

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.