



Spiritual Communion



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

**I love You, above all things and I desire
to receive You into my soul. Since I
cannot now receive You sacramentally,
come at least spiritually into my heart.**

**I embrace You, as if You have already
come, and unite myself wholly to You.
Never permit me to be separated from
You.**

Amen

