

*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.

