



A SPIRITUAL COMMUNION PRAYER

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 to You.

Never permit me to be separated from You.

AMEN.



A SPIRITUAL COMMUNION PRAYER

My Jesus, I think and believe You are present in the
Blessed Sacrament.

I love You above all things and wish to welcome You in
my soul.

As at this moment I cannot receive You sacramentally,
enter spiritually into my heart. I hug You like You were
already there and I completely join You.

Never allow me to separate myself from You.

AMEN.