

## **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.