



PRAYER FOR SPIRITUAL COMMUNION

**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.**