

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.

