



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.

—St. Alphonsus Liguori