

An Act of Spiritual Communion



**My Jesus, I believe that You
are present in the most Holy Eucharist.
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 spiritually into my heart.
I embrace You as if You are already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.**