

A Prayer for 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 body, my soul, and my whole being. 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.