

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us.

Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

**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.**