

AN ACT OF

# Spiritual Communion

O MY JESUS,  
I LOVE YOU, I ADORE YOU,  
I HOPE IN YOU,  
MY GOD SO GOOD.  
I BELIEVE THAT YOU ARE  
TRULY PRESENT IN THE  
MOST HOLY SACRAMENT OF  
THE ALTAR.

ALTHOUGH I CANNOT  
NOW RECEIVE YOU  
SACRAMENTALLY, I DESIRE  
TO RECEIVE YOU INTO MY  
SOUL, AND ASK THAT YOU  
MAY AT LEAST COME  
SPIRITUALLY  
INTO MY HEART.

LORD, KEEP ME ALWAYS IN  
COMMUNION WITH YOU,  
AND NEVER PERMIT ME TO  
BE SEPARATED FROM YOU.  
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