

### An Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. 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. Never permit me to be separated from You. Amen.

### Acto de comunión espiritual

Jesús mío, Creo que Tu estás presentes en el Santísimo Sacramento. Te amo por encima de todas las cosas, y deseo recibirte en mi alma. Ya que no puedo recibirte sacramentalmente en este momento, ven al menos espiritualmente a mi corazón. Te abrazo como si ya estuvieras allí, para unirme a ti totalmente