

"Spiritual Communion"

by St. Alphonsus Liguori:

"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."