Spiritual Communion Prayer

My Jesus, I love you above all things. How I long to receive you with my brothers and sisters at the table you have prepared. Since I cannot at this moment receive you in bread and wine according to your promise in the sacrament of Holy Communion, I ask you to feed me with the manna of your Holy Spirit and nourish me with your Holy presence. I unite myself wholly to you. Never permit me to be separated from your love. Amen.

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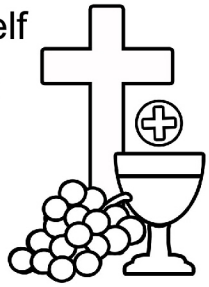

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