



# THE BASILICA

*of the* NATIONAL SHRINE *of the* IMMACULATE CONCEPTION

## **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.