

## A prayer for Spiritual Communion

Jesus, my Risen Lord and our Universal Christ, I believe that you are present in the Most Holy Sacrament of your Body and Blood.

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 spiritually into my heart.

I embrace you as you are always there and unite myself wholly to you.

Never permit me to be separated from you.

Amen.