

## **Spiritual Communion Prayer**

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.

St. Alphonsus de Ligoury

\*Please say this prayer during communion while you  
join us at the livestream mass.