



Prayer for Spiritual Communion

Lord Jesus, I believe that you are truly present in the most Holy Sacrament of the Altar.

I love you above all things and desire to receive You into my heart.

Since I cannot now receive you in your personal Eucharistic presence, I ask you to come into my heart spiritually, and to give me the abiding presence of Your love and comfort.

I embrace You as if You are already within me, and I unite myself totally to You. Never permit me to be separated from you.

Holy Mary, Mother of the Eucharist, pray for me and for the entire world. Amen

