

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.