

# PRAYERS FOR RECEIVING THE EUCHARIST

Fr. Peter J. Elliott.

ISBN 85826-201-0

A.C.T.S. No 1741 (1981)

## THE WORDS OF POPE JOHN PAUL II.

". . . But the Church is not brought into being only through the union of people, through the experience of brotherhood to which the Eucharistic banquet gives rise. The Church is brought into being when, in that fraternal union and communion, we celebrate the Sacrifice of the Cross of Christ, when we proclaim "the Lord's death until he comes", (1 Corinthians 11:26) and later, when, being deeply com-penetrated with the mystery of our salvation, we approach as a community the table of the Lord, in order to be nourished there, in a sacramental manner, by the fruits of the Holy Sacrifice of propitiation. Therefore in Eucharistic Communion we receive Christ, Christ himself; and our union with him, which is a gift and grace for each individual, brings it about that in him we are also associated in the unity of his Body which is the Church".

**Dominicae Cenaе,  
Apostolic Letter on the Mystery and Worship of the Eucharist,  
February 24th, 1980, paragraph 4.**

To put his eucharistic teaching into practice, the Holy Father authorized an "*Instruction on certain norms concerning worship of the Eucharist Mystery*", **Inaestimabile Donum**, April 17th, 1980. This instruction included the following:

"The faithful are to be recommended not to omit to make a proper thanksgiving after Communion. They may do this during the celebration, with a period of silence, with a hymn, psalm or other song of praise, or also after the celebration, if possible by staying behind to pray for a suitable time". (**paragraph. 17**)

## INTRODUCTION

Receiving our Lord Jesus Christ in the holy Eucharist is the central moment in our lives. He gives us himself, and in this giving, he receives us. Sharing his divine life, in this intimate union, Holy Communion, we need to pray, to pray well, personally, sincerely, honestly. This booklet is an aid to eucharistic prayer.

A series of preparations and thanksgivings is provided here, not to take the place of prayer which is in our own words, but to help that prayer. The preparations and thanksgivings draw on different sources, using different themes, especially developed to blend into the community and personal aspects of the Liturgy today. A short aspiration is suggested, "On the way to the altar", to be offered silently during the Communion procession. To the series of preparations and thanksgivings has been added a collection of familiar prayers to supplement the other devotions (Section 10).

This booklet is dedicated to the memory of Father John E. Perkins, the author of several A.C.T.S. collections of prayers for Holy Communion. It incorporates some of his prayers.

# 1. THE WORDS OF SCRIPTURE

## PREPARATION

*I listen to you, Lord Jesus:*

"Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me . . ."

**Revelation 3:20.**

"Come to me, all who labour and are heavy laden, and I will give you rest."

**Matthew 11:28.**

"For the Son of Man also came not to be served but to serve, and to give his life as a ransom for many."

**Mark 10:45.**

"Take, eat; this is my body . . . drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."

**Matthew 26:26-28.**

*I speak to you, Lord Jesus:*

"Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know, that you are the Holy One of God."

**John 6:68, 69.**

"Lord, I am not worthy to have you come under my roof; but only say the word . . ."

**Matthew 8:8.**

"What shall I render to the Lord for all his bounty to me? I will lift up the cup of salvation and call on the name of the Lord . . . I will offer to you the sacrifice of thanksgiving and call on the name of the Lord."

**Psalms 116:12, 13, 17.**

## On the way to the altar

You are the Christ, the Son of the living God!

## THANKSGIVING

*I praise and thank you, Lord Jesus:*

"Worthy is the Lamb who was slain, to receive power, and wealth and wisdom and might and honour and glory and blessing!"

"For you were slain and by your blood did ransom men for God from every tribe and tongue and people and nation, and have made them a kingdom and priests to our God, and they shall reign on earth."

**Revelation 5:12, 9, 10.**

*Speak within me, Lord Jesus:*

". . . he who eats my flesh and drinks my blood has eternal Life, and I will raise him up at the last day. For my flesh is food indeed. and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will

live because of me . . .

**John 6:54-57.**

*With the words of Martha, I believe, Lord Jesus:*

"Yes, Lord; I believe that you are the Christ, the Son of God. he who is coming into the world."

**John 11:27.**

*Lord Jesus, let me learn in your Eucharistic school:*

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

**John 15:4, 5.**

## **2. THE FAITH OF THOMAS**

### **PREPARATION**

You may read John 20:24-29: Our Lord appears to St Thomas.

My Lord and my God, I believe that you are really here, beneath what appears as bread and wine. I believe, Lord Jesus. Deepen my faith in you.

My Lord and my God, I am sorry for my sins. I know that I can never be worthy of this gift of yourself, yet you call me, you welcome me, you join me to yourself in this sacrament of peace.

My Lord and my God, I want to receive you. I know that I need you, for without you I can do nothing. Lord Jesus, strengthen my will to receive you.

My Lord and my God, I trust in you. As I approach this sacrament of love, drive far from me the cares, worries and distractions of life, but let me bring you the needs of my life. Let me place those needs in your heart, in confidence, in courage, in trust.

### **Reflection**

"I am not like Thomas, wounds I cannot see,  
But can plainly call you, Lord and God as he:  
Let me to a deeper faith daily nearer move,  
Daily make me harder hope and dearer love."

**Adoro Te, (I Adore You,) St Thomas Aquinas**

### **On the way to the altar**

Jesus! My Lord and my God!

### **THANKSGIVING**

"Blessed are those who have not seen and yet believe." Yes, Lord Jesus, blessed indeed are we, not seeing with our eyes, with earthly vision, but with faith:

I thank you, my Lord and my God for coming to me.

I thank you for all you have done for me, especially for your glorious Resurrection. You are the risen Lord, conqueror of death, Master of life undying. You are the living Bread, food for our resurrection, nourishment for eternal life

You came among your disciples, risen and glorious, in our flesh.

To them you said. "Peace be with you!"

You come among us today. risen and glorious, in our flesh, yet hidden in a sacrament.

To us you say "Peace be with you!"

Lord Jesus. speak to us of peace Plant this peace within our hearts. I pray for those who need peace, especially . . .

The doors were shut in that room, but that did not keep you out.

You stood among them. You brought them peace. Today we long for such inner peace Lord, I believe it is only found in you.

### **Reflection**

"Seeing, touching, tasting are in thee deceived:  
How says trusty hearing? that shall be believed;  
What God's Son has told me, take for truth I do;  
Truth himself speaks truly or there's nothing true."

**Adoro Te (I Adore You)**

## **3. IN COMMUNITY**

### **PREPARATION**

"Christ left to his followers a pledge of this hope and food for the journey in the sacrament of faith, in which natural elements, the fruits of man's cultivation, are changed into His glorified Body and Blood, as a supper of brotherly fellowship and a foretaste of the heavenly banquet."

Vatican II, **Church in the Modern World, 38.**

Lord Jesus, help me to reflect on the unity caused by your Eucharist. "This is my body . . . my blood . . .", yet we are made into your Body, your working Body in this world, your Church. Help me to see my Communion as our Communion, holy union between yourself and ourselves, union making community. Help me to understand what St Paul taught, "The cup of blessing which we bless, is it not a communion in the blood of Christ? The bread which we break, is it not a communion in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread."

**(1 Corinthians 10:16, 17)**

Lord Jesus, as I kneel here, I can see my brothers and sisters around me. We are all one at this altar. We are not meant to stand apart. We are here to share one Food, and you are that Food. We are here to be made strong enough by your self-gift, so that really we may live out your golden command, "Love one another as I have loved you!"

In the words of the early Church, I pray: "As this broken bread was once grain scattered over the hills, and then, when gathered, became one mass, so may your Church be gathered from the ends of the earth into your Kingdom. For the glory and the power is yours, through Jesus Christ, for evermore. Amen."

## **On the way to the altar**

"We who are many are one . . .

**or,**

May we all be one, Lord Jesus.

## **THANKSGIVING**

Heavenly Father, you have invited your children to your table. So many of us today have received and eaten the Body of Christ your Son. We now share his life more fully. We are members of his body, "flesh of his flesh, bone of his bone."

We are not now isolated individuals. Each of us, with his or her own personality, is a cell in the Body of Christ, your Son and our Brother; each of us has a part to play, a function to perform, for the health and life and work of the Body.

As cells, we share the life of the Body, the life of Christ our Head; and we depend on one another.

With these people here in the Church I am to live and work for the building up of the Body of Christ in this parish, in this diocese, in the whole world.

We should not then be as strangers; for we are the people of God, members of Christ and of one another. Help us then, Jesus, to realize our unity in you. Enlighten us as to our common responsibilities and opportunities.

Inspire us to work with you and for you, to work with our priests and with one another - to provide Catholic education for all the children of the parish and of the diocese - to help our youth develop towards a Christian maturity - to assist anyone in any kind of need or distress - to make you, Lord, better known and loved in this our city - to give glory to the Father in our community worship as we offer together the Holy Mass.

Grant, Lord Jesus, that through you we may be "drawn day by day into ever more perfect union with God and with each other, so that finally God may be all in all."

**(Fr. John E. Perkins)**

## **4. OFFERING**

### **PREPARATION**

**(Receiving the Lord in Holy Communion is the best way to share in the offering of the Sacrifice of the Mass. We are united to Christ, offering himself to the Father, in the power of the Spirit. We offer ourselves in Christ to the Father.)**

Lord Jesus, as we receive you, so you receive us. You unite us to yourself. I know that I am not worthy, for my sins are many. I know that I have no power of my own to give myself up to the Father. I know that I have nothing worthy to offer the Father - but receive me, Lord, receive me to yourself. Clothe me in the new life of Grace. Renew me in the holy Spirit. Re-awaken the baptismal faith, planted deep within my heart.

Cleanse me from my sins and free me from my weakness. Receive me, Lord.

Father, as we are united to your Son, "May he make us an everlasting gift to you and enable us to share in the inheritance of your saints."

**(Eucharistic Prayer 3)**

Father, as we offer your Son, receive us with his broken Body and outpoured Blood, and ". . . look upon this sacrifice which you have given to your Church; and by your Holy Spirit, gather all who share this one bread and one cup into the one body of Christ, a living sacrifice of praise,"

**(Eucharistic Prayer 4)**

### **On the way to the altar**

See; I come to do your will,

**or**

Receive me, Lord, as I receive you.

### **THANKSGIVING**

United to your Son, I offer myself to you, most loving Father. I offer my life, my body and soul, my gifts, my strength and weakness. All this I offer to you. Father, I renew in this self-offering the four great purposes of the eucharistic Sacrifice of your Son, our compassionate High Priest.

Lord Jesus Christ, by the union between us in the Eucharist,

- receive me, as you give yourself up in adoring love and praise,
- receive me, as you give yourself up in thanksgiving for all creation,
- receive me, as you give yourself up in prayer for all our needs,
- receive me, as you give yourself up in atonement for our sins.

Lord Jesus Christ, in confidence I join all the members of your one Body as together, in you and through you, we come to the throne of mercy. For, ". . . we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way which he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water . . ."

**(Hebrews 10:19-22).**

Lord, I offer this Communion especially for . . .

This is the intention of my heart.

In gratitude for all you give me, let me show the meaning of your sacrifice in my daily life. "Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."

**(Hebrews 13:15-16).**

## **5. FROM THE LITURGIES**

### **PREPARATION**

I believe, Lord, and profess that in truth you are the Christ, the Son of the living God, come into this world to save sinners, of whom I am the greatest. I also believe that this is really your sacred Body and that this is really your precious Blood. So I beseech you, have mercy on me and pardon my offences, deliberate or not, in word and deed, remembered and long-forgotten. Grant that without condemnation I may share your sacred mysteries, for the remission of sins and for eternal life.

Amen.

Receive me, this day, Son of God, to eat your sacramental supper, for I will not betray the sacrament to your enemies, nor give you a kiss like Judas, but like the thief, I will acknowledge you with the words: Remember me, Lord, When you come into your kingdom.

May this sharing in your holy mysteries, Lord, be for me not for judgement or damnation, but for the healing of my soul and body.

**(The Liturgy of St John Chrysostom)**

Lord, I beseech you, that this Holy Communion may be my guide and strength for my journey, even to the harbour of everlasting salvation. When I am confused, let it be my comfort; in my good deeds, let it be my joy; when I am tested by suffering, let it bring me patience and comfort in sickness. As I receive these sacred mysteries, grant me a right faith, firm hope, perfect loyalty and the courage to renounce this world. May this Holy Communion purify my desires, to bring me inner joy and a warm love for you, with tender compassion for the sufferings of your beloved Son. May this Holy Communion also bring me the grace to fill my life with goodness, through my adoration of you and my sincere faith.

**(Sarum Missal)** (The old English Missal of Salisbury)

### **On the way to the altar**

Holy things for holy people . . .

### **THANKSGIVING**

O Lord our God, we thank you for this sharing in your holy, perfect, immortal and most heavenly mysteries, which you have given us for the health, holiness and healing of our souls and bodies. Master of all creation, grant that the Communion of the holy Body and Blood of your Christ may build up in us a faith which cannot be destroyed, a love without pretence, a wisdom which is complete, healing for our souls and bodies, the driving away of all our foes, a full observance of your commandments and may this Communion be the perfect pleading of our cause before the judgement seat of your Christ.

O Christ, our God. the mystery of your covenant has been accomplished and perfected, as far as it was in our power, for we have celebrated the memorial of your death, we have seen the outward sign of your resurrection, we have been filled with your unending life, we have delighted in your inexhaustible joy - so may you be pleased to grant all this to us also in the world to come: we ask this through the grace of your eternal Father and your holy, gracious and life-giving Spirit, now and for ever.

Amen.

**(The Liturgy of St Basil)**

May our lips be filled with your praise, O Lord, so that we may sing your glory, because you have been pleased to make us share in your holy, divine, immortal, life-giving mysteries. Keep us in your holiness, so that we may learn your ways of justice all day long. Alleluia! Alleluia! Alleluia!

**(The Liturgy of St John Chrysostom)**

## **6. THE WORDS OF THE SAINTS**

### **PREPARATION**

Lord, I approach, the omnipotence of the Father that I may be made strong; the wisdom of the Son, that I may be enlightened; the kindness of the Holy Spirit, that I may be filled with gentleness.

Lord, I confess that I am not worthy, according to my merits, to receive the least of your gifts; yet, I ask you, through the merits and intentions of the community around me to pierce my heart with the arrow of your love.

**(St Gertrude)**

Good Jesus, my Saviour, what will you have? My poor soul?  
Take it.

My faint heart? It is yours. How often, have I brought sadness to you.

How often, like a new Absalom, have I hunted you violently from my heart.

Fountain of living water, wash me clean. Health of the sick, heal me.

Clothe me in faith and holy hope. Make me a temple less unworthy of you.

For all his burning faith, the centurion did not dare to receive you in his house.

Saint John the Baptist would not presume to baptize you.

Yet I, a sinner, come to you - to you, the Creator and King of angels!

O Father, eternal God, grant me faith and courage; Son, wisdom of the Father, grant me light and make me wise; Holy Spirit, beloved of Father and Son, inflame my heart and purify my soul, that I may approach this most majestic Sacrament with faith and love.

**(St Pascal Baylon)**

### **On the way to the altar**

Make us holy, as you are holy, Lord.

### **THANKSGIVING**

Father, as much as I can, I desire to praise you. In union with all the praises which Christ our Lord offered you in everything he did, I desire to do everything for your honour, for the love of you. In union with the generosity with which Christ took our human nature and suffered death with joy, in union with that endless love with which, giving thanks to you, he gave us this greatest of gifts, I wish to give you the greatest thanks I can throughout this day for such a Sacrament. I wish to renew the holy desires of my heart so that it may never seem empty of the divine Presence within me.

**(St Gertrude)**

Bless me, my Jesus, and bless all of me - my soul, my body, my senses and my faculties. Bless especially my tongue, that it may only speak for your glory. Bless my eyes, that they may not look at any thing that might tempt me to displease you. Bless my taste, that it may not offend you by intemperance; and bless all the parts of my body, that they may all serve you and not offend you. Bless my memory, that it may always remember your love and all the graces you have given me. Bless my understanding, that it may know your goodness, and the obligation I have of loving you, that it may see all I must avoid, and all that I must do to conform myself to your holy will. Above all, bless my will, that it may love no other but you, the infinite Good, that it may seek for nothing but to please you, that it may take delight in nothing but what leads to your glory.

Oh my Jesus, that I might spend all my life for you, for you have spent all your life for me!

**(St Alphonsus Ligouri)**

## **7. HIS HEART**

**(Suitable for First Fridays.)**

### **PREPARATION**

Sacred Heart of Jesus, burning with everlasting love, I come to you to share this fire, this warmth. Help me to hear your invitation:

"Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

**(Matthew 11:29, 30)**

Unworthy, a sinner seeking your mercy, I come to you, Lord. Give me the living waters of sacramental life and grace, for you have called to us, saying, "if any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water'."

**(John 7:37, 38)**

Heart of Jesus, I believe in you.  
Heart of Jesus, I trust in you.  
Heart of Jesus, I hope in you.

Jesus, gentle and lowly in heart, by this Eucharist make our hearts like your heart.

### **On the way to the altar**

All for you, Heart of Jesus.

**or,**

Most Sacred Heart of Jesus, have mercy on us.

### **THANKSGIVING**

Lord Jesus Christ, I welcome you. I adore you. I thank you for drawing me to yourself in this holy Eucharist. Receive me, Lord, as I receive you.

Most loving heart of Jesus, our human hearts are restless, until they rest in you. Give me your peace and serenity, that amidst all the changes of this passing world I may set my heart in your peace.

Most strong Heart of Jesus, I place my weakness in your strength. Give me your strength, that I may spend my life for you in serving others.

Most generous Heart of Jesus, teach me to give myself. Give me your grace to live your new commandment, "Love one another as I have loved you!"

Most patient Heart of Jesus, in this sacrament of love, take from me impatience and anxiety. Give me your patience. Let me learn in the school of your humility and so build up the family of your Church, that as one of your faithful people I may wait with joy for the coming of your kingdom. Blessed, praised and hallowed, be Jesus Christ, in his throne of glory, and in the most holy Sacrament of the altar!

### **Reparation**

Eucharistic Heart of Jesus, I receive you into my heart in reparation for all the offences, insults, blasphemies and neglect by which you are offended in this world. In regret for any sins of mine, I unite my act of reparation with your all-powerful reparation in this holy Sacrifice.

### **The Promise**

"I promise you in the excessive mercy of my Heart, that my all-powerful love will give the

grace of final perseverance to all those who receive Communion on the first Friday of every month for nine consecutive months; they shall not die under my displeasure, nor without receiving the sacraments, and my Divine Heart shall be their safe refuge at that last hour."

**(Our Lord to St Margaret Mary, c. 1674).**

### **3. WITH MARY**

#### **(Suitable for Saturdays and Feasts of Our Lady)**

#### **PREPARATION**

In union with your blessed Mother, I come to receive you, Lord Jesus.

Help me to share in her faith, her obedience and her commitment to your will.

I am sorry for my sins. As I pray with Mary Immaculate, forgive me, Lord. I place my trust in you. As I pray with the faithful Virgin, deepen my faith.

I know I am not worthy. As I pray with your humble Mother, give me confidence.

Mary, blessed ever-virgin, lead me to your Son. Always you point to him, drawing us to him, guiding us on his way. Help me to welcome him in the Eucharist, as you welcomed him at Nazareth.

Mother of the Church, see us, your children, gathered around this altar. Cast your mantle of prayer and protection around us, as, once more, we enter the "upper room", as, once more, we ascend, with you, to Calvary, as, once more, we rejoice, with you, in the risen Christ. Be with us as we prepare to taste on earth the delights of heaven, feasting in this "supper of the Lamb", Jesus our joy, our sorrow and our glory.

#### **On the way to the altar**

Behold, I am the servant of the Lord. Let it be to me, according to your word.

#### **THANKSGIVING**

Blessed, praised and hallowed be Jesus Christ, in his throne of glory, and in this most holy Sacrament of the altar! Lord, Mary is that throne of glory. Make my soul, my body, my whole person a worthy throne for your real presence Like Mary, help me to show you to the world, to give you to others, to share you with all the people I meet.

In union with your blessed Mother, I thank you, Lord. In union with her Immaculate Heart, I offer you all the prayer and penance of my daily life In union with her I rejoice in you, my God and my Saviour. You are the mighty one and you have done great things for me. Holy is your name! You have filled the hungry with good things, even your Body and Blood. You have exalted the lowly, cast down the mighty and proud, and your mercy extends to all ages, from generation to generation. Holy is your name!

**(cf Luke 1:46-55)**

Mary, blessed ever-virgin, indeed you are blessed, hearing the word of God and keeping it, receiving the Word-made-flesh, trusting in the promises of God. Pray for me, dear Mother, that receiving your Son in the Eucharist may give me joy in this world, strength to bear its sorrows, and a sure and certain hope of the glory that is to come.

Our Lady of the Blessed Sacrament, pray for us, that we may know and love your Son, more and more, in

the holy Eucharist.

"He brought me to the banqueting house, and his banner over me was love."

(Song of Songs 2:4)

## 9. ST THOMAS AQUINAS

### PREPARATION

God, almighty and everlasting, see, I approach the Sacrament of your only-begotten Son, our Lord Jesus Christ. I come to the Sacrament as one sick, coming to a physician who can save life, as one unclean to a fountain of mercy, as one blind to the radiance of light eternal, as one poor and needy to the Lord of heaven and earth. I pray that in your boundless generosity you will cure my sickness, wash me clean, pierce my blindness with light, enrich my poverty and clothe my nakedness.

May this Bread of Angels, the King of kings and Lord of lords, be received by me with such humble reverence and devout contrition, with such faith and purity and with such good resolutions as to help the salvation of my soul. Give me the grace, I ask you, to receive not only the Sacrament of the Body and Blood of our Lord, but also its inner power and effect. God, all-gentle, grant that as I receive that Body, taken from the womb of Mary the Virgin by your only-begotten Son, our Lord Jesus Christ, so I may be formed worthily as part of his Mystical Body and numbered among its members.

Most loving Father, grant that your beloved Son, whom I, a pilgrim on earth, am about to receive in a Sacrament, may one day admit me to the vision of his face, there to gaze upon him for all eternity, on him, God, living and reigning with you, in the unity of the Holy Spirit, for ever and ever.

Amen.

### On the way to the altar

"Come, make each one of us your chosen guest".

(Lauda Sion) (Praise, O Sion).

### THANKSGIVING

Holy Lord, Father almighty, eternal God, I thank you because you have allowed me to feast on the precious Body and Blood of your Son, our Lord Jesus Christ - you have allowed me to feast, your sinful and unworthy servant, not for any merit of mine, but only through your merciful goodness. Far from condemning me to punishment, I pray that this Holy Communion may bring about my pardon and salvation, surrounding me with the armour of faith and the shield of good will. By this Holy Communion let my vices be destroyed and all my impure desires extinguished.

May this Holy Communion help me to grow in charity, patience, humility, obedience and every other virtue. Let it be my strong defence against all the schemes of my enemies, visible and invisible, freeing me from disturbance of flesh or spirit, binding me firmly to you, the one true God, and bringing my last hour to a joyous close.

I also pray, that you may be pleased one day to call my sinful self to that banquet, more wonderful than words can express, that banquet where you, with your Son and the Holy Spirit, feast your saints with the vision of yourself, who are true light, the fulfilment of all our desires, the joy without end, perfect gladness and bliss. I ask this, through Christ our Lord.

Amen.

"Concealed beneath this twofold sign,  
Fit symbols of the gifts divine,  
There lie the mysteries adored:  
His living Body is our food;  
Our drink his ever-precious Blood,  
In each, one undivided Lord".

(**Lauda Sion**) (Praise, O Sion).

## 10. OTHER PRAYERS AFTER HOLY COMMUNION

### Prayer Before a Crucifix

My good and dearest Jesus, before you I kneel, beseeching and praying with all the ardour of my soul, that you would engrave, deep in my heart, a living sense of faith, hope and love, true contrition for my sins, and a most firm resolve to change my ways.

At the same time, with great love and sorrow, I contemplate your wounds, having before my eyes, those words which David the prophet long ago put into your mouth, concerning yourself, good Jesus, "They have pierced my hands and my feet; they have numbered all my bones."

(**Psalm 22:16, 17**)

## W

"On Fridays in Lent and the Passion Season a Plenary Indulgence may be gained by the faithful who recite the above prayer, after Communion, devoutly before an image of Jesus Christ crucified. On other days of the year, the indulgence will be partial".

**Enchiridion, Aliae Concessionones 22.**  
**(Handbook {of Indulgences}, Other Concessions and Grants, number 22)**

### O Sacrum Convivium

O Sacred Banquet, in which Christ is received,  
the memory of his Passion is renewed,  
the mind is filled with Grace, and a pledge of future glory is given to us.

(**Partial Indulgence**)

### Anima Christi

Soul of Christ, make me holy,  
Body of Christ, save me,  
Blood of Christ, fill me with living power,  
Water from the side of Christ, wash me clean.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me,

Within your wounds hide me,  
Never let me be separated from you.  
From the evil enemy defend me.  
At the hour of death call me,  
And command me then to come to you,  
that with your saints I may praise you for all eternity.

Amen.

**(Partial Indulgence)**

## **For Generosity**

Lord Jesus, teach me to be generous.  
To serve you as you deserve to be served,  
To give, and not to count the cost.  
To fight, and not to heed the wounds,  
To work, and not to seek for rest,  
To toil, and not to ask for any reward,  
Save that of knowing that I do your holy Will.

**(Adapted from St Ignatius)**

## **For Pardon**

As your arms, O Christ, were extended on the Cross;  
even so receive me into the arms of your mercy  
and blot out all my sins with your Precious Blood.  
Amen.

**(Mary Queen of Scots, at her death.)**

## **A Self-offering**

My God, I am all yours, for time and for eternity.  
Teach me to cast myself entirely into the arms of your loving providence with the most lively and  
unlimited confidence in your compassionate tender pity.

Grant, O most merciful Redeemer, that whatever you ordain or permit may always be acceptable to me.

Take from my heart all painful anxiety; suffer nothing to sadden me but sin, nothing to delight me but the  
hope of coming to the possession of you, my Lord and my God and my all, in your everlasting kingdom.

**(Sr. Catherine Macauley,  
Foundress of the Sisters of Mercy.)**

## **A Prayer of St Francis of Assisi**

**In the words of the saint who lived for others, ask Jesus living in you to make you more like him,  
turning from self to others,  
living the Eucharist day by day.**

Lord, make me an instrument of your peace;  
Where there is hatred, let me sow love;

Where there is injury, pardon;  
Where there is doubt, faith,  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O divine Master, grant that I may not so much seek  
To be consoled as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.

## **Prayer for Priests**

O almighty and eternal God, look upon the face of your Christ, and for the love of him who is the eternal High Priest, have pity on your priests. Remember, most compassionate God, that they are but weak and frail human beings. Stir up in them the grace of their vocation, which is in them by the laying-on of the Bishop's hands. Keep them close to you, lest the enemy prevail against them, so that they may never do anything in the slightest degree unworthy of their sublime vocation.

O Jesus, I pray to you for your faithful and fervent priests; for your unfaithful and luke-warm priests; for your priests working hard at home or overseas in distant mission fields; for your tempted priests; for your lonely and desolate priests; for your young priests; for your aged priests; for your sick priests; for your dying priests; for the souls of your priests in purgatory.

But above all, I commend to you the priests dearest to me: the priest who baptized me; the priests who absolved me from my sins; the priests at whose Masses I assisted and who have given me your Body and Blood in Holy Communion; the priests who taught and instructed me or helped me or encouraged me; all the priests to whom I am indebted in any other way, particularly . . .

O Jesus, keep them close to your Heart, and bless them abundantly in time and in eternity.  
Amen.

**(Fr. Bruno M. Hagspiel, S.V.D.)**

## **For Vocations**

Lord, give us priests, more priests, holy priests, men with open hearts, strong wills, men ever generous in the service of your people.

Lord, guide me in my own life. Help me to discover your plans for me.

Strengthen me always to do your will, to follow your chosen way.  
Amen.

## **A PRAYER TO OUR LADY AFTER HOLY COMMUNION**

**". . . she prompts the faithful to come to her Son, to his sacrifice and to the love of the Father".**

**Vatican II, On the Church 65.**

Mary, Mother of Jesus and my Mother, at this moment when I am so closely united to him, help me to give him the love and worship that are his due.

On behalf of all your children who have received Holy Communion here today, offer to him the praises of your lips, the love of your heart and the adoration of your being, so wonderfully endowed with grace and glory.

Through this Communion, dear Mother, may you come to see Jesus more clearly in me.

As you knew him so intimately in his earthly life, and as you know him so wonderfully in glory, teach me to know him better; inspire and help me to become more like him in my thoughts, in my desires, in my life.

Thus, I hope, you will not only see him living in me, but you will see in me, your spiritual child, the image of your natural Son who was, and is, the joy of your life.

Teach me, then, to love him, encourage me to serve him, strengthen me to work for him, inspire me to live for him.

May he be for me, as he was for you - my God and my all.  
Amen.

## **For a Happy Death**

Oh, my Lord and Saviour, support me in that hour in the strong arms of Thy Sacraments, and by the fresh fragrance of Thy consolations. Let the absolving words be said over me, and the holy oil sign and seal me, and Thy own Body be my food, and Thy Blood my sprinkling; and let my sweet Mother, Mary, breathe on me, and my Angel whisper peace to me, and my glorious Saints . . . smile upon me; that in them all, and through them all, I may receive the gift of perseverance, and die, as I desire to live, in Thy faith, in Thy Church, in Thy service and in Thy love.

Amen

**(Cardinal Newman)**

\* \* \*