

An Act of Spiritual Communion

(may be prayed at any time)

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.

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