

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.