

# 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.