

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 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.