



Day 9 | Live It | Spiritual Communion

In today's One Percent Prayer, Doug invites you to reach out to receive Jesus' healing for yourself and others through making an Act of Spiritual Communion.

Whatever needs you may be carrying for yourself or others, Jesus is moved by those who, like the hemorrhaging woman healed in today's Gospel, reach out to him in faith. As Catholics, we believe that one place Jesus always comes close enough for us to touch him and receive his life is in Holy Communion, the Sacrament of the Eucharist. Even when we cannot receive him in the Eucharist, we believe he still comes to us in response to an act of spiritual communion. You can make this prayer in your own words or with the words of one of the many Saints who were sustained by daily acts of spiritual communion.

Here is one Act of Spiritual Communion written by St. Alphonsus de Liguori:

**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.