

### **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

### **Comunión Espiritual**

Creo, Jesús mío, que estás real y verdaderamente en el Santísimo 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 corazón.

Y como si ya te hubiese recibido, te abrazo y me uno del todo a Ti.

Señor, no permitas que jamás me aparte de Ti.

Amen