

Amen.

My Jesus, I believe that You are  
present in the Most Blessed Sacrament.  
I love You above all things, and  
I long for You in my soul.  
Since I cannot now receive You  
sacramentally, come at least  
spiritually into my heart.  
As though You have already  
come, I embrace You  
and unite myself entirely to You;  
never permit me to  
be separated from You.

**AN ACT OF  
SPIRITUAL COMMUNION**

**BLESSINGS FROM**

A holy hour of prayer has been offered  
for all the intentions which are dear to  
your heart in the Real Presence of  
Jesus Christ in the Most Blessed Sacrament.

DATE \_\_\_\_\_

**PRAYING WITH OUR  
BLESSED MOTHER  
For**

*A Spiritual Offering  
For You*



*"Beneath the veil of the Eucharistic Elements is contained  
the Invisible Head of the Church, the Redeemer of the world,  
the Center of all hearts, through Whom all things are  
and through Whom we exist." (Pope Paul VI)*