

Prayer for Making a 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.

Amen.