



A Spiritual Communion

by St. Pio of Pietrelcina Padre Pio, celebrated Mass daily, and at various times during the day, he would pause and pray, making a Spiritual Communion.

My Jesus, I believe that you are truly present in the Most Blessed Sacrament. I love You above all things and I desire to possess You within my soul. Since I am unable at this moment to receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

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