

BASILICA *of the* NATIONAL SHRINE
of the IMMACULATE CONCEPTION

America's Catholic Church

An Act of Spiritual Communion

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.