**Act of Spiritual Communion**

My Jesus, I believe that you are truly present in the Most Blessed Sacrament.

 I love you above all things and I desire to possess you within my soul.

 Since I am unable now to receive you sacramentally,

come at least spiritually into my heart.

I embrace you as being already there, and unite myself wholly to you;

never permit me to be separated from you.

Jesus, my sweet love, inflame this heart of mine,

so that it may be always and all on fire for you.

**Prayer of Alphonsus Liguori**