

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.