

# **Act of Spiritual Communion**

**My Jesus,  
I believe that You are present  
in the Most Holy Sacrament  
of the Altar.**

**I love You above all things, and  
I desire to receive You into 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.**