

Prayer for Spiritual Communion

When you are unable to receive the Eucharist:

*My Jesus, I believe that you are present in
the most holy Eucharist.*

*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.*