



**My Jesus, I believe that you are  
present in the most  
Blessed Sacrament.**

**I love You above all things and I  
desire to receive You into my soul.**

**Since I cannot now receive You  
sacramentally, come at least  
spiritually into my heart. I embrace  
You as if You have already come,  
and unite myself wholly to You.  
Never permit me to be separated  
from You.**

**Amen.**