



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.



**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.