

## **Prayer of Spiritual Communion**

My Jesus, I believe that You are truly present  
in the Most Blessed Sacrament of the Altar.

I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my heart.

I embrace You as if you were already there,  
and I unite myself wholly to You.

Never permit me to be separated from You.

*(Saint Alphonsus Liguori)*