



**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.**