

Spiritual Act of 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.