

## Before communion

Mary, my mother, by faith and love you gave  
Christ welcome in your heart, and in your  
body.

And then you gave him to the world. Now he  
is about to give himself to me. Win for me,  
mother,

The grace to welcome him —  
with faith in his divinity and majesty, with  
hope in the gentleness of his heart,  
and with love for the great love he showed  
me in his death and resurrection.

Win for me also the grace that, when I have  
received him,

I may, in turn, give him to the world by the  
Christ likeness of my life.

Lord Jesus, I desire your coming;

Ste welcome you fittingly,

With faith and hope and love,

With true contrition for my sins,

And with a strong will  
to become more like you.

I need your coming;

let me welcome you attentively, and speak to  
you

as a friend speaks to a friend.

## After communion

My dear Lord Jesus, I thank you for  
coming, for making me one with you, and  
one with all with whom I share your life.

I pray you, never let me leave you by sin; never  
let me lessen the unity by failing to keep your  
commandment that we love one another as you  
have loved us.

Since you have given me yourself, I am  
confident you will give me all I need in soul and  
in body, all I need in order to become more like  
you.

You are kind, as your coming to me proves and  
therefore I trust you.

And since I trust you, I entrust to you my self,  
my whole life,

and all that will befall me by your will. With  
trust in you,

I place for safe-keeping in your heart my  
parents and all who are dear to me, all for  
whom I ought to pray,

all who are in need or in distress.

May your heart always be where we look  
for strength, encouragement, light.

In your heart may we always have joy,  
find peace and experience love.

Lord,  
take,  
and receive,  
my entire liberty,  
my memory,  
my understanding,  
and my whole will.  
Lord,  
you have given to me  
all that I am;  
and all that I possess.  
See now,  
I return them all to you,  
that you may dispose of them  
as you will.  
Give me only your love,  
and your grace.  
With these I am rich enough:  
there is no more I can desire.  
Dearest Lord,  
teach me to be generous;  
teach me to serve you as you deserve —  
to give and not to count the cost,  
to fight, and not to heed the wounds, to  
toil, and not to seek for rest,  
to labour, and not to ask reward,  
except that of knowing  
that I do your holy will.

St Ignatius

Lord Jesus,  
you have given me your whole self,  
all your love,  
and your life itself.  
Let me give myself to you: I give you  
my body to serve you; my soul to house  
you; my heart to love you;  
my mind to remember you; my will to do your  
will;  
my life to serve you in others. From now  
on, my dear Lord Jesus, may every  
moment of my time, and every breath I  
breathe,  
belong only to you  
who have first given them to me.  
Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me. O good Jesus,  
hear me.  
Within your wounds hide me.  
Let me never be separated from you. From  
the evil enemy defend me.  
At the hour of my death, call me. And bid  
me come to you,  
that with your saints I may praise you for ever  
and ever.

Anima Christi

## Spiritual communion

Jesus my Lord,  
I adore you, truly present in the sacred host,  
truly present in those around me  
who are receiving you,  
and truly present in myself by your grace.  
Live in me always.  
Live in me  
through the strength of my faith in you.  
Live in me  
through the firmness of my hope in you.  
Live in me  
through the greatness of my love for you.

Lord Jesus,  
you have made this sacrament  
the bond of unity.  
Through it,  
*you* and I are united with each other —  
may I always keep  
your love and friendship.  
Through it,  
I am united with all who are one with you —  
may I always see you  
in others and them in you.  
Through it,  
the whole Church becomes your one body —  
keep it in peace and unity  
and oneness of faith.

My dear Lord Jesus, though I  
do not now receive you  
sacramentally, come into my  
heart, to make it yours for  
ever, and ever more like your  
own; come into my mind, that  
I may understand you and  
what you want of me; come  
into my will, that it may be  
firmly bent  
on doing your will.