

Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament.

I love you above all things and I desire to receive you in 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.