

# 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.

