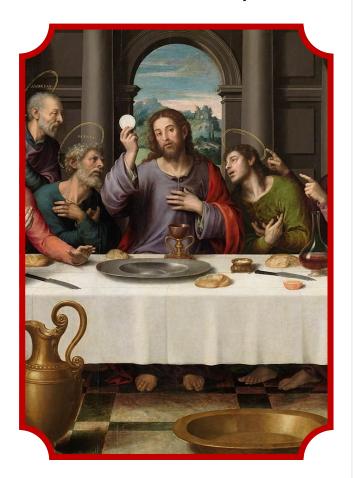


## PRAYERS BEFORE AND AFTER HOLY COMMUNION

—*St. Thomas Aquinas* 



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## **Prayer Before Holy Communion**

Almighty, everlasting God, look down in mercy upon me, Thy servant, who now again draws near to the most holy sacrament of Thy only-begotten Son, our Lord Jesus Christ. I approach as one who is sick. to the physician of life; as one unclean, to the fountain of mercy; as one blind. to the light of eternal brightness; as one poor and needy, to the Lord of heaven and earth. I implore Thee, therefore, out of the abundance of Thy boundless mercy, that Thou wouldst vouchsafe to heal my sickness, to wash away my defilement, to give sight to my eyes, to enrich my poverty,

and to clothe my nakedness; that I may receive the bread of angels, the King of kings, the Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as may tend to the salvation of my soul. Grant to me, I beseech Thee, not only to receive the sacrament of the Body and Blood of the Lord, but to profit by its substance and virtue. O God most merciful, grant me the grace to receive the Body of Thy only-begotten Son, Jesus Christ, our Lord, which He took of the Virgin Mary, in such wise, that I may be found worthy to be incorporated

into His mystical body, and for evermore to be numbered among His members. O Father, most loving, I am about to welcome into my heart Thy own beloved Son, hidden under His sacramental veil: may it, in Thy great goodness, be mine, in the end, for all eternity face to face to gaze upon Him: Who with Thee liveth and reigneth, in the unity of the Holy Ghost, God, world without end. Amen.

The Eucharist is
the Sacrament of Love;
It signifies Love,
It produces love.
The Eucharist is the consummation

of the whole spiritual life.St. Thomas Aquinas

**Prayer After Holy Communion** I give thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of my own, but out of Thy pure mercy, to appease the hunger of my soul with the Precious Body and Blood of Thy Son, our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armor of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires. May it perfect me

in charity and patience; in humility and obedience; and in all other virtues. May it be my defense against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life. And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fulness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.