

**SPIRITUAL COMMUNION PRAYER**

My Jesus,  
I believe that you are present in the  
most Blessed 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.

St Alphonso Liguria: