



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.