

## **ACT OF SPIRITUAL COMMUNION**

*(For occasions when you are unable to physically receive, especially if homebound – pray this prayer during communion within a televised Mass.)*

**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.**