

A PRAYER FOR SPIRITUAL 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.