



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.