

## LET US PRAY

O God, Who hast left us in this wonderful Sacrament a memorial of Thy Passion, grant to us, we beseech Thee, so to venerate the sacred mysteries of Thy Body and Blood, that we may feel unceasingly in ourselves the fruit of Thy Redemption. Who livest and reignest for ever and ever. Amen.

### **Prayer to Jesus, my Friend**

*(Suitable before or after Communion)*

My loving Saviour, who hast deigned to be weak and infirm for my sake, give me a strong and generous love for Thee. By the gentle touch of Thy almighty grace, impart to my weak will a firm purpose to seek and serve Thee alone. Send forth, I pray Thee, Thy Holy Spirit upon me, that by a ray of His divine light, He may dispel the darkness of my soul.

Come to me, O Jesus, in the sympathy of Thy Sacred Human Heart, and, dearest Lord, soothe the sorrow of my exile here.

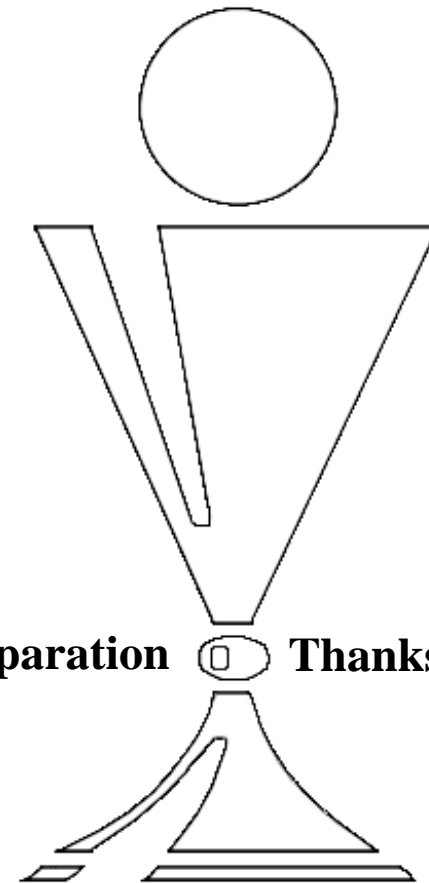
Give me something of that peace and joy and sweetness of soul which Thy Holy Sacrament bestows so largely on all who seek Thee as the one true Friend. Amen.

### **Prayer to Our Lady after Holy Communion**

O most glorious Virgin Mary, turn thine eyes upon me, since I am now become a worthy object of thy regard. Speak thou on my behalf to thy most beloved Son, Who has so sweetly refreshed me with His own Body and Blood. Offer to Him thy merits to supply my imperfection. Give thanks to Him for me, and obtain for me from Him that in His sacramental presence He may not withdraw from me without leaving after Him for my soul and body His most plentiful benediction. Amen.

**Laus Deo Semper.**

# Prayers for Holy Communion



**Compiled by  
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A.M.D.G.

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## Prayers for Holy Communion

### PREPARATION AND THANKSGIVING

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Oh, look Thou upon me and have mercy upon me; have mercy upon me according to the multitude of Thy tender mercies. Heal me and I shall be healed; wash me yet more from my iniquities and cleanse me from all my past sins, so that I may be able to receive Thee, the Saint of saints and Bread of Angels, with a pure heart and a clean conscience. Amen.

*Deign, O Jesus, Pelican of Heaven,  
Me, a sinner, in Thy Blood to lave,  
To a single drop of which is given  
All the world from all its sins to save.*

*St. Thomas.*

*Prayer, p. 28.*

### PRAYER

O Lord Jesus Christ, my Creator and my Redeemer, say but the word — Thy word, which is so rich in grace, which has power to heal my sick and weak and miserable soul.

O Lord, I have confidence that Thou wilt say it — Thou Who knowest my infirmities and how poor I am in virtues, Thou Who alone canst comfort me and help me.

Behold, Lord, I come before Thee, begging Thy grace and imploring Thy mercy. Say but the word that will enable me to restrain my passions, to overcome temptations and to pursue good works with greater ardour. Say but the word that will renew the vigour of my mind, that will change my weakness to strength, my indolence to zeal, my coldness to burning flames of love. Say but the word that will give me courage to stand my ground, patience to endure and constancy to persevere. “Perfect Thou my goings in Thy paths; that my footsteps be not moved; preserve my soul, for I am holy; save Thy servant, O my God, that trusteth in Thee”.

O most sweet and loving Jesus, my blessed Saviour and eternal Shepherd, Who art about to feed me with Thy Precious Body and Blood, grant that my heart may be so renewed as to be a fit abode for Thee. Grant that I may receive Thee this day with a lively faith, a firm hope and an ardent charity, to Thy greater honour and glory, and with great profit to my soul. Amen. Come Lord Jesus.

*O memorial of my Saviour dying,  
Living Bread, that givest life to man;  
May my soul, its life from Thee supplying,  
Taste Thy sweetness, as on earth it can.*

*St. Thomas.*

## ADDITIONAL PRAYERS

### Preparation for Holy Communion

*A Meditation and a Prayer*

(Read MATT. viii, 5-13, LUKE vii, 1-10)

*“Lord, I am not worthy that Thou shouldst enter under my roof;  
say but the word, and my soul shall be healed.”*

### PRAYER

O Lord Jesus Christ, Almighty and Eternal God, Creator and Redeemer of men and Lord of Angels, I most firmly believe that Thou art really, truly and substantially present, true God and true Man, with Thy whole divinity and humanity, in the most holy Sacrament of the Altar.

I believe, Lord, help my unbelief. I believe, for God the Son hath said it —

Word of truth that ever shall endure.

O Lord increase my faith in this great mystery of Thy power, wisdom and love.

*Though I look not on Thy Wounds, with Thomas,  
Thee, my Lord, and Thee, my God I call;  
Make me more and more believe Thy promise,  
Hope in Thee, and love Thee over all.*

*St. Thomas Aquinas.*

*Prayer, p. 28: O, God, Who hast left us, etc.*

### PRAYER

O Lord Jesus Christ, true God and true Man, Thou art a Being so great, so pure, so holy that no creature can be worthy to receive Thee. And yet Thou art coming as a Guest to my soul!

Whence is this to me, Lord, that Thou shouldst deign to come to me? Who am I that Thou shouldst vouchsafe to visit me? How can I, who am but dust and ashes, dare to introduce Thee into my house?

Lord, I am, not worthy of such a favour! The dwelling of my heart is so poorly furnished with good works, so covered with the dust of venial sin, so stained with the traces of mortal sin, so disfigured with evil desires that unless Thou didst command it, I should never presume to receive Thee under my roof!

O Lord, my Saviour, I am heartily sorry for all my past sins, offences and negligences; I am sorry for them and will be sorry for them as long as I live; I am sorry for them more especially because they have made me so unfit, so unworthy to receive Thee.

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N.B. Besides the above-mentioned, you will find many other beautiful prayers in this little book. It is obvious you need not recite them all at each Holy Communion, but by making a selection you may vary your Preparations and Thanksgivings as your devotion suggests. The prayer, *En Ego* on page 15 should however, never be forgotten.

# THE GIFT OF CHRIST TO MAN

“I HAVE received of the Lord that which I delivered unto you, that the Lord Jesus, the same night in which He was betrayed, took bread, and, giving thanks, broke, said: Take ye and eat; this is My Body which shall be delivered for you: this do for the commemoration of Me.

“In like manner also the Chalice, after He had supped, saying: This Chalice is the new testament in My Blood: this do ye, as often as you shall drink, for the commemoration of Me.

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until He come”.

from innumerable wounds on Thy thorn-crowned brow; — “and with all the fervour of my soul I pray and beseech Thee to vouchsafe to impress upon my heart lively sentiments of Faith” — that Thou, crucified between two thieves, art the Son of the Living God, my Saviour and Redeemer; — “Hope” — that Thou Who hast so loved me wilt bring me one day to the Paradise to which Thou didst bring the penitent thief; — and “Charity” — that in return for the love of Thy Adorable Heart for me here revealed which the torrent of many waters cannot quench, I may love Thee with my whole heart, “with true sorrow for my sins, and a most firm purpose of amendment” —

— “while with great affection and grief of soul I ponder within myself and mentally contemplate Thy Five Wounds” — those Hands which were always open to bless me, now nailed, torn and bleeding, to the Cross by my ingratitude; those Feet so often wearied in seeking me, now pinned down in helpless agony by cruel nails; Thy Sacred Side opened by the spear; Thy Sacred Heart given to be for evermore the symbol of Thy undying love; —

— “having before my eyes what Thou didst say of Thyself, O good Jesus, by the Prophet David: *They have pierced My hands and My feet; they have numbered all My bones* — “*What are these Wounds in the midst of Thy Hands?*” O good and loving Jesus, Thy Wounds are the proof of Thy love and of my ingratitude. As I look on Thee, Whom my sins have pierced, fill my heart with sorrow springing from love for Thee, that my sins may be forgiven, because through Thy mercy and grace, I love Thee much. Amen.

## A Prayer for Union with Our Lord *(Imitation of Christ. Book iv. c. xiii)*

Who will give me, O Lord, to find Thee alone, that I may open my whole heart to Thee, and enjoy Thee as my soul desireth: no one beholding me, nor any creature interesting me, or at all affecting me, but Thou alone speaking to me, and I to Thee, as the **Beloved** is wont to speak to his **Beloved**, and a friend to entertain himself with his friend.

This I pray for, this I desire, that I may be wholly united to Thee and may withdraw my heart from all created things; and by the Holy Communion, and often celebrating, may more and more learn to relish heavenly and eternal things.

Ah! Lord God, when shall I be wholly united to and absorbed in Thee, and altogether forgetful of myself? Thou in me and I in Thee; and so grant us both to continue in one.

Verily, Thou art my **Beloved**, the choicest among thousands, in whom my soul is well pleased to dwell all the days of her life. . . . Vouchsafe, then, O Lord, to remain with me, and I will willingly be with Thee.

This is my whole desire, that my heart may be united to Thee. Amen.

You never weary of listening to me. You are never tired of doing me good. I am certain of being loved by You if I love You; my goods are nothing to You, and by bestowing Yours on me You never grow poor; however miserable I may be, no one more noble or clever, or even holier, can come between You and me, and deprive me of Your Friendship; and death, which tears us away from all other friends, will unite me for ever to You.

All the humiliations attached to old age or the loss of honour will never detach You from me; on the contrary, I shall never enjoy You more fully, and you will never be closer to me than when everything seems to conspire against me, to overwhelm me, and to cast me down.

You bear with all my faults with extreme patience, and even my want of fidelity and ingratitude do not wound You to such a degree as to make You unwilling to receive me back when I return to You.

O Jesus, grant that I may die praising You, that I may die loving You, that I may die for the love of You. Amen.

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### **Prayer for Increase of Daily Communion**

O Most sweet Jesus! Who didst come into the world to impart to all souls the life of Thy grace; and Who, to preserve and foster it in them, hast willed to become the Daily Food of their daily infirmity, we humbly beseech Thee, through Thy Sacred Heart burning with love for us, to pour out Thy Divine Spirit upon all souls, in order that those who, unhappily, are in mortal sin, may be converted to Thee, and recover the life of grace which they have lost; and that those who by Thy help are already living this divine life may, when it is possible for them, devoutly approach Thy Holy Table every day; so that, daily receiving in Holy Communion the antidote of their daily venial sins, and daily nourishing in themselves the life of Thy grace, thus ever purifying themselves more and more they may, at last, arrive at the possession of the life of eternal happiness. Amen.

### **A Paraphrase of “En Ego”**

*(By M.B.)*

“Behold, O good and most sweet Jesus, I cast myself upon my knees in Thy sight” — in sight of Thy Face, that Face bruised by the blows my sins dealt on It, and stained by the Precious Blood that trickles down

A. M. D. G.

## **THE BLESSED EUCHARIST**

**Take ye, and eat; this is My Body.** (Matt. xxvi. 26).

**He that eateth My flesh, and drinketh My blood, abideth in Me and I in him.** (John vi. 57).

**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.** (St. Thomas Aquinas).

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## **REASONS FOR FREQUENT COMMUNION**

1. It is the ardent desire of Jesus Christ and of the Church.
2. It is the best means of securing our eternal salvation. “He that eateth this bread shall live for ever”. (John vi).
3. It is the best preservative against mortal sin. Hence the Holy Council of Trent calls the Eucharist “the antidote whereby we are delivered from daily faults and preserved from deadly sins”.
4. Each Holy Communion greatly increases our stock of sanctifying grace – our greatest treasure and the measure of our reward in heaven. “One single grace is a greater good than all the good things of the world”. – St. Thomas.
5. It lessens or remits our venial sins and thereby shortens our purgatory.
6. It unites us in a most wonderful way with Christ. St Augustine says: “You will not change Him into yourself as you do the food you take, but you will be changed into Him”.
7. It prepares the recipient for eternal happiness. This is the promise of our Saviour: “He that eateth My flesh and drinketh My blood hath everlasting life, and I will raise him up on the last day”.

## Dispositions required for Frequent and Daily Communion

According to a decree of the Sacred Congregation of the Council, issued on the 20th of December, 1905, it is laid down as follows:

(1) Frequent and daily Communion, as a thing most earnestly desired by Christ our Lord and by the Catholic Church, should be open to all the faithful of whatever rank and condition of life; so that no one who is in the state of grace, and who approaches the holy table with a right and devout disposition, can lawfully be hindered therefrom.

(2) A right disposition consists in this: that he who approaches the holy table should do so, not out of routine or vain glory or human respect, but for the purpose of **pleasing God**, of being **more closely united with Him** by charity, and of seeking this Divine **remedy** for his weakness and defects.

(3) Although it is most expedient that those who communicate frequently or daily should be free from venial sin, at least from such as are fully deliberate, and from any affection thereto, nevertheless, **it is sufficient that they be free from mortal sin**, with the purpose of never sinning in future; and if they have this sincere purpose, it is impossible but that daily communicants should gradually emancipate themselves even from venial sin, and from all affection thereto.

(4) But whereas the Sacraments of the New Law, though they take effect **ex opere operato** (that is, **of themselves**), nevertheless produce a greater effect in proportion as the dispositions of the recipient are better, therefore care is to be taken that Holy Communion be preceded by careful preparation, and followed by a suitable thanksgiving, according to each one's **strength, circumstances and duties**.

(5) That the practice of frequent and daily Communion may be carried out with greater prudence and more abundant merit, the confessor's advice should be asked.

## A Prayer to the Holy Name of Jesus

*(By St. Gertrude)*

O good Jesus, a most compassionate Jesus, O Jesus, Son of God and of the Virgin Mary, full of mercy and pity; O sweet Jesus, have mercy on me according to Thy great mercy.

O most clement Jesus, I implore Thee, by Thy Precious Blood which Thou hast shed for sinners, that Thou wouldst wash away all my iniquities, and look down upon me, wretched and unworthy, humbly seeking Thy forgiveness and invoking this Holy Name of Jesus.

O Name of Jesus, name of sweetness! O Name of Jesus, name most full of delight! O Name of Jesus, name most lovely! For what is Jesus but Saviour!

Wherefore, O Jesus, for Thy Holy Name's sake, be to me a Jesus, and save me. Suffer me not to be lost, whom Thou hast redeemed with Thy Precious Blood.

O good Jesus, let not mine iniquity destroy me, the work of Thy almighty goodness. O Jesus, most benignant, have mercy on me in this day of mercy, that Thou condemn me not in the day of judgment.

O most compassionate Jesus, if Thy stern justice incline to condemn me, I make my appeal to Thy most pitiful mercy and seek my refuge in it.

O most loving Jesus, Jesus most ardently longed for, Jesus most gentle and meek, O Jesus, Jesus, Jesus, receive me into the number of Thy chosen ones. O Jesus, the salvation of those who believe in Thee; O Jesus, the trust of those who flee for refuge unto Thee; O Jesus, the sweetness of those who love Thee; grant that I may love Thee, and cleave faithfully to Thee, and after this most miserable life come to Thee in peace. Amen.

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## Aspirations to Jesus my Friend

*(By Blessed Claude De La Colombiere, S.J.)*

O Jesus, You are my true Friend, my only Friend. You take a part in all my misfortunes; You take them on Yourself; You know how to change them into blessings.

You listen to me with the greatest kindness when I relate my troubles to You, and You have always balm to pour over my wounds.

I find You at all times; if I have to change my dwelling, I find You there wherever I go.

From all evil, *Jesus deliver us.*  
 From all sin,  
 From Thy wrath,  
 From the snares of the devile,  
 From the spirit of fornication,  
 From everlasting death,  
 From the neglect of Thy inspirations,  
 Through the mystery of The Holy Incarnation,  
 Through Thy Nativity,  
 Through Thy Infancy,  
 Through Thy most divine life,  
 Through Thy labours,  
 Through Thy agony and Passion,  
 Through Thy cross and dereliction,  
 Through Thy faintness and weariness,  
 Through Thy death and burial,  
 Through Thy Resurrection,  
 Through Thy Ascension,  
 Through Thy Institution of the Most Blessed Sacrament,  
 Through Thy joys,  
 Through Thy glory,  
*Jesus, deliver us.*  
 Lamb of God, Who takest away the sins of the world,  
*Spare us, O Jesus.*  
 Lamb of God, Who takest away the sins of the world,  
*Graciously hear us, O Jesus.*  
 Lamb of God, Who takest away the sins of the world.  
*Have mercy on us, O Jesus.*  
 Jesus hear us,  
*Jesus, graciously hear us.*

Jesus, deliver us.

LET US PRAY

O Lord Jesus Christ, Who hast said: "Ask, and ye shall receive; seek and ye shall find; knock and it shall be opened unto you"; grant, we beseech Thee, to us who ask the gift of Thy most divine love, that with all our hearts, words, and deeds, we may love Thee, and never cease to praise Thee.

Make us, O Lord, to have a perpetual fear and love of Thy Holy Name, for Thou never failest to govern those whom Thou dost solidly establish in Thy love: Thou Who livest and reignest, world without end. Amen.

PRAYERS BEFORE HOLY COMMUNION

1. Say these Prayers **slowly**, a few words at a time.
2. It is well to **stop after each few words** that they may sink into the heart.
3. Each prayer may be said **several times**.

**A Preparatory Prayer**

*(Imitation of Christ. Book iv. c. 6)*

When I consider Thy greatness, O Lord, and my own vileness, I tremble very much and am confounded in myself. For, if I come not to Thee, I fly from life, and if I intrude myself unworthily I incur Thy displeasure. What, then, shall I do, O my God, my Helper, my Counsellor in necessities?

Do Thou teach me the right way; appoint me some short exercise proper for Thy Holy Communion. For it is necessary to know in what manner I shall reverently and devoutly prepare my heart for Thee, for the profitable receiving of Thy Sacrament, or for celebrating so great and divine a Sacrifice.

**Prayer for Help.** — O my God, help me to make a good Communion. Mary, Virgin Mother of God, and my dear Mother also, pray to Jesus for me. All ye holy Angels and Saints, pray for me. My dear Angel Guardian, lead me to the Altar of God.

**Act of Faith.** — O God, because Thou hast said it. I believe that I shall receive the sacred Body of Jesus Christ to eat, and His precious Blood to drink. My God, I believe this with all my heart.

**Act of Charity.** — O my Jesus, I love Thee in this most Blessed Sacrament, as my God and my Lord, as my Redeemer and Sanctifier.

**Act of Humility.** — O my God, I confess that I am a poor sinner; I am not worthy to receive the Body and Blood of Jesus on account of my sins. Lord, I am not worthy that Thou shouldst enter under my roof; say but the word and my soul shall be healed.

**Act of Sorrow.** — O my God, I detest all the sins of my life. I am sorry for them, because they have offended Thee, my God, Who art so good. I resolve never, never, to commit sin any more. My good God, pity me, have mercy on me, forgive me. Amen.

**Act of Desire.** — O sweet Jesus, I love Thee. I desire with all my heart to receive Thee. Most sweet Jesus, come into my poor soul, and give me Thy Flesh to eat and Thy Blood to drink. Give me Thy whole Self — Body, Blood, Soul and Divinity — that I may live for ever with Thee. Amen.

### Other Prayers before Communion

O Lord Jesus Christ, Son of the Living God, Who, according to the will of Thy Father, hast by Thy death, through the co-operation of the Holy Ghost, given life to the world, deliver me by this Thy most sacred Body and Blood from all my iniquities, and from all evils, and make me always adhere to Thy Commandments, and never suffer me to be separated from Thee. Amen.

Let not the participation of Thy Body, O Lord Jesus Christ, Which I though unworthy, presume to receive, turn to my judgment and condemnation; but through Thy mercy, may it be a safeguard and remedy both for soul and body. Amen.

Purify our consciences, we beseech Thee, O Lord, by visiting them, in order that our Lord Jesus Christ, when He comes, may find a dwelling prepared for Him within us. Amen.

### PRAYER OF ST. THOMAS AQUINAS

O Almighty and everlasting God, behold I draw near to the Sacrament of Thy only-begotten Son, our Lord Jesus Christ; I draw near as one sick to the Physician of Life, as one defiled to the Fountain of mercy, as one blind to the Light of eternal splendour, as one poor and needy to the Lord of heaven and earth.

Wherefore I implore the fulness of Thine infinite bounty that Thou wouldst vouchsafe to heal all my sickness, to wash away my defilements, to give light to my blindness, to enrich my poverty, to clothe my nakedness, so that I may receive the Bread of Angels, the King of kings, and the Lord of lords, with such contrition and devotion, such purity and faith, such good purpose and intention as may avail to the salvation of my soul.

Grant me, I beseech Thee, to receive not only the Sacrament of the Body and Blood of my Lord, but also the whole grace and virtue of the Sacrament.

O most gracious God, grant me to receive the Body of Thine Only-begotten Son, our Lord Jesus Christ, that very Body which He took of the Virgin Mary, that I may be truly incorporated into His Mystical Body, and numbered among His members.

O most loving Father, grant me at last to behold unveiled and for evermore the same, Thy beloved Son Whom I now propose to receive in my pilgrimage, beneath the veils of the Sacrament. Who liveth and reigneth, God, through everlasting ages. Amen.

Jesus, King of Glory,  
Jesus, Sun of Justice,  
Jesus, Son of the Virgin Mary,  
Jesus, most amiable,  
Jesus, most admirable,  
Jesus, Mighty God,  
Jesus, Father of the world to come,  
Jesus, Angel of great counsel,  
Jesus, most powerful,  
Jesus, most patient,  
Jesus, most obedient,  
Jesus, meek and humble of heart,  
Jesus, Lover of chastity,  
Jesus, Lover of us,  
Jesus, God of Peace,  
Jesus, Author of life,  
Jesus, Example of virtues,  
Jesus, Zealous lover of souls,  
Jesus, our God,  
Jesus, our refuge,  
Jesus, Father of the poor,  
Jesus, Treasure of the faithful,  
Jesus, Good shepherd,  
Jesus, True Light,  
Jesus, Eternal Wisdom,  
Jesus, Infinite Goodness,  
Jesus, our way and our life,  
Jesus, Joy of Angels,  
Jesus, King of Patriarchs,  
Jesus, Master of Apostles,  
Jesus, Teacher of Evangelists,  
Jesus, Strength of Martyrs,  
Jesus, Light of Confessors,  
Jesus, Purity of Virgins,  
Jesus, Crown of all Saints,  
Be merciful unto us,  
*Spare us, O Jesus,*  
Be merciful unto us,  
*Graciously hear us, O Jesus.*

Have mercy on us.

And now, adoring Thee in this deepest mystery of Thy condescension, and loving Thee above all in this Sacrament of Thy love, I lay all the wounds and wants of my soul before Thee, O my merciful and loving Redeemer.

See the wretched plight to which I am reduced; faith so dull, hope so dim, love so cold. Look upon me, and pity me, and heal me, and I shall be healed. I ask Thy loving Heart now so close to mine, for all that I need and desire. But I need only Thyself, O Lord; I desire none but Thee.

I do not dare to ask for more grace, but I ask for more courage and generosity in making use of all Thy graces.

During all the hours that follow of this day, my thoughts, my words, and my deeds must be the thoughts and words and deeds that are fitting in a Christian on whom so many graces are showered hour by hour, the latest being this Sacramental Communion.

And so from day to day, from Communion to Communion, may I sanctify my soul and serve Thee, my almighty and all-merciful God, my Creator, my Redeemer, my Judge — from day to day, and from this Communion, on to the last Communion which I hope to receive as my viaticum.

May that viaticum conduct my soul, pure from sin, safe to the feet of my Jesus, Who has just now come to me as my Saviour, but then must be my Judge.

O Jesus, my Saviour, be to me indeed a Saviour then and now, and for ever. Amen.

**My Jesus, as I cannot remain longer in Thy Presence, do Thou come with me to sanctify all I do, since all is for Thee. —**

St. Margaret Mary.

### THE LITANY OF JESUS AFTER COMMUNION

Lord, have mercy on us.

*Christ, have mercy on us.*

Lord, have mercy on us.

*Christ, have mercy on us.*

Lord, have mercy on us.

Jesus, hear us.

*Jesus, graciously hear us.*

God the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, One God,

Jesus, Son of the living God,

Jesus, Splendour of the Father,

Jesus, Brightness of eternal light,

} Have mercy on us.

### Another Prayer before Communion

O sweet Jesus, I offer Thee for my fitting preparation, to make amends for all my unworthiness and all my negligence, all the preparation of heart, the devotion, the affections, the love wherewith all Thy Saints and, above all, Thy most Blessed Mother, have ever received Thee in this Holy Sacrament.

I offer Thee, O most holy Jesus, Thine own transcendently meritorious Heart, and all the ineffable virtues and graces which the most Blessed Trinity bestowed without measure upon It, that therewith all my vileness and all my unworthiness may be covered, and that a befitting and most peaceful abode may be prepared for Thee in my soul. Amen.

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### A PRAYER TO THE BLESSED VIRGIN

O most chaste Virgin Mary, I beseech thee, by that unspotted purity whereby thou didst prepare for the Son of God a most agreeable dwelling in thy virginal womb, that through thy intercession, I may be cleansed from every stain.

O most humble Virgin Mary, I beseech thee by that profound humility whereby thou didst merit to be raised high above all the choirs of Angels and Saints, that through thy intercession all my negligences may be expiated.

O most amiable Virgin Mary, I beseech thee, by that ineffable love which united thee so closely and inseparably to God, that through thy intercession I may obtain an abundance of all merits. Amen.

### A PRAYER TO ST. JOSEPH

O Blessed St. Joseph, how sweet and wonderful a privilege was thine, not only to see, but to carry in thy arms, to kiss and embrace with fatherly affection that only-begotten Son of God, Whom so many Kings and Prophets desired to see, but were not able. Oh! that, inspired by thy example and aided by thy patronage, I may with like feelings of love and reverence, embrace my Lord and Redeemer in the Blessed Sacrament of the Altar, so that when my life on earth is ended, I may merit to embrace Him eternally in Heaven. Amen.

### Prayer to St. Aloysius before Holy Communion

O glorious St. Aloysius, Patron of Youth, He Who possessed thy every affection is the same God as I possess in the Most Holy Eucharist. Happy as thou wert in loving Him on earth, thrice blessed as thou art in beholding Him in heaven, I know thou hast nothing brighter to love, nothing higher to adore, nothing holier to revere, than is within my own reach on the altar.

Oh! obtain for me faith like thine, to comprehend and value the gift of God; light like thine, to see and know the mercy of my hidden Saviour; inflamed ardour, to love with all the devoted affection of my nature the infinite tenderness of Him Who hast concealed His glory and His majesty that He may dwell at all times among his children.

Oh! pray that my happiness, like thine, may be in union with my Divine Redeemer; that I, too, may seek on that Altar my light, my peace, my comfort and my joy on earth; and that, imitating thy preparation for Holy Communion, it may be to me as it was to thee, the source of all grace and strength here below, as well as the pledge of my eternal union with my God and Saviour in the everlasting kingdom of His glory. Amen.

### A SHORT MEDITATION OR PRAYER BEFORE COMMUNION

*(Communion Day. By Fr. M. Russell, S.J.)*

**MY LORD AND MY GOD!** Thou art almost as near to me now as Thou wast to St. Thomas when in these words he made his act of faith in Thy real presence. Thou art almost as near, and soon Thou wilt be nearer. When Thou wast leaving this world, Thou saidst: “**I go to prepare a place for you**”; and now, in returning to earth under this Eucharistic disguise, Thou sayest to us in our turn: “I am coming; prepare a place for Me”.

If before uniting ourselves to God in prayer the holy Ghost warns us to prepare our souls and not to be like a man who tempts God, how much more is there need for a very special preparation for this far closer sacramental union. Nay, I cannot myself make this preparation; Thou must make it for me, O my God!

Dear lord, have mercy on me, take pity on me, and do not let me disappoint any longer the desires of Thy Sacred Heart. Give me the grace to be at last what Thou hast a right to expect me to be, favoured as I have been in so many ways. May I receive Thee into the poor dwelling of my heart in this morning’s Communion, and in every Communion that may still be before me, and especially in my last Communion; may I receive Thee, O my Lord, with such dispositions that that last Communion may place me in safety before Thy judgment-seat. Thou wilt be my Judge then; now Thou comest as my Saviour.

### An Efficacious Prayer to Our Lady

My Queen and my Mother, to thee I offer myself without any reserve; and to give thee a mark of my devotion I consecrate to thee during this day my eyes, my ears, my mouth, my heart and my whole person. Since I belong to thee, O good Mother, preserve and defend me as thy property and possession. Amen.

**Virgin Mary Mother mine,  
Let me be forever thine.**

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### A Prayer to St. Joseph

Guardian of virgins, and holy Father, Joseph, to whose faithful custody Christ Jesus, Innocence itself, and Mary, Virgin of virgins, were committed; I pray and beseech thee, by these dear pledges, Jesus and Mary, that, being preserved from all uncleanness, I may with spotless mind, pure heart, and chaste body, ever serve Jesus and Mary most chastily all the days of my life. Amen.

**St. Joseph, model and patron of those  
who love the Sacred Heart of Jesus, pray for us.**

### An Exercise of Devotion after Communion

*(From Communion Day. By Fr. Russell, S.J.)*

Jesus, my Lord and my God, Thou art within me, and Thou art all mine. Fill my heart now with all the virtues which ought to have been there to welcome Thee. Give me more faith and love, more hope and contrition, more humility and patience and piety, a stronger will and a purer heart.

I believe all that Thou hast in any way revealed to us; but, dearest Lord, make my faith more living, more vivid, more strong.

I grieve for all my sins, offences and negligences, from my first sin long ago down to the faults and shortcomings of yesterday and today. I grieve, too, over the dulness, coldness, and ingratitude of this heart which is now Thy tabernacle.

I hope in Thee, O Lord, Who wilt never let me be confounded.

I thank Thee for this supreme gift and for all the gifts of Thy goodness, particularly for all the graces which, in spite of my miserable unworthiness, I have received in this Sacrament so often since the happy day of my first Communion: and I beg of Thee, O Lord, the grace never more to abuse Thy graces.

### A Prayer to the Blessed Virgin after Communion

O Mary, you desire so much to see Jesus loved, if you love me this is the favour which I ask you to obtain for me, a great personal love of Jesus Christ. You obtain from your Divine Son whatever you please; pray, then, for me that I may never lose the grace of God, and that I may increase in holiness and perfection from day to day. By that grief which you suffered on Calvary, when you beheld Jesus expire on the Cross, obtain for me a happy death, that by loving Jesus, and you, my Mother, on earth, I may receive the reward of loving and blessing you eternally in heaven. Amen.

#### “HAIL MARY!”

*(After Holy Communion. By M.B.)*

Hail Mary, Mother of Our Lord,  
Whom I have just received;  
Fit thanksgiving to Him through thee  
I pray may be achieved.

Our Lord is with thee now in heaven,  
And here on earth with me;  
Dear Mother, pray that where you are  
There I may one day be.

Blessed amongst all women thou!  
Yet I am also blest!  
For He from Whom thy blessings came  
Reposes in my breast!

Blessed the fruit of thy chaste womb,  
Jesus! my God, my Lord,  
For Thee a better roof than mine  
The stable would afford.

Mother of God, Our Mother too,  
Pray for us to Thy Son,  
That now and in death's awful hour,  
His Holy Will be done. Amen.

**Our Lady of the Most Holy Sacrament, pray for us.  
Mary, Virgin Mother of God, pray to Jesus for me.**

### PRAYERS AFTER HOLY COMMUNION

*What shall I render to the Lord for all the things that He hath rendered to me? Psalm 115.*

*Bless the Lord, O my soul: and let all that is within me bless His holy name. Bless the Lord, O my soul, and never forget all He hath done for thee. Psalm 102.*

**Act of Faith.** — O Jesus, I believe that I have received Thy Flesh to eat and Thy Blood to drink, because Thou hast said it, and Thy word is true.

**Act of Hope.** — O my Jesus, I hope in Thee, and in Thy infinite mercy.

**Act of Adoration.** — O Jesus, my God, my Creator, I adore Thee, because from Thy hands I came, and with Thee I am to be happy for ever.

**Act of Humility.** — O Jesus, I am but dust and ashes, and yet Thou hast come to me, and my poor heart may speak to Thee.

**Act of Love.** — O sweet Jesus, I love Thee; I love Thee with all my heart. Thou knowest that I love Thee, and wish to love Thee daily more and more.

**Act of Thanksgiving.**—My good Jesus, I thank Thee with all my heart. How good, how kind, Thou art to me, sweet Jesus! Blessed be Jesus in the most Holy Sacrament of the Altar.

**Act of Offering.** — O Jesus! receive my poor offering. Jesus, Thou hast given Thyself to me, now let me give myself to Thee.

I give Thee my **body**, that it may be chaste and pure.

I give Thee my **soul**, that it may be free from sin.

I give Thee my **heart**, that it may always love Thee.

I give Thee every breath that I shall breathe, and especially my last; I give Thee **myself** in life and in death, that I may be Thine for ever and ever.

Remember the words of Jesus: “Ask and you shall receive”, and

#### Pray for Yourself

O Jesus, wash away all my sins with Thy Precious Blood.

O Jesus, the struggle against temptation is not yet finished. My Jesus, when temptation comes near me, make me strong against it. In the moment of temptation may I always say: “Jesus, mercy! Mary, help!”

O Jesus, may I lead a **good** life; may I die a happy **death**; may I receive Thee before I die. May I say when I am dying: “Jesus, Mary, Joseph, I give you my heart and my soul”.

Listen now for a moment to Jesus Christ: perhaps He has something to say. There may be some promise which you have made and broken, which He wishes you to make again and keep.

**Answer** Jesus in your heart, and tell Him all your troubles.

**Then say:** O sweet Jesus, let me lay at Thy Sacred Feet my daily share of joys, struggles and sorrows, my hopes and my fears, and do Thou in the stillness of Thy sanctuary, tenderly gather them into Thy Sacred Heart.

Solace my doubts, calm my fears, and grant that day by day I may become more united to Thee.

Love of the Heart of Jesus, inflame my heart.

Charity of the Heart of Jesus, flow into my heart.

Strength of the Heart of Jesus, support my heart.

Mercy of the Heart of Jesus, pardon my heart.

Patience of the Heart of Jesus, grow not weary of my heart.

Kingdom of the Heart of Jesus, be in my heart.

Wisdom of the Heart of Jesus, teach my heart.

Zeal of the Heart of Jesus, consume my heart.

Jesus, for Thee I live; Jesus for Thee I die; Jesus, I am Thine in life and in death.

O my Jesus, my Saviour and my Redeemer, remain within my heart by Thy divine grace, and do not permit me ever to be separated from Thy love. Amen.

#### **Pray for Others**

O Jesus, have mercy on Thy Holy Church; take care of it.

O Jesus, have pity on poor sinners, and save them from hell!

O Jesus, bless my father, my mother, my brothers and sisters, bless all I ought to pray for, as Thy kind Heart knows how to bless them.

O Jesus, have pity on the poor souls in Purgatory, and give them eternal rest.

#### **THANKSGIVING OF ST. THOMAS AQUINAS**

I give Thee thanks, eternal Father, for having out of Thy pure mercy, without any deserts of mine, been pleased to feed my soul with the Body and Blood of Thy only Son, Our Lord Jesus Christ. I beseech thee that this Holy Communion may not be to my condemnation, but prove an effectual remission of my sins.

May it strengthen my faith; encourage me in all that is good; deliver me from my vicious habits; remove all concupiscence; perfect me in charity, patience, humility and obedience, and in all other virtues.

May it secure me against all the snares of my enemies, both visible and invisible; perfectly moderate all my inclinations, closely unite me to Thee, the true and only good, and happily confirm me in unchangeable bliss.

I now make it my hearty request, that Thou wilt one day admit me, though an unworthy sinner, to be a guest at Thy divine Banquet, where Thou, with Thy Son and the Holy Ghost, art the true light, complete satiety, everlasting joy, supreme pleasure, and perfect happiness.

Through the same Jesus Christ our Lord. Amen.

#### **A Prayer to Jesus Christ for Generosity**

Dearest Lord, teach me to be generous, teach me to serve Thee as Thou deservest, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to seek reward, save that of knowing that I do Thy will.

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#### **An Act of Offering to Jesus Christ**

Take, O Lord, and receive my whole liberty, my memory, my understanding, my whole will, whatever I have and possess. Thou hast given me all these. To Thee, O Lord! I restore them, all are Thine, dispose of them in any way according to Thy will. Give me Thy love and grace, for this is enough for me. — St. Ignatius.

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#### **Another Prayer to Jesus Christ**

O Jesus, Who for nine months didst live in Mary's womb, come and live in Thy servants, in the spirit of Thine own holiness, in the fulness of Thy power, in the reality of Thy virtues, in the perfection of Thy ways, in the communion of Thy Mysteries; have Thou dominion over every adverse power, in Thine own spirit, to the glory of Thy Father. Amen.

**Sacred Heart of Jesus, I believe in Thy love for me.**

**My sweetest Jesus. be not to me a Judge but a Saviour.**

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#### **Another Prayer after Holy Communion**

At this moment, O good Jesus, when Thy adorable Body is within me, what strength dost Thou not communicate to my soul. Oh! how much I need it! The road I have to traverse is so difficult that without Thee I should fear to venture upon it. In a short time I shall return to my daily occupations; I shall continue my life of yesterday; I shall be exposed to the same temptation; I shall find myself with my usual faults.

But Jesus, Thou Who didst help the Saints, hast come to me. Stay, oh! stay with me, and do Thou — Thou Thyself — help me to preserve in all my words and actions, modesty, sweetness and humility, evenness of temper, simple obedience, and a cheerful countenance on occasions of contradiction.

Help me, O Jesus, to make Thy presence within me visible to all; let others see in me the sweetness of Thy charity, goodness, and submission. Amen.

Though I look not on Thy wounds, with Thomas,  
 Thee, my Lord, and Thee, my God, I call!  
 Make me more and more believe Thy promise,  
 Hope in Thee, and love Thee over all.

O Memorial of my Saviour dying,  
 Living Bread, that givest life to man;  
 May my soul, its life from Thee supplying,  
 Taste Thy sweetness, as on earth it can.

Deign, O Jesus, Pelican of Heaven,  
 Me, a sinner, in Thy Blood to lave,  
 To a single drop of which is given  
 All the world from all its sin to save.

Contemplating, Lord, Thy hidden presence,  
 Grant me what I trust for and implore,  
 In the revelation of Thine essence  
 To behold Thy glory evermore. Amen.

### PRAYER

O my dearest Lord and Saviour Jesus Christ, Who art really and truly present beneath the Sacramental veils, I adore Thee with my whole heart and soul, both of which I desire to consecrate to Thee for ever. Amen.

O God, Who hast left us in this wonderful Sacrament a memorial of Thy Passion, grant to us, we beseech Thee, so to venerate the sacred mysteries of Thy Body and Blood that we may feel unceasingly in ourselves the fruit of Thy Redemption. Who livest and reignest for ever and ever. Amen.

### A Prayer to the Sacred Heart

O most Sacred Heart of Jesus! O fountain of every good! I adore Thee, I love Thee, and sincerely repenting of my sins, I present to Thee my poor heart. Give it back to me humble, patient, pure, and in everything conformed to Thy wishes. Make me, O good Jesus, live in Thee and for Thee.

Protect me in dangers, comfort me in afflictions, grant me health of body, succour in my temporal needs, Thy blessing in all my works, and the grace of a holy death. Amen.

O Jesus, I choose Thy Sacred Heart for my dwelling-place, that it may be my strength in all my struggle, my light and my guide.

### ANOTHER PRAYER OF THANKSGIVING

Let my heart and my soul, together with all my senses, and all my powers of mind and body, give praise and thanks to Thee, O sweetest Jesus, in union with all the creatures of Thy hand, for the condescending mercy which Thou, O most faithful Lover of our salvation, hast deigned to show me, most unworthy, in this sacred banquet of Thy Body and Blood.

O my sweetest God, were all the moments of my life uninterrupted acts of thanksgiving to Thee, yet could I not make Thee a fitting return of gratitude.

Wherefore, acknowledging my utter insufficiency, I offer unto Thee, O most Blessed Trinity, all the praises and thanksgivings which the Sacred Humanity of our Lord Jesus Christ rendered Thee throughout His whole life on earth, and especially when He instituted this Divine Sacrament.

Receive also, O compassionate Father, all those thanksgivings which the Blessed Virgin Mary and all Thy Saints have ever rendered Thee with all their heart and all their soul, and especially when they have received this Sacrament; and mercifully grant that all my insufficiencies and my negligences may be supplied and satisfied for by their abundance and by the perfection of their holy dispositions. Amen.

### Thanksgiving of St. Bonaventure

O sweetest Lord Jesus Christ, pierce, I beseech Thee, the inmost recesses of my soul with the tender and life-giving wound of Thy love, with true, calm and holy apostolic charity, so that my whole soul may ever languish and faint for love of Thee, and desire of Thee alone. May it long for Thee and pine for Thee in the courts of Thy house; may it desire to be dissolved and to be with Thee.

Grant that my soul may hunger for Thee, Thou bread of Angels, Thou refreshment of holy souls, our daily super-substantial bread, having all manner of sweetness and savour, and all most thrilling delights.

May my heart ever hunger for Thee and feed on Thee, on Whom Angels long to look; and may my inmost soul be filled with Thy sweetness. May it ever thirst for Thee, Thou well of life, Thou fountain of wisdom and knowledge, Thou source of everlasting light, Thou torrent of pleasures, Thou fatness and abundance of the House of God; may it ever yearn towards Thee, seek Thee, find Thee, tend towards Thee, attain to Thee, meditate ever on Thee, speak of Thee, and work all things to the praise and glory of Thy Name, with humility and discretion, with ready care and glad affection, with perseverance unto the end.

Be Thou alone and evermore my hope, my trust, my riches, my delight, my gladness, my joy, my rest and my calm repose, my peace and my sweet contentment, my fragrance and my sweetness, my food and my refreshment, my refuge and my help, my wisdom, my portion, my own possession and my treasure, in Whom my mind and my heart are fixed and rooted firmly and immovably for evermore. Amen.

**PRAYER OF ST. IGNATIUS**

Soul of Christ, sanctify me.  
 Body of Christ, save me.  
 Blood of Christ, inebriate me.  
 Water flowing from the side of Christ, purify me.  
 Passion of Christ, strengthen me.  
 O good Jesus, hear me.  
 Hide me within Thy wounds.  
 Never permit me to be separated from Thee.  
 From the wicked enemy defend me.  
 At the hour of my death call me,  
 And cause me to come to Thee,  
 That with Thy Saints and the Angels,  
 I may praise Thee for everlasting ages. Amen.

**ASPIRATIONS AFTER HOLY COMMUNION**

Sacred Heart of Jesus, have mercy on us.  
 Immaculate Heart of Mary, pray for us.  
 Our Lady of the Sacred Heart, pray for us.  
 Sweet Heart of Jesus, be Thou my love.  
 Sweet Heart of Mary, be thou my salvation.  
 O Heart of Jesus, Source of all purity, have mercy on us.  
 O Sweet Heart of Jesus, I implore that I may love Thee more and more.  
 O Heart of Jesus in the Blessed Sacrament, burning with love for us,  
 inflame our hearts with love of Thee.  
 O Sacred Heart of Jesus, Thy Kingdom come.  
 O Sacred Heart of Jesus, I place all my trust in Thee.  
 O Jesus Christ, my God and my Redeemer, I trust in Thee — in Thy  
 Heart, in all, for all, in spite of all and for ever.  
 O Lord, preserve to us the Faith.  
 O Sweet Jesus! I am going away for a time, but I trust not without Thee.  
 Thou art with me, by Thy grace, I will never leave Thee by mortal sin.  
 I have no fear lest I should do so, though I am so weak, because I have  
 such hope in Thee. Give me grace to persevere. Amen.



**THE PRAYER, EN EGO**

Behold, O good and most sweet Jesus, I cast myself upon my knees, in Thy sight, and with all the fervour of my soul I pray and beseech Thee to vouchsafe to impress upon my heart lively sentiments of Faith, Hope and Charity, with true sorrow for my sins, and a most firm purpose of amendment, while with great affection and grief of soul I ponder within myself and mentally contemplate Thy Five Wounds, having before my eyes what Thou didst say of Thyself, O good Jesus, by the Prophet David: “They have pierced My hands and My feet; they have numbered all my bones”.

*N.B. — For a paraphrase of EN EGO, see p. 24.*

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**Adoro Te Devote**

*(By St. Thomas Aquinas. Translated by Judge O’Hagan)*

Hidden God, devoutly I adore Thee,  
 Truly present underneath these veils;  
 All my heart subdues itself before Thee,  
 Since it all before Thee faints and fails.  
 Not to sight, or taste, or touch be credit;  
 Hearing only do we trust secure.  
 I believe! for God the Son hath said it —  
 Word of truth that ever shall endure.  
 On the Cross was veiled Thy Godhead’s splendour,  
 Here Thy manhood lieth hidden too;  
 Unto both alike my faith I render,  
 And, as sued the contrite thief, I sue.