

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.*

Comunión Espiritual

*Creo, Jesús mío,
que estás real
y verdaderamente en el cielo
y en el Santísimo Sacramento del Altar.*

*Os amo sobre todas las cosas
y deseo vivamente recibirte
dentro de mi alma,
pero no pudiendo hacerlo
ahora sacramentalmente,
venid al menos
espiritualmente a mi corazón.
Y como si ya os hubiese recibido,
os abrazo y me uno del todo a Ti.*

Señor, no permitas que jamás me aparte de Ti. Amén