

An 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 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.

