

**PRAYER FOR A SPIRITUAL COMMUNION**

My Jesus, I believe that You are present

in this Holy Sacrament of the altar.

I love You above all things

and I passionately desire

to receive You into my soul.

Since I cannot now receive You sacramentally,

come spiritually into my soul

so that I may unite myself wholly to You

now and forever. Amen.

*based on a prayer of St Alphonsus Liguori*