

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.