

PRAYERS
BEFORE AND AFTER
HOLY COMMUNION
—*St. Thomas Aquinas*



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.