



**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.