



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 in 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.

