

Prayer for Spiritual Communion

My Jesus,

I believe that You
are present in the Blessed Sacrament.

I love You above all things,
and I desire You with all my heart.

Since I cannot now receive You sacramentally,

I ask you to come spiritually into my heart.

I embrace You as if You were already in my heart
and unite myself to You completely.

Please do not let me ever be separated from You.

Amen.