



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