

## *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 with You.*

*Never permit me to be separated from You.*

*Amen*

