

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.

