

Spiritual Communion prayer from the Golden Manual,

that can be used to express your sincere desire to unite yourself to Jesus in spiritual communion.

O my God,

ocean of holy love and sweetness,
come and give yourself to my soul.

Grant that with a perfect heart,
full desire, and burning affection,
I may unceasingly desire after you,
and lovingly rest in you.

May I prefer you to every creature,
for you renounce every transitory delight,
O my true, my highest joy!

Feed me, Lord,
a poor, famished beggar,
with continual draughts of your love;
refresh me with
the wished-for presence of your grace.
This I seek, this I long for,
that a vehement love may penetrate me
through and through,
and fill me.

Grant, O most loving Redeemer,
that I may be wholly inflamed with the love of you,
that I may delight only in you.
O overflowing abyss of divinity!
Draw me to you, and immerse me in yourself;
so seize and take to yourself
all the affection of my heart.

Amen.