

Here is a prayer to make a Spiritual Communion:

My Jesus,

**I believe that you are truly present
in the Most Blessed Sacrament.**

**I love You above all things
and I desire to possess You within my soul.**

**Since I am unable at this moment
to receive You sacramentally,**

come at least spiritually into my heart.

**I embrace You as being already there,
and unite myself wholly to You.**

Never permit me to be separated from You.

Amen.