

# 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