Good and gentle Jesus, I believe firmly that You are present in the Most Blessed Sacrament. You give us Your very self in order that we may become like You. I love You above all things, and I deeply desire that You would visit the poor dwelling of my soul. Although I cannot now receive You sacramentally, come to me spiritually and gladden my heart. Never allow me to be separated from You, Who are goodness and love. I believe in You; I hope in You, and I love You. Amen.