

Act of 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.

St. Alphonsus Liguori