



## PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come spiritually into my heart. I welcome You and unite myself wholly to You. Never permit me to be separated from You. Amen.

Glory be to the Father and to the Son and to the Holy Spirit. Amen. (3x)

*A traditional Catholic prayer in times when the actual reception of the Holy Communion is not possible.*