

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.

Comuni3n Espiritual

Creo, Jes3s m3o,
que est3s real
y verdaderamente
en el Sant3simo Sacramento del Altar.

Te amo sobre todas las cosas
y deseo vivamente recibirte
dentro de mi alma,
pero no pudiendo hacerlo
ahora sacramentalmente,
ven al menos
espiritualmente a mi coraz3n.
Y como si ya te hubiese recibido,
te abrazo y me uno del todo a Ti.

Se3or, no permitas que jams me aparte de Ti. Amen