

## **SPIRITUAL COMMUNION**

My Jesus, I believe that You are present  
in the Most Blessed Sacrament.

I love You above all things, and  
I desire to receive You into my soul.

Since I cannot receive you sacramentally,  
come spiritually into my heart.

I embrace You as if you were already in  
my heart and

I unite myself wholly to You.

Never permit me to be separated from  
You.

*(Saint Alphonsus Liguori)*