



Lourdes at Home

ACT OF 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.

