

# ACTS OF SPIRITUAL COMMUNION

My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things, and I long to have Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As already come, I welcome Thee and unite myself entirely to Thee; permit not that I should ever again separate myself from Thee.

St Alphonsus Liguori

At Thy feet, O my Jesus, I prostrate myself and offer Thee the repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental Communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

Raphael Cardinal Merry del Val