

Act of Spiritual Communion

By

St. Alphonsus de Liguori

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.