

"Spiritual Communion"

by St. Alphonsus Liguori:

"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 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.