



# Spiritual Communion

## **ACT OF SPIRITUAL COMMUNION**

My Jesus,  
I believe that you are in the Blessed Sacrament.  
I love You above all things,  
and long for You in my soul.  
Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.  
As though You have already come,  
I embrace You and unite myself entirely to You;  
never permit me to be separated from You. Amen.

St. Alphonse Ligouri