

COMMUNION PRAYERS

O Sacred Banquet

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.

V. Thou did give them bread from heaven.

R. Containing in itself all sweetness.

Let us pray.

O God, Who under a wonderful Sacrament hast left us a memorial of Thy Passion; grant us, we beseech Thee, so to venerate the sacred mysteries of Thy Body and Blood, that we may ever feel within ourselves the fruit of Thy redemption. Who livest and reignest forever and ever. Amen.

Prayer Before the Reception of Holy Communion

Almighty and eternal God, behold, I approach the sacrament of Thine 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. Therefore I beseech Thee, of Thine infinite goodness, to heal my sickness, to wash away my filth, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness, that I may receive the Bread of Angels, the King of Kings, and the Lord of Lords with such reverence and humility, with such contrition and devotion, with such purity and faith, with such purpose and intention, as may conduce to the salvation of my soul. Grant, I beseech Thee, that I may receive not only the sacrament of the Body and Blood of our Lord, but also the fruit and virtue of this sacrament.

O most indulgent God, grant me so to receive the Body of Thine only-begotten Son, Our Lord Jesus Christ, which He took of the Virgin Mary, that I may be found worthy to be incorporated with His mystical body and numbered among His members. O most loving Father, grant that I may one day contemplate forever, face to face, Thy beloved Son, Whom now on my pilgrimage I am about to receive under the sacramental veils; Who lives and reigns with Thee in the unity of the Holy Spirit, God, world without end. Amen.

Saint Thomas Aquinas

Prayer After the Reception of Holy Communion

I give thanks to Thee, O holy Lord, Father almighty, eternal God, who hast vouchsafed, not for any merit of mine, but solely out of the condescension of Thy mercy, to satisfy me a sinner, Thine unworthy servant, with the precious Body and Blood of Thy Son our Lord Jesus Christ.

I pray that this holy Communion be not to me a condemnation unto punishment, but a saving plea unto forgiveness. May it be unto me the armour of faith and the shield of good will. May it be the emptying out of my vices, the extinction of all concupiscence and lust, the increase of charity and patience, of humility and obedience, and of all virtues; a strong defense against the snares of all enemies, visible and invisible; the perfect quieting of all my evil impulses, both fleshly and ghostly; a firm cleaving unto Thee, the one true God; and a pledge of a blessed destiny.

And I beseech Thee, that Thou wouldst vouchsafe to bring me, a sinner, to the ineffable banquet, where Thou, with Thy Son and the Holy Ghost, art to Thy saints true light, fullness of content, eternal joy, gladness without alloy and perfect happiness. Through the same Christ our Lord. Amen.

Saint Thomas Aquinas

Soul of Christ

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.
Within Thy wounds, hide me.
Never let me be separated from Thee.
From the malignant enemy, defend me.
At the hour of my death, call me,
and bid me come to Thee.
That with Thy saints I may praise Thee forever and ever. Amen.

Prayer Before the Most Blessed Sacrament

My Lord Jesus Christ, who for the love You bear us, remain night and day in this Sacrament, full of compassion and of love, awaiting, calling and welcoming all who come to visit You: I believe that You are present in the Sacrament of the Altar. I adore You from the abyss of my nothingness and I thank You for all the graces You have given me until now, and in particular, for having given me Yourself in this Sacrament, for having given me Your Most Holy Mother Mary as my advocate, and for having called me to visit You in this church.

I now salute Your most loving Heart, and this for three ends: first, in thanksgiving for this great gift; second, to make amends to You for all the outrages which You receive in this Sacrament from all Your enemies; third, I intend by this visit to adore You in all the places on earth in which You are present in this Sacrament and in which You are the least revered and the most abandoned.

My Jesus, I love You so with my whole heart. I grieve for having until now so many times offended Your infinite goodness. I propose by Your grace never more to offend You for the time to come; and now, miserable and unworthy though I am, I consecrate myself to You without reserve. I give You and renounce my entire will, my affections, my desires, and all that I possess. From now on, use me and all that I have as You wish. All I ask of You and desire is Your holy love, final perseverance and the perfect accomplishment of Your will.

I recommend to You the souls in purgatory, but especially those who had the greatest devotion to the Most Blessed Sacrament and to the Most Blessed Virgin Mary. I also recommend to You all poor sinners.

And finally, my dear Savior, I unite all my affections with the affections of Your most loving Heart, and I offer them with You to Your Eternal Father and beg him for Your sake and for love of You, graciously to accept and grant them.

Saint Alphonsus Liguori

An Act of Spiritual Communion

My Jesus, I believe that Thou art truly present in the Most Holy Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there, and unite myself wholly to Thee; never permit me to be separated from Thee.