



## SPIRITUAL COMMUNION

My Jesus,

I believe that

You are present in the  
Most Blessed Sacrament.

I love You above all things,  
and I desire to receive You into my soul.

Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.

I embrace You as if you were already there,  
and I unite myself wholly to You.

Never permit me to be separated from You.

- Saint Alphonsus Maria Liguori -



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