

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 in 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