

## At Mass

When the Priest Offers the *Host*.

MY GOD, I place upon this paten my heart, the hearts *of* all who are dear to me, the hearts of my *relatives* and friends, those who have injured me or whom I have injured, the hearts of the agonising and those in the state *of* mortal sin; Jesus, when *you* change this bread into Thy Body and Blood, change our hearts also and make them very pleasing to Thee.

With this Host, I offer also all with whom I shall come into contact to-day; do for them, dear Jesus, what I am powerless to do and draw them *ever* closer to Thy Sacred Heart.

I place upon this paten all my thoughts and words and actions of this day, *every* breath that I shall breathe, every movement, every step; change them, too, O dearest Jesus, into so many Acts of Love that will bind me ever more closely to Thee.

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EDMUND GLEESON, C.S.S.R. 17/6/'45.

Bishop of Maitland.

*Most Precious Blood of  
Jesus Offering of Masses*  
To Be Said Every Day

My God, I offer this action of mine, and every action of my whole life, in union with the Precious Blood in all the Masses this hour being offered all over the world or that will be offered for all time - to Your own everlasting praise and glory - to Your infinite rejoicing and delight.

To the glory of the Sacred Heart and in thanksgiving for all the graces bestowed on The Sacred Humanity of Our Lord Jesus Christ - I offer you the Precious Blood, O my God!

To the honour of Our Blessed Lady, and in thanksgiving for all graces bestowed on her, especially in her Immaculate Conception, Divine Maternity and Glorious Assumption - I offer You the Precious Blood, O my God!

In honour of St Joseph, my Guardian Angel, my Patron Saint, St Michael, and the nine choirs of Angels - I offer You the Precious Blood, O my God!

For all the interests of Jesus in the Blessed Sacrament - I offer You the Precious Blood, O my God!

For the conversion of sinners, the prevention of sin, help for those in their last agony, or to die this day - I offer You the Precious Blood, O my God!

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For special graces for all whom I love, my family, friends and relatives, for all who have asked my prayers or whom I have

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promised to pray for: or who  
have any claim on my prayers -  
I offer You the Precious Blood, O  
my God!

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For all whom I have injured,  
hurt or disedified - I offer You  
the Precious Blood, O my God!

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For the souls in Purgatory,  
especially my own relatives and  
friends, all whom I have  
promised to pray for, all whom I  
have been asked to pray for, or  
who want my prayers - I offer  
You the Precious Blood, O my  
God!

For the souls of unborn and  
aborted babies, victims of tragic  
death and war, priests, nuns and  
missionaries, lost souls and those  
who have no one to pray for  
them and those who need most  
of Thy mercy - I offer You the  
Precious Blood, O my God!

For my enemies - for all who  
have unkind hearts for me - I  
offer You the Precious Blood, O  
my God!

For the salvation of my soul and  
all souls, for all my intentions  
and wants - spiritual and  
temporal - I offer You the  
Precious Blood, O my God!

In atonement for my sins, for  
the sins of the whole world, and  
for all the wants of the Holy  
Church - I offer You the Precious  
Blood, O my God!

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For the triumph of the  
Immaculate Heart of Mary, and  
the intentions of the Most  
Sacred Heart of Jesus - I offer  
You the Precious Blood, O my  
God!

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*Prayer  
of  
Padre Pio  
After  
Communion*

Stay with me, Lord, for it is necessary to have  
You present so that I do not forget You.  
You know how easily I abandon You.

Stay with me, Lord, because I am weak and I  
need Your strength, that I may not fall so  
often.

Stay with me, Lord, for You are my life, and  
without You, I am without fervor.

Stay with me, Lord, for You are my light, and  
without You, I am in darkness.

Stay with me, Lord, to show me Your will.  
Stay with me, Lord, so that I hear Your voice  
and follow You.

Stay with me, Lord, for I desire to love You  
very much, and always be in Your  
company

Stay with me, Lord, if You wish me to be  
faithful to You.

Stay with me, Lord, for as poor as my soul is,  
want it to be a place of consolation for  
You, a nest of love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes, death, judgment, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, and the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers, I need You.

Let me recognise You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour *of* my death, I want to remain united to *You*, *if* not by Communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but, the gift of Your Presence, oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

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## PRAYERS OF PREPARATION FOR HOLY COMMUNION

## ACT OF LOVE AND DESIRE

*Jesus*, knowing that He must leave the world and return to His Father after accomplishing our salvation by His death on the Cross, did not want us to be alone in the world.

So He instituted the Most Blessed Sacrament of the Eucharist on Holy Thursday night, to perpetuate His Redemptive Sacrifice, to offer the Bread of Life and to remain with us till the end of time.

*"He took bread blessed it and gave it to His disciples and said 'Take this all of you and eat it. this is My Body'. Mt 26:26*

The Blessed Eucharist is the greatest of all Sacraments and the perfect expression of God's love for us. We should always prepare well for receiving Him in Holy Communion.

## ACT OF FAITH

My Lord, my God, I believe when I receive Holy Communion, I receive Your most precious body as food for my Soul, I believe this with all my heart. O my god, help me make a good Communion. Mary my mother, pray for me. My guardian angel, intercede and pray for me.

## ACT Of ADORATION

O Jesus, my God present on the altar, I bow down before You. I adore You.

My Jesus, I love You, I desire with all my heart to receive You. Come to my soul; give me of Your whole self, Body and Blood, Soul and Divinity, that I may live in you for ever in heaven.

## ACT OF HUMILITY

I am not worthy to receive you and yet you come to me that I may learn from you to be meek and humble of heart.

## ACT Of SORROW

My God, I detest all the sins of my life. I am truly sorry for them because they offend you who are so good and I will try not to sin again.

## PRAYER FOR YOURSELF

My Jesus, when temptation comes near me, make me strong against it. In the moment of temptation may I always say: *"My Jesus mercy, Mary help me."*

O Jesus, may I receive you before I die. May I say when I am dying: *"Jesus, Mary and Joseph, I give You my heart and my soul"*

Listen now for a moment with Jesus; speak to Him, heart to heart.

## PRAYER TO MARY AFTER HOLY COMMUNION

Mary, my Mother, I have received your Son, Jesus.

With love You became His Mother, gave birth to Him, and nursed Him. Helped Him to grow to manhood and suffered with Him in His Passion.

With love I return Him to You to love with all Your heart.

And to offer to the Holy Trinity

as our supreme act of worship.

For Your honour and for the good of all our pilgrim brothers and sisters.

Most loving Mother, ask God to forgive my sins and to help me serve Him more faithfully.

Keep me true to Christ until death, and let me come to praise Him with You forever and ever.

## SPIRITUAL COMMUNION

If you are unable to receive Holy Communion, you may make a Spiritual Communion.

"My Jesus, My Lord, My God, I adore You. I place all my trust in You. I love You with all my heart. I cannot receive You in Holy Communion but come into my soul in a spiritual way.

Purify and sanctify it; make it a fitting tabernacle for Your Real Presence.

*O Sacrament Most Holy*

*O Sacrament Divine*

*All praise and all thanksgiving*

*Be every moment Thine.*

## PRAYER BEFORE A CRUCIFIX

Behold. O kind and most sweet Jesus, I cast myself on my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope and Charity, with a true repentance for my sins, and a firm desire of amendment, while in deep affection and grief of soul I ponder within myself and mentally contemplate Your five most precious wounds; having before my eyes that which David spoke in prophecy of You, O good Jesus:

*They have pierced my hands and my feet: They have numbered all my bones."*

*(A Plenary Indulgence may be gained on Fridays of Lent and Passiontide by saying this prayer and one Our Father", one "Hail Mary" and one "Glory Be" for the Pope's intentions. The Sacrament of Penance should be received during the month).*

## ANIMA CHRISTI

*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.*

*Hide me within Your wounds. Never  
let me be separated from You. From  
the evil enemy defend me.*

*At the hour of death call me, and  
bid me come to You.*

*So that with Your Saints I may praise  
You forever.*

## PRAYERS FOR OTHERS

O Jesus, have mercy on Your Holy Church; take care of it. O Jesus, bless all my family all my loved ones and all I ought to pray for, as Your Heart know how to bless them. O Jesus, have pity on the poor souls in Purgatory and give them eternal rest.

## PRAYERS AFTER. HOLY COMMUNION

Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences whereby He is offended.

My God, I believe, I adore, I hope and I love You. I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You.

## ACT OF LOVE

Jesus, I love You, I love You with all my heart, You know that I love You, and wish to love You daily more and more.

## ACT OF THANKSGIVING

My good Jesus, I thank you with all my heart. How good, how kind You are to me. Blessed be Jesus in the Most Holy Sacrament of the altar. Lord, enlighten my understanding, strengthen my will, purify my heart and make me holy. Help me to rise above my human weakness and to grow stronger as a Christian.

## ACT OF OFFERING

Jesus, You have given yourself to me and let me give myself to You: I give You my body that I may be chaste and pure.

I give You my soul that I may be free from sin. I give You my heart that I may always love You.

I give You my every breath that I shall breathe and especially my last. I give You myself in life and death, that I may be Yours forever and ever.



*EUCCHARISTIC PRAYER  
OF AKITA*

Most Sacred heart of Jesus, TRULY present in the Holy Eucharist, I consecrate my body and soul to be entirely one with Your Heart, being sacrificed at every instant on all the altars of the world and giving praise to the Father, pleading for the coming of His Kingdom.

Please receive *this* humble offering of myself. Use me as You will for the glory of the Father and the salvation of souls.

Most Holy Mother of God, please defend me and protect me as Your special child. Amen.

*PRAYER TO THE  
HOLY SPIRIT*

O Holy Spirit, soul of my soul, I adore You. Enlighten, guide, strengthen and console me. Tell me what I ought to do and command it to me. I promise to submit to everything that You ask of me and to accept all that you allow to happen to me. Just show me what Your Will is. Amen