



## **Act of Spiritual Communion**

A Prayer by St. Alphonsus Maria de Liguori

**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.**