



ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the
Blessed Sacrament.

I love You above all things, and I long for
You in my soul.

Since I cannot now receive You
sacramentally, come at least spiritually into
my heart.

As though You have already come, I
embrace You and unite myself entirely to
You; never permit me to be separated from
You.

Amen.