

Act of Spiritual Communion

“My Jesus, I believe that you desire to make your home within me and that you are present in the Most Holy Sacrament of the altar. I love you above all things, and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come spiritually into my heart. I embrace your love as if you were already there, and I unite myself wholly to you. Never permit me to be separated from you. Amen.”

