

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 in 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.