

An Act of Spiritual Communion

My Jesus I believe that you are present in the Blessed Sacrament. I Love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. I know that you have already come to me with your faithful love and all-powerful grace.

I embrace you and unite myself entirely to you. Never permit me to be separated from you, my good and all gracious savior

AMEN