

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 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.

Un acto de Comunción Espiritual

Creo, Jesús mío,

que estás real y verdaderamente en el cielo y en el Santísimo Sacramento del altar.

Te amo sobre todas las cosas

y deseo vivamente recibirte dentro de mi alma,

pero no pudiendo hacerlo sacramentalmente,

ven al menos espiritualmente a mi corazón.

Quédate conmigo y no permitas que me separe de Ti.

Amén.