"At Your feet, O my Jesus,  
I prostrate myself and I offer You the repentance of my contrite heart,  
which is humbled in its nothingness and in Your holy presence.  
I adore You in the Sacrament of Your love, the ineffable Eucharist.  
I desire to receive You into the poor dwelling that my heart offers You.  
While waiting for the happiness of sacramental communion,  
I wish to possess You in spirit.  
Come to me, O my Jesus,  
since I, for my part, am coming to You!  
May Your love embrace my whole being  
in life and in death.  
I believe in You,  
I hope in You,  
I love You.  
Amen."

An Act of Spiritual Communion, attributed to Cardinal Merry del Val (d.1930), which Pope Francis prayed at Mass in Santa Marta this morning 1st April 2020.