

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.