**An Act of 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 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.