"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.