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## **Spiritual Communion Prayer**

My Jesus, I believe that You are present  
in the Most High 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.**