

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.

