



## AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the Blessed Sacrament.

I love You above all things,  
and I long for You in my soul.

Since I cannot now receive  
You sacramentally, come at  
least spiritually into my heart.

As though You have already  
come, I embrace You and  
unite myself entirely to You;  
never permit me to be  
separated from You. Amen.



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**A BRIEF ACT OF  
SPIRITUAL  
COMMUNION**

Mary, my Mother  
and Queen  
of My Heart:  
Please invite  
Jesus your Son  
to come spiritually  
into my heart.