayer and then exposed the Blessed Sacrament for Eucharistic Adoration at the end of the Mass.

A spiritual communion is a uniting of oneself to the Sacrifice of the Mass through prayer, and can be made whether one is able to receive Communion or not.”

Stay well, and let us pray for one another. Agnes