

A Spiritual Communion

My Jesus,
I believe that You are present
in the Most Holy Sacrament.

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

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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.

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Never permit me
to be separated from You.

Amen.

– St. Alphonsus de Liguori