

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.

