



Spiritual Communion

Advice from the Saints on Spiritual Communion

St. Teresa of Avila wrote in *The Way of Perfection*: “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.”

St. Jean Vianney said: ” If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive the good God. Communion is to the soul like blowing a fire that is beginning to go out, but that has still plenty of hot embers; we blow, and the fire burns again.”

St. Thomas Aquinas distinguished the physical and spiritual reception of the Eucharist, and described Spiritual Communion as, “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him”.

St. Leonard of Port Maurice said: “If you practice the holy exercise of spiritual Communion several times each day, within a month you will see your heart completely changed.”

Benedict XVI recommended making Spiritual Communions in *Sacramentum caritatis*:

“Even in cases where it is not possible to receive sacramental communion, participation at Mass remains necessary, important, meaningful and fruitful. In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope John Paul II and recommended by saints who were masters of the spiritual life”.