

Spiritual

Act of Communion

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O My Jesus, I believe that Thou art truly present in the most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there, and unite myself wholly to Thee. Never permit me to be separated from Thee my beloved Jesus, inflame this heart of mine, so that it may be always and all on fire for Thee.