

Prayer for  
SPIRITUAL COMMUNION



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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 now receive You  
sacramentally, come at least spiritually into  
my heart.

I embrace You as if You have already come,  
and unite myself wholly to You. Never permit  
me to be separated from You.

Amen.

[www.cathfamily.org](http://www.cathfamily.org)

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