

Spiritual Communion

by St. Alphonsus Liguori

My, Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above everything, and I long for Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my soul and heart. As though Thou wert already come, I embrace Thee and unite myself entirely to Thee; allow me not to be separated from Thee.