Act Of Spiritual Communion

My Dearest 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.