

PRAYER OF SPIRITUAL COMMUNION

My Jesus,
I believe that you are present
in this Holy Sacrament of the altar.

I love you above all things
and passionately desire
to receive you
into my soul.

Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself
wholly to you,
now and forever.
Amen.

O most merciful redeemer,
friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.