



## 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.