

## Prayer of Spiritual Communion

By John Thomas Lane, SSS - November 2020

Loving God:

At this time,  
especially during the crises in our world and my life,  
I am not able to receive your sacrament.

I believe you are truly present in the Holy Eucharist.

I love You  
and I am grateful that you are present to me  
in your Word  
and in the people you place in my life.

Please renew your spiritual presence in me.  
Guide and support me to be in communion  
with those who are suffering during this viral pandemic.

Heal our world,  
and bring your care and concern to those most in need.

I will not be afraid  
because I trust in you, forever and ever. Amen.