



Oração para Comunhão Espiritual

Oh meu Jesus, eu creio que estás presente no Santíssimo Sacramento.

Amo-Vos sobre todas as coisas e minha alma suspira por Vós.

Mas como não posso receber-Vos agora, de maneira Sacramental, vinde ao menos espiritualmente ao meu coração. Abraço-me convosco, uno-me a Vós inteiramente.

Não permitais que eu me separe de Vós.

Oh Jesus, sumo bem e doce amor meu, vulnerai e inflamai o meu coração, a fim de que esteja abrasado em Vosso amor para sempre. Amen.

An Act of Spiritual Communion

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. *(Saint Alphonsus Liguori)*

Another Act of Spiritual Communion

At Your feet, O my Jesus, I prostrate myself and I offer You repentance of my contrite heart, which is humbled in its nothingness and in Your holy presence. I adore You in the Sacrament of Your love, the ineffable Eucharist. I desire to receive You into the poor dwelling that my heart offers You. While waiting for the happiness of sacramental communion, I wish to possess You in spirit. Come to me, O my Jesus, since I, for my part, am coming to You! May Your love embrace my whole being in life and in death. I believe in You, I hope in You, I love You. Amen.

(Cardinal Rafael Merry del Val)