

An Act of Spiritual Communion:

Find a quiet time and place...

Say this prayer:

**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.