

PRAAYER OF SPIRITUAL COMMUNION

My Jesus,

I believe that you are present in the Most Holy Sacrament of the altar.

I love you above all things and I desire to receive you into my soul.

Since I cannot 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.