

## **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.**