



Ss Alban and Stephen RC Church

Spiritual Communion Prayer

My Jesus, I believe that you are in the Blessed Sacrament.
I love you above all things, and I long for you in my soul.
Since I cannot now receive you Sacramentally, come at least spiritually into my heart.
As though You have already come, I embrace You and unite myself entirely to You; never
permit me to be separated from You.

Amen.