

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.

ACTO DE COMUNIÓN ESPIRITUAL: *Creo, Jesús mío, que estás realmente presente en el Santísimo Sacramento del altar. Te amo sobre todas las cosas y deseo ardientemente recibirte dentro de mi alma, pero no pudiendo hacerlo sacramentalmente, ven al menos espiritualmente a mi corazón. Quédate conmigo y no permitas que me separe de ti. Amen.*