Prayers Before and After Holy Communion

Our Lord Jesus Christ to Saint Faustina Kowalska (1905 - 1938)

"*I desire to unite Myself with human souls; My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul. But souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognise Love! They treat Me as a dead object*."

(Diary of St Faustina Kowalska, n. 1385)

Dear Reader,

This booklet of prayers may be of use to assist us as we receive our Lord Jesus Christ who comes to us in Holy Communion – prayers for before Mass, before and after communion, and after Mass.

We may prefer to talk to Him in our words, of course. And that is excellent.

Sometimes prayers that we read can also help us to pray.

You will know if any prayers in this booklet are of use to you.
Use it in any way you like.

A PRAYER BEFORE MASS:

Lord Jesus, with Saint Thomas **I believe** that You are "my Lord and my God."
I **believe** that You are present in the tabernacle.
I **believe** that You will become truly present on the altar at the consecration during this Mass.
I **thank** You for coming to us today.
I **unite** my life with Your sacrifice made present today on this altar and offered to the Father.
I **place** my joys, sorrows, labours, and all the yearnings of my heart upon this altar.
At this Mass I **pray** for the needs of all the world, for sinners in need of salvation, for all the faithful departed, for all my family and friends.
I **pray** for all those who have asked my prayers.
For myself, I **ask** for that grace, known to You, that I most need.
Lord Jesus, I **adore** You, I **thank** You and I **love** You.
Grant me a heart to welcome You in holy communion today with great love.

Mary, my Mother and Mother of the Church, you are present at this Mass with Jesus as you were present at the foot of the cross.
Obtain for me the grace of understanding and loving the Mass more deeply.
Thank you, Mother.

(Before Mass): **Prayer of Saint Thomas Aquinas**

Almighty, everlasting God, behold, I approach the sacrament of your Only-begotten Son, our Lord Jesus Christ. I come to it as one sick to the physician who will save his life, as one unclean to the fountain of mercy, one blind to the radiance of eternal life, one poor and needy to the Lord of heaven and earth; praying that in your boundless generosity you will deign to cure my sickness, wash my defilement away, enlighten my blindness, enrich my poverty, and clothe my nakedness.
May the Bread of angels, the King of kings and Lord of lords, be received by me with such humble reverence and devout contrition,

such faith and purity, and such good resolutions as may help the salvation of my soul.
Grant me grace, I beseech you, to receive not only the sacrament of our Lord's body and blood, but also its inward power and effect.
All gentle God, grant that my receiving of that body, taken from the virgin Mary's womb by your Only-begotten Son, Our Lord Jesus Christ, may fit me to become part of his mystical body and to be reckoned one of its members.
Most loving Father, grant that your beloved Son whom I, an earthly wayfarer, am now to receive in his sacramental guise, may one day give me sight of his face and let me gaze upon him for all eternity; who is God,living and reigning with you in the unity of the Holy Spirit, for ever and ever. Amen.

A PRAYER BEFORE COMMUNION:
(in the silence after the Lamb of God)

Come, Lord Jesus, come.
I **adore** You because You are my God.
I **believe** You because You are Truth.
I **hope** in You because You are my Saviour.
I **love** You because You are so good and
because You have so loved me.
Lord, I am not worthy to receive You,
but only say the word, and I shall
be healed.

1 <u>PRAYERS AFTER HOLY COMMUNION</u>:

Act of Faith - O Jesus, I believe that You have truly come to me in holy communion, because You have said it and Your word is true.

Act of Hope - O my Jesus, I hope in You, and in Your infinite mercy.

Act of Adoration - O Jesus, my God, my Creator, I adore You, because from Your hands I came, and with You I am to be happy for ever.

Act of Humility - O Jesus, I am not worthy to receive You, but You have come to me.

Act of Love - O sweet Jesus, I love You; I love You with all my heart. You know that I love You, and wish to love You daily more and more.

Act of Thanksgiving - My good Jesus, I thank You with all my heart. How good, how kind You are 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, You have given Yourself to me, now let me give myself to You.

I give You my **body**, that it may be chaste and pure.
I give You my **soul**, that it may be free from sin.
I give You my **heart**, that it may always love You.
I give You **every breath** that I shall breathe, and especially my last; I give You myself in life and in death, that I may be yours for ever and ever.

Prayer for Others

Jesus, take care of Your Church,
take care of our Holy Father, the Pope;
take care of our bishops and priests.

Jesus, bless my father and mother,
bless all my family, and all I ought to pray for.
Bless them, Jesus, for Your kind heart knows how to bless them.

Jesus, look after the sick, find homes for the homeless, be a friend to the lonely, find food for the hungry, heal the sick and help all who are dying.

Prayer for Myself.

Jesus, make me want to be everything You want me to be.
Show me I can do it and help me do it.
Thank You, Jesus, for Your love for me.

2 PRAYER AFTER COMMUNION

Aware of the presence of Our Lord within,
pray in the depth of your heart to Him:
Repeat prayerfully and slowly:

Jesus, I believe in You...
Jesus, I love You…
Jesus I hope in You...
You are true God and true man…
You are the Saviour and the Redeemer…
In Your name I renounce sin…
Purify me of all evil…
Jesus, my life is Yours...
Jesus, heal my heart and my soul…
Jesus, I give You myself and all that I have...
Jesus, I love You in all persons…
Jesus, I want to take You to others...
Jesus, walk with me during the day...
Jesus, bless me…
Jesus, heal the sick...
Jesus, give me Your peace...
Jesus, I thank You...

3 PRAYER AFTER COMMUNION

Act of Thanksgiving:

Dear Lord,
I thank you from the depths of my heart
for your infinite kindness in coming to me.
With your most holy Mother
and all the angels,
I praise your mercy and generosity
toward me, a poor sinner.
I thank you for nourishing my soul
with your Sacred Body and Precious Blood.
I will try to show my gratitude to you
in the Sacrament of your love,
by obedience to your holy commandments,

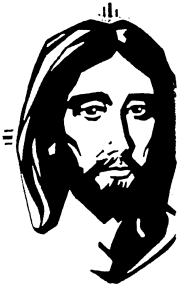
by faithfulness to my duties,
by kindness to my neighbour,
and by an earnest endeavour
to become more like you
in my daily conduct.

4 PRAYER AFTER COMMUNION

Prayer of Trust in the Sacred Heart

In all my temptations, I place my trust in You, O Sacred Heart of Jesus.
In all my weaknesses, I place my trust in You, O Sacred Heart of Jesus.
In all my difficulties, I place my trust in You, O Sacred Heart of Jesus.
In all my trials, I place my trust in You, O Sacred Heart of Jesus.
In all my sorrows, I place my trust in You, O Sacred Heart of Jesus.
In all my work, I place my trust in You, O Sacred Heart of Jesus.
In every failure, I place my trust in You, O Sacred Heart of Jesus.
In every discouragement, I place my trust in You, O Sacred Heart of Jesus.
In life and in death, I place my trust in You, O Sacred Heart of Jesus.
In time and in eternity, I place my trust in You, O Sacred Heart of Jesus.

5 A PRAYER AFTER COMMUNION



Prayer for Generosity

Dear Lord, teach me to be generous:
teach me to serve You as You deserve -
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 ask reward,
except that of knowing that I do Your holy will.

6 AFTER COMMUNION

Jesus, my Lord and my God, present in me, I adore You. Through You I praise and adore the eternal father.

Heavenly Father, to You I give thanks for Your most precious gift to me. In giving Your Son to us in this sacrament, You show again Your love for us and Your concern for our welfare. To You I offer heartfelt thanks. Your majesty I adore, Your perfection I praise, Your goodness I love. With my blessed Mother Mary and with all the angels and saints in heaven I join in adoring and praising You, heavenly Father, and Your eternal Son and the Holy Spirit of Your divine love.

7 A PARENT'S PRAYER:

Lord Jesus Christ, You have entrusted our children (and grandchildren) to us, that through our prayers, words and example, they may come to know and love You.

We thank You for our children and for this trust You have in us.

You have given us Your very self in the gift of the Eucharist.

Grant to our children the grace to believe in Your Eucharistic presence, to hope in Your promises,
and to love You above all things.

Mary, Mother of the Church and our Help, we entrust our children to your loving intercession.

St.Joseph, pray for us.

8 A PRAYER AFTER COMMUNION

Act of Love:

Dear Jesus,
I love you with my whole heart,
with my whole soul,
and with all my strength.
May the love of your own Sacred Heart
fill my soul and purify it

so that I may die to the world
for love of you,
as you died on the Cross
for love of me.
My God,
you are all mine;
grant that I may be all yours
in time and in eternity.

9 MY OFFERING

Jesus, I offer You myself,
use me gently.
Jesus, I offer You my eyes,
use them to see the needy.
Jesus, I offer You my ears,
use them to hear the cry of the poor and suffering.
Jesus, I offer You my tongue,
use it to praise Your Father and to teach
Your message to others.
Jesus, I offer You my mouth,
use it to smile widely at those around me.
Jesus, I offer You my hands,
use them to serve others and to work for those in need.
Jesus, I offer You my legs,
use them to go where You want me to go.
Jesus, I offer You my sins,
use them to make me come closer to You.
Jesus, I offer You my back,
use it to carry the cross You want to share with me.
Jesus, I offer You my future,
use it to help make the world a better place.
Jesus, I offer You my heart,
use it to bring Your love to all those I meet;
use it to love Your Father;
use it to keep the attitudes of Your Heart alive
in the world.
Jesus, receive this offering I make to You today.
Make me all Yours, so that I may never become
the slave of any false god.

10 Act of Spiritual Communion:

(when we are unable to receive Holy Communion)

My Jesus, I believe You are in the Blessed Sacrament.
I love You above all things, and I long for You in my soul.
Since I cannot now receive You sacramentally, come at least spiritually into my heart.
I know You have already come. I embrace You and unite myself entirely to You; never permit me to be separated from You.

11 PRAYERS AFTER COMMUNION:

Act of Faith:

Jesus, I firmly believe that You are present within me as God and Man, to enrich my soul with graces and to fill my heart with the happiness of the blessed. I believe that You are Christ, the Son of the living God.

Act of Adoration:

With deepest humility, I adore You, my Lord and my God; You have made my soul Your dwelling place. I adore You as my Creator from whose hands I came and with whom I am to be happy forever.

Act of Love:

My Jesus, I love You with my whole heart, with my whole soul, and with all my strength. May the love of Your own Sacred Heart fill my soul and purify it so that I may die to the world for love of You, as You died on the Cross for love of me. My God, You are all mine; grant that I may be all Yours in time and in eternity.

Act of Thanksgiving:

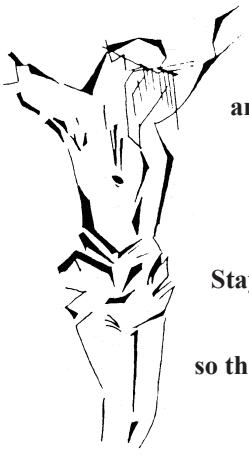
Dear Lord, I thank You from the depths of my heart for Your infinite kindness in coming to me. With Your most holy Mother and all the angels, I praise Your mercy and generosity toward me, a poor sinner. I thank You for nourishing my soul with Your Sacred Body and Precious Blood. I will try to show my gratitude to You in

the Sacrament of Your love, by obedience to Your holy commandments, by fidelity to my duties, by kindness to my neighbour, and by an earnest endeavour to become more like You in my daily conduct.

12 Padre Pio's Prayer after Communion

Stay with me, Lord,
for it is necesssary to have You present
so that I do not forget You.
You know how easily I abandon You.

Stay with me, Lord,
because I am so weak and I need Your strength,
so that I may not fall so often.



Stay with me, Lord,
for You are my life,
and without You, I am without fervour.

Stay with me, Lord,
for you are my light,
and without You, I am in darkness.

Stay with me, Lord, to show me Your Will.

Stay with me, Lord,
so that I may hear Your voice and follow You.

Stay with me, Lord,
for I desire to love You very much,
and always be in Your company.

Stay with me, Lord,
if You wish me to be faithful to You.

Stay with me, Lord,
for as poor as my soul is,
I want it to be a place of consolation for You,
a nest of love. Amen.

Invocations to Christ after Communion:

(from the Maronite Rite)

We adore you, the Most Holy One.
You abased yourself and have lifted us up,
you humbled yourself and have honoured us,
you became poor and have enriched us.

You were born and have given us life,
you received baptism and have cleansed us,
you fasted and have filled us,
you fought and have given us strength.

You sat on a donkey and have taken us into your cortege,
you appeared before the tribunal and have offered us,
you were led as a prisoner before the high priest
and have set us free,
you were subjected to questioning and have let us sit as judges,
you kept silence and have instructed us,
you were whipped like a slave and have given us freedom,
you were deprived of your clothing and have clothed us.

You were tied to a column and have loosed our bonds,
you were crucified and have saved us,
you tasted the vinegar and have given us delightful drink,
you were crowned with thorns and have made us kings.

You died and have made us live,
you were placed in a tomb and have revived us,
you rose in glory and have given us joy,
you clothed us in glory and have filled us with admiration,
you ascended to heaven and have taken us with you,
you were seated in glory and have elevated us,
you sent us the Holy Spirit and have sanctified us.

Blessed be you who come all radiant with goodness!

AFTER MASS

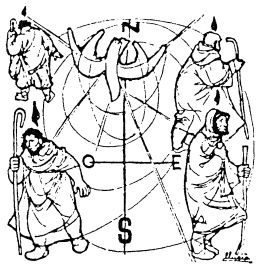
RADIATING CHRIST (Cardinal Newman)

Dear Jesus, help us to spread Your fragrance everywhere we go. Flood our souls with Your spirit and life.Penetrate and possess our whole being, so utterly, that our lives may only be a radiance of Yours.
Shine through us, and be so in us, that every soul we come in contact with may feel Your presence in our soul. Let them look up and see no longer us but only Jesus! Stay with us, and then we shall begin to shine as You shine; so to shine as to be a light to others; the light O Jesus will be all from You, none of it will be ours; it will be You shining on others through us. Let us thus praise You in the way You love best, by shining on those around us.
Let us preach You without preaching, not by words but by our example, by the catching force, the sympathetic influence of what we do, the evident fullness of the love our hearts bear to You. Amen.

Petitions to our Holy Redeemer

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;
Water of Christ's side, wash out my stains;
Passion of Christ, my comfort be;
O good Jesu, listen to me;
In thy wounds I fain would hide;
Ne'er to be parted from thy side;
Guard me, should the foe assail me;
Call me when my life shall fail me;
Bid me come to thee above,
With thy saints to sing thy love,
World without end. Amen.

Anima Christi, trs J.H. Newman



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