

## **An 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.**