

SPIRITUAL COMMUNION

My Jesus, I believe
that you are present in the
most Blessed Sacrament.

I love You above all things and
I desire to receive You into my soul.
Since I cannot now 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