

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.*



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