



An Act of Spiritual Communion

(Traditional Translation)

My Jesus, I believe that Thou art present in the Blessed Sacrament.

I love Thee above all things, and I desire Thee in my soul.

Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee.

Amen.