

**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 here,
And unite myself wholly to You.
Never permit me to be
Separated from You. Amen.**