

## Act of Spiritual Communion During COVID-19 Pandemic



### **My Jesus,**

I believe that You are in the Blessed Sacrament.

I love You above all things,  
and I long for You in my soul.

Since I cannot now  
receive You sacramentally,  
come at least spiritually into my heart.

As though You have already come,  
I embrace You  
and unite myself entirely to You;  
never permit me to be separated from You.

Amen.

### **Mi Jesus,**

*Creo que estás en el Santísimo Sacramento.*

*Te amo sobre todas las cosas,  
y te anhele en mi alma.*

*Como ahora no puedo  
recibirte sacramentalmente,  
entra al menos espiritualmente en mi corazón.*

*Como si ya hubieras venido,  
Te abrazo  
y me uno completamente a ti;  
nunca permitas que me separe de ti.*

*Amen.*