

## Catholic Prayers: Act of Spiritual Communion

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

**I love You above all things and I desire You in my soul.**

**Since I cannot now receive You sacramentally, come at least spiritually into my heart.**

**As though You were already there, I embrace You and unite myself to You;  
permit not that I should ever be separated from You.**