

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.



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