

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.