

## **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.

