



**My Jesus,
I believe that You are present
in the Blessed Sacrament.
I love You above all things,
and I desire You in my soul.
Since I cannot now
receive You sacramentally,
come at least spiritually into my heart.
As though You were already there, I embrace
You and unite myself wholly to You.
Permit not that I should ever be separated from You.**

Amen.