



*Act of Spiritual Communion*  
*Handwriting Page*

O My Jesus, I believe that Thou  
art truly present in the most  
Blessed Sacrament. I love Thee  
above all things and I desire to  
possess Thee within my soul.  
Since I am unable now to  
receive Thee sacramentally,  
come at least spiritually into my  
heart. I embrace Thee as being  
already there, and unite myself  
wholly to Thee. Never permit me  
to be separated from Thee my  
beloved Jesus, inflame this heart  
of mine, so that it may be always  
and all on fire for Thee.

A series of horizontal lines for handwriting practice, including solid top and bottom lines and a dashed midline.