

AN ACT OF SPIRITUAL COMMUNION PRAYER

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

