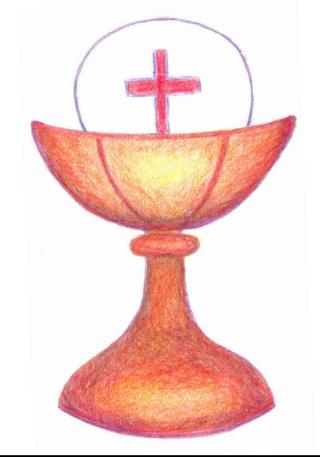
## Jesus,

## SPIRTUAL COMMUNION

I know you are in the Eucharist.

Come into my heart and stay with me always.

I love you. Amen.



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.