

## **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.