

# **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.*