

Spiritual Communion Prayer

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 into 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.

