



Act of Spiritual Communion

Cardinal Rafael Merry del Val

At Your feet, O my Jesus,
I prostrate myself and I offer You
repentance of my contrite heart,
which is humbled in its nothingness and
in Your holy presence.

I adore You in the Sacrament of Your love,
the ineffable Eucharist.

I desire to receive You
into the poor dwelling that my heart offers You.
While waiting for the happiness of sacramental communion,
I wish to possess You in spirit.

Come to me, O my Jesus,
since I, for my part, am coming to You!
May Your love embrace my whole being in life and in death.
I believe in You, I hope in You, I love You.

Amen.