



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.



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