

ACT OF SPIRITUAL COMMUNION

My Jesus,

I believe that Thou art present in the Blessed Sacrament.
I love Thee above all things and I desire Thee in my soul.
Since I cannot now receive Thee sacramentally, come at
least spiritually into my heart. As though thou wert already
there, I embrace Thee and unite myself wholly to Thee;
permit not that I should ever be separated from Thee.