

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.

