

ACT OF SPIRITUAL COMMUNION

BODY + BLOOD + SOUL + DIVINITY

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.



The Most
Blessed Sacrament

@jamesveves

*O my God, my only hope, I have placed all my trust in You,
and I know I shall not be disappointed. (Diary, 317)*