An Act of Spiritual Communion

(to be prayed especially if you cannot

receive 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.