



## Act of Spiritual Communion

My Jesus, I believe that  
thou art truly present in the  
Most Blessed Sacrament.

I love thee above all things, and  
I desire to possess thee within my soul.  
Since I am unable to now receive thee  
Sacramentally, come at least spiritually  
into my heart. I embrace thee  
as being already there,  
and unite myself wholly to thee;  
never permit me to be separated from thee.

Jesus, my sweet love,  
inflame this heart of mine,  
so that it may be always on fire for thee.