



## PRAYERS TO JESUS IN THE BLESSED SACRAMENT

### Prayers before Holy Communion

#### Prayer of St. Ambrose

Lord Jesus Christ,  
I approach your banquet table  
in fear and trembling,  
for I am a sinner,  
and dare not rely on my own worth  
but only on your goodness and  
mercy.  
I am defiled by many sins in body and  
soul, and by my unguarded thoughts and  
words.

Gracious God of majesty and awe,  
I seek your protection,  
I look for your healing.  
Poor troubled sinner that I am,  
I appeal to you, the fountain of all mercy. I cannot

bear your judgment, but I trust in your salvation.

Lord, I show my wounds to you  
and uncover my shame before you.  
I know my sins are many and  
great,  
and they fill me with fear,  
but I hope in your mercies,  
for they cannot be numbered.

Lord Jesus Christ, eternal king, God and man,  
crucified for mankind,  
look upon me with mercy and hear my  
prayer,  
for I trust in you.  
Have mercy on me,  
full of sorrow and sin,  
for the depth of your compassion never ends.

Praise to you, saving sacrifice,  
offered on the wood of the cross for me and for all  
man-kind.  
Praise to the noble and precious blood,  
flowing from the wounds of my crucified Lord  
Jesus Christ  
and washing away the sins of the whole  
world. Remember, Lord, your creature,  
whom you have redeemed with your blood.  
I repent my sins,  
and I long to put right what I have done.  
Merciful Father, take away all my offenses and  
sins; purify me in body and soul,  
and make me worthy to taste the holy of holies.

May your body and blood,  
which I intend to receive, although I am  
unworthy,  
be for me the remission of my sins,  
the washing away of my guilt,  
the end of my evil thoughts,  
and the rebirth of my better instincts.

May it incite me to do the works pleasing to you  
and profitable to my health in body and soul,  
and be a firm defense  
against the wiles of my enemies.

## Prayer of St. Thomas Aquinas

**A**LMIGHTY and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ.

I come sick to the doctor of life,  
unclean to the fountain of mercy,  
blind to the radiance of eternal light,  
and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness.

May I receive the bread of angels,  
the King of kings and Lord of lords,  
with humble reverence,  
with the purity and faith,  
the repentance and love, and the determined purpose that will help to bring me to salvation.  
May I receive the sacrament of the Lord's body and blood,  
and its reality and power.

Kind God,  
may I receive the body of your only-begotten Son, our Lord Jesus Christ,  
born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members.  
Loving Father,  
as on my earthly pilgrimage

I now receive your beloved Son  
under the veil of a sacrament,  
may I one day see him face to face in glory, who lives and reigns with you for ever.

## Prayers after Holy Communion (1st Series)

### Prayer of St. Thomas Aquinas

**L**ORD, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your Son, our Lord Jesus Christ. I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation.

May it be a helmet of faith  
and a shield of good will.  
May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good.  
May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual.

May it unite me more closely to you, the one true God,  
and lead me safely through death to everlasting happiness with you.

And I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord.

## Prayer to Our Redeemer

**S** OUL of Christ, make me holy.

Body of Christ, be my salvation.

Blood of Christ, let me drink your wine.

Water flowing from the side of Christ, wash me clean.

Passion of Christ, strengthen me.

Kind Jesus, hear my prayer; hide me within your wounds and keep me close to you.

Defend me from the evil enemy.

Call me at my death

to the fellowship of your saints,

that I may sing your praise with them through all eternity.

## Prayer of Self-Dedication to Jesus Christ

LORD Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me.

I surrender it all to be guided by your will.

Your grace and your love are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more.

## Prayers before Holy Communion (2nd Series)

### Act of Faith

LORD Jesus Christ,  
I firmly believe that you are present in this Blessed Sacrament as true God and true Man, with your Body and Blood, Soul and Divinity. My Redeemer and my Judge, I adore your divine majesty in union with the angels and Saints. I believe, O Lord; increase my faith.

### Act of Hope

GOOD Jesus, in you alone I place all my hope. You are my salvation and my strength, the source of all good. Through your mercy, through your Passion and death, I hope to obtain the pardon of my sins, the grace of final perseverance, and a happy eternity.

## Act of Love

ESUS, my God, I love you with my whole heart and above all things, because you are the one supreme Good and an infinitely perfect Being. You have given your life for me, a poor sinner, and in your mercy you have even offered yourself as food for my soul. My God, I love you. In flame my heart so that I may love you more.

## Act of Contrition

O MY Savior, I am truly sorry for having offended you because you are infinitely good and sin displeases you. I detest all the sins of my life and I desire to atone for them. Through the merits of your precious Blood, wash me of all stain of sin, so that entirely cleansed I may worthily approach the most holy Sacrament of the altar.

## Act of Desire

JESUS, my God and my all, my soul longs for you. My heart yearns to receive you in Holy Communion. Come, Bread of heaven and Food of angels, to nourish my soul and rejoice my heart. Come, most lovable Friend of my soul, to inflame me with such love that I may never again be separated from you.

## Prayers after Holy Communion (2nd Series)

### Act of Faith

JESUS I firmly believe that you are present within me as God and Man,  
to enrich my soul with graces and to fill my heart  
with the happiness of the blessed. I believe that you are Christ, the Son of the living God.

### Act of Adoration

WITH deepest humility, I adore you, my Lord and my God;  
you have made my soul your dwelling place. I adore you as my Creator from whose hands I came and with whom I am to be happy forever.

### Act of Love

DEAR Jesus, I love you with my whole heart, with my whole soul, and with all my strength. May the love of your own Sacred Heart fill my soul and purify it so that I may die to the world for love of you, as you died on the Cross for love of me. My God, you are all mine; grant that I may be all yours in time and in eternity.

### Act of Thanksgiving

DEAR Lord, I thank you from the depths of my heart for your infinite kindness in coming to me. With your most holy Mother and all the angels, I praise your mercy and generosity toward me, a poor sinner. I thank you for nourishing my soul with your Sacred Body and Precious Blood. I will try to show my gratitude to you in the Sacrament of your love, by obedience to your holy commandments, by fidelity to my duties, by kindness to my neighbor, and by an earnest endeavor to become more like you in my daily conduct.

## Prayers before Holy Communion (3rd Series)

### Act of Faith

O JESUS, my light and sanctification, open the eyes of my mind, and fill my soul with your grace that I may know the importance of the action which I am about to perform. Let me consider how sacred and exalted is he whom I am about to receive.

I am about to receive within my heart and soul my God, my Creator, my Savior, my sovereign Lord, my Jesus. I am about to receive within my breast really and truly that same Jesus who is the life, glory, treasure, the love and delight of the eternal Father; that same Jesus whom so many patriarchs, prophets, and just of the Old Testament desired to see and did not see; that same Jesus who lived and walked on earth, eating and drinking in the company of sinners; that same Jesus who was nailed to the Cross, whose Body was bruised, wounded, and immolated for me and all human beings. I am about to receive that same Savior who ascended gloriously into heaven, who sits at the right hand of the Father, and who will come again at the end of time, clothed in power and majesty, to judge the world. O my God, how unworthy I am of such a great favor. I acknowledge this in the presence of both heaven and earth. **St. John Eudes (adapted)**

### Act of Contrition

O GOD, loose, remit, and forgive my sins against you, whether in word, in deed, or in thought; and whether they are willingly or unwillingly, knowingly or unknowingly committed, forgive them all. For you are good and you love all human beings. And through the prayers of your most holy Mother, or your heavenly servants and holy spirits, and all the Saints who have found favor with you, enable me to receive without condemnation your holy Body and your Precious Blood. Let my soul and body be thus healed and my evil imaginings be driven away, for yours is the kingdom, the power, and the glory: Father, Son, and Holy Spirit, now and forever. **St. John Chrysostom (adapted)**

## Act of Petition

GIVE me yourself,  
O my God,  
give yourself to me.  
Behold, I love you,  
and if my love is too weak a thing,  
grant me to love you more strongly.  
I cannot measure my love to know  
how much it falls short of being sufficient,  
but let my soul hasten to your embrace  
and never be turned away  
until it is hidden in the secret shelter of your presence.  
This only do I know,  
that it is not good for me when you are not with me,  
when you are only outside me.  
I want you in my very self.  
All the plenty in the world  
which is not my God  
is utter want. **St Augustine of Hippo**

## Prayers after Holy Communion (3rd Series)

### Act of Offering

O KIND Father, I offer you this holy Sacrament with all  
the merits and virtues of your beloved Son for me, your  
poor creature, with such love and fidelity as Christ himself  
offered it for the salvation of the world. I offer it for all  
benefits  
which you have showered on me from  
my birth until this day.  
You created me by your goodness,  
redeemed me by your Son,  
sanctified me by your Holy Spirit,  
endowed me with imperishable goods by your grace,  
and guarded me from many misfortunes  
and countless sins.

As an adequate return for these favors, I offer you all  
the praise and thanks which your beloved Son, Jesus,  
ever gave while he yet lived on earth,  
and which he still renders to you in heaven. I offer  
you this holy Sacrament  
in compensation for all the virtues which I ought to  
possess, yet do not, and for obtaining all the  
necessary graces  
of which I stand in need for your holy service.

I also offer it for the pardon of all the sins  
which I have committed,

and in satisfaction for all the negligence and  
remissness into which I have fallen.  
Because I have deserved so much and such heavy  
punishment  
that I can never be in a position  
to satisfy for everything,  
I have recourse to the immeasurable treasure  
of the merits of your dear Son,  
whom I now bear in my heart.  
I wish to pay my debt honorably and fully  
by this means. **Sts. Gertrude and Mechtild**

## Act of Admiration

O JESUS, my God, my Creator, my Savior, and my  
Lord, what a wonderful thing it is for me

to possess you really at this moment! The one who  
dwells from all eternity in the bosom of the Father  
has come into my innermost being.. . Even the  
Divinity,  
the most Holy "Trinity,  
all that is most admirable in God and in all heaven  
has conic down to me,  
a poor and unworthy creature.

O God,  
how good and merciful you are.  
What can I say or what can I do  
in the presence of things so great and marvelous?  
Lord Jesus,  
let all my faculties render homage and adoration to  
you.  
But, my God,  
what temerity on my part  
to have received you—you, the holy of holies—into  
an abode so impure  
and with s' little love and preparation!  
I ask your forgiveness for this  
and for all sins and ingratitude of my past life.

**St. John Eudes**

## Act of Hope

FOR your mercies' sake, O Lord my God, tell me  
what you are to me.  
Say to my soul: "I am your salvation." So speak that  
I may hear,  
O Lord;  
my heart is listening;



open it that it may hear you,  
and say to my soul: "I am your salvation." After  
hearing this word,  
may I come in haste to take hold of you. Hide not  
your face from me.  
Let me see your face even if I die,  
lest I die with longing to see it.  
The house of my soul is too small to receive you; let it  
be enlarged by you. It is all in ruins;  
do you repair it.  
There are things in it—I confess and I know—that  
must offend your sight. But who shall cleanse it?  
Or to what other besides you shall I cry out? From my  
secret sins cleanse me,  
O Lord,  
and from those of others spare your servant.

**St. Augustine of Hippo**

### **Prayer to Be a Victim of Love**

DIVINE Word, worthy of all admiration and all love,  
you draw me continually to yourself.  
You came into this world of exile  
ready to suffer and die,  
so as to bring souls within their true orbit, the bosom  
of the Blessed Trinity.  
And now, reascended into that inaccessible light  
which is evermore your dwelling place,  
you still frequent this valley of tears,  
hidden under the appearance of the Sacred Host.  
You are still ready to feed my soul  
with your own divinity  
my poor soul which would sink back into nothingness  
at any moment  
if you did not give it life with a simple glance!  
O Jesus,  
my gratitude bids me say that you love me fondly; and  
when I meet with such fondness from you, how can my  
heart fail to go out to you—how can any heart fail to go  
out to you—and how can my trust in you have any  
limits? . . . One day, I hope, you will come down  
to carry off this poor creature of yours,  
to carry it up to the very center of love,  
and consume it in love's furnace,  
to which it has offered itself as a victim.

**St. Theresa of Lisieux**

### **Act of Desire to Proclaim Christ**

DEAR Jesus,  
help me to spread your fragrance everywhere I go.

Flood my soul with your Spirit and Life. Penetrate and  
possess my whole being so utterly that my life may only  
be a radiance of yours. Shine through me and be so in  
me  
that every soul I come in contact with  
may feel your presence in my soul.  
Let them look up,  
and see no longer me,  
but only Jesus!

Stay with me  
and then I will begin to shine as you shine, so to shine  
as to be a light to others.  
The light, O Jesus,  
will be all from you;  
none of it will be mine.  
It will be you, shining on others through me.  
Let me thus praise you  
in the way which you love best,  
by shining on those around me.  
Let me preach you without preaching,  
not by words but by example,  
by the catching force,  
the sympathetic influence of what I do, the  
evident fullness of the love  
my heart bears for you.

**Cardinal Newman**

## Prayers before Holy Communion (4th Series)

### Act of Faith

JESUS, I believe that Holy Communion gives me claim to all the actual graces which I need to be holy and to imitate you, my divine Master. With your grace I can live as a sincere Christian—in some way as "another Christ" among my fellow human beings. Every act of virtue is derived from your grace.

You are not only the model of all virtues, but one who merited for us the grace to practice them. You are the source of spiritual perfection. Help me to foster a lively faith in the mystery of grace through which you will act in me, because without your grace I can do nothing. Your grace will help me to maintain the spirit of devotion which should underlie my Christian life.

### Act of Preparation

LORD, I am preparing to meet you at Mass. I am coming as I am, no change of feelings or of thoughts, just as I am living my life today, every day. I am coming to meet you; I know you are present in the Mass, that you are the Christ—born, dead, risen, ascended to the Father. I am coming to measure my life in you, to change myself; you invite us to the "new," or we will not be Christians. I am coming to bring you what I am every day, what I have every day; in me are present at this moment my dear ones, my friends, all the people of the world; the people I meet, with whom I speak and work, with whom I discuss and argue; all my usual gestures, all the things I use and deal with, all the realities and situations in which I am involved. I am coming to be saved by you, the Paschal mystery, because I, too, a "lay person," "co-celebrate" the Mass whenever I am with you, Christ,

and strive to bring all back to the Father; I work in you, with you, and for you, my "passing" from mine to your life, from yours to my life, from mine to your love, from yours to my love: every day, every instant.

Lord, I am coming to Mass to understand and to renew my place in the world, in my family, in my job, in the Church, in my encounters with others.

Lord, I am coming to learn that this possibility of love, life, salvation, is a gift from you.

I am coming because I am not able to love truly.

Anna Teresa Ciccolini

## Prayers after Holy Communion (4th Series)

### Prayer to Be Renewed

LORD, it makes no sense to speak of Eucharist, Mass,

Communion, Encounter, if I don't let myself be "made new" by you.

To become truly and continuously new in love, a love which I am not able to retain consistently, but which I often replace with a surrogate, or an educated selfishness.

Lord, I have met with you in this Mass; to become new means to discover that this old man, this coughing, clumsy bundle, is my brother; that this silly looking little woman mumbling and fingering her rosary is my sister; really and truly.

I am going to move closer and smile and exchange a word.

It means to open the door of the church to start a new way of loving, as lovers of God and human beings. Exactly like "lovers."

Anna Teresa Ciccolini

## Prayer to See Jesus in Others

THROUGH this Holy Communion,  
I beg you, O Lord Jesus, for the grace ever to love you in my neighbour.  
Let me see in every human being  
your own dear self—disguised but really there. Since every human being is a potential member  
of your mystical Body,  
I want to make my every act  
a personal service rendered to you.

Your new law demands that I avoid not only bodily injury to my neighbor  
but also angry and uncharitable words and emotions.  
Let me never put limits to my forgiveness, so that your Father may forgive me my offenses.  
Through this Communion  
make me a living example  
of your great commandment of love.

