

SPIRITUAL COMMUNION PRAYER

**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.