

Prayer of Spiritual Communion

Attributed to St. Alphonsus Liguori

My Jesus,
I believe that you are present in the Blessed Sacrament.
I love you above all things
and I desire you with all my heart.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
I embrace you
as if you were already in my heart
and unite myself to you completely.
Please do not let me
ever be separated from you.
Amen.