

My Jesus,
I believe that You are truly present
in the Holy Eucharist.
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 Catholic
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