

An Act of Spiritual Communion

My Jesus,

I believe that you are present
in the Most Holy Sacrament of the Altar.

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,
my Lord and my God!

Amen.