

## **Act of Spiritual Communion**

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love you above all things, and desire to receive you into my soul.

Since I cannot, at this moment, receive you in the Sacrament,  
come spiritually into my heart.

I embrace you, for you are already there, and unite myself totally to you.

Never permit me to be separated from you. Amen.