



Act of Spiritual Communion

My Jesus,

I believe that You are in
the Blessed Sacrament.

I love You above all things,
and I long for You in my soul.

Since I cannot now receive You sacramentally,
come at least spiritually into my heart.

As though You have already come,
I embrace You and unite myself entirely to You;
never permit me to be separated from You.

Amen.