

This is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed especially in this time of crisis, and at other times if you find yourself at Mass unable to receive the Eucharist, or even in the midst of your daily work, lifting up your thoughts to God.

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.

The ultimate goal of our lives should be communion with God.