

Prayer for Spiritual Communion

My Jesus, I believe that you are present in the Blessed Sacrament.

I love you above all things and I desire you with all my heart.

Since I cannot now receive you sacramentally,

I ask you to come spiritually into my heart.

*I embrace you as if you were already in my heart
and unite myself to you completely.*

Please do not let me ever be separated from you.