

*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.

*An alternative form of Spiritual Communion:*

At Your feet, O my Jesus,  
I prostrate myself and I offer You  
repentance of my contrite heart,  
which is humbled in its nothingness  
and in Your holy presence.  
I adore You in the Sacrament of Your love,  
the ineffable Eucharist.  
I desire to receive You  
into the poor dwelling that my heart offers You.  
While waiting for the happiness of sacramental communion,  
I wish to possess You in spirit.  
Come to me, O my Jesus,  
since I, for my part, am coming to You!  
May Your love embrace my whole being in life and in death.  
I believe in You,  
I hope in You,  
I love You. Amen.

*(by Cardinal Rafael Merry del Val, Vatican Secretary of State under Pope Pius X, +1930)*