



Spiritual Act of 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.