

*Spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.*

### **An Act of Spiritual Communion**

All:       **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  
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.**