

## Act of Spiritual Communion

My Jesus,  
I believe that you are present  
in the most Blessed Sacrament.

I love You above all things,  
and I desire to receive You into my soul.

Since I cannot now 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.

