

PRAYER OF SPIRITUAL COMMUNION

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

By St Alphonsus Liguori