



## **AN ACT OF SPIRITUAL COMMUNION**

**MY JESUS, I BELIEVE THAT YOU ARE PRESENT  
IN THE SACRAMENT OF THE HOLY EUCHARIST.**

**I LOVE YOU ABOVE ALL THINGS AND I DESIRE  
TO RECEIVE YOU IN MY SOUL.**

**SINCE I CANNOT AT THIS MOMENT RECEIVE  
YOU SACRAMENTALLY, COME AT LEAST  
SPIRITUALLY INTO MY HEART, THAT I MAY  
ALWAYS REMAIN ONE WITH YOU.**

**AMEN.**

*(ADAPTED FROM SAINT ALPHONSUS LIGOURI)*