



# *Spiritual Communion*



**My Jesus, I believe that you are present  
in the most Blessed Sacrament.**

**I love You, above all things and I desire  
to receive You into my soul. Since I  
cannot now receive You sacramentally,  
come at least spiritually into my heart.**

**I embrace You, as if You have already  
come, and unite myself wholly to You.  
Never permit me to be separated from  
You.**

**Amen**

