

## *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.**

