

Jesus,

SPIRITUAL 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.