



PRAYERS OF THE SAINTS

ACT OF SPIRITUAL COMMUNION

Saint Alphonsus Liguori

From his Visits to the Blessed Sacrament



LATIN

Iesu mi, credo Te in sanctissimo Eucharistiae Sacramento vere praesentem esse. Amo Te super omnia et desidero Te in animam meam suscipere. Sed quia nunc Te sacramentaliter suscipere non possum, veni saltem spiritualiter in cor meum. Amplector Te ac totum me Tibi coniungo; ne permittas me umquam a Te separari.

ENGLISH

My Jesus, I believe that You are truly present in the Most Holy Sacrament of the altar. I love You above all things, and I desire to receive You into my soul. But since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there, and I unite myself wholly to You; never permit me to be separated from You.

Amen.

