



GOLDEN ARROW PRAYER

May the most holy, most sacred, most adorable, most incomprehensible and unutterable Name of God be always praised, blessed, loved, adored and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ, in the Most Holy Sacrament of the Altar.
Amen ~ Saint Therese, the Little Flower

BEFORE COMMUNION

O Savior of mankind! The magnificence of Thy works shines so brightly that we are compelled to give glory to Thy name and proclaim Thee to be the Son of God. We believed in Thee, when Thou didst show Thyself a weak Babe in the Crib of Bethlehem; there was a mysterious power that attracted us, and, with the Angels, we adored Thee wrapped in Thy humble swathing-bands. When we saw Thee hanging on the Cross, outraged and blasphemed by a whole people, we still acknowledged Thee to be our King, and said to Thee, with the Good Thief: **'Remember us, O Lord, when Thou shalt come into Thy Kingdom!'** But now that Thou hast triumphed over death, and art risen glorious from the tomb; now that the whole earth resounds with Thy praise, and the tidings of Thy Resurrection, fill all nations with a gladness as fresh as though Thy triumph were but of this very year: who can refuse to confess Thy Divinity, adore Thy Mysteries, and cry out with Thy disciple: **'My Lord and my God!'** Though my eyes see Thee not, though my hands cannot touch Thy sacred wounds, yet do I most firmly believe Thee to be my Lord and my God. Thou hast said: **'Happy they that have not seen and have believed:'** of these happy believers I would be one, O Jesus! I confess that Thou hast verily risen, the Son of God and the Son of Man. I believe, also, that Thou art the living Bread come down from Heaven to give life to the world, and that I am about to receive Thee into myself. Increase this my faith, O my Lord and my God! that so I may render Thee the worship Thou claimest from me, Thy poor but happy creature.
Amen

ACT OF OBLATION O Jesus! I belonged to Thee, because I was redeemed by Thee: I am Thine now, because Thou hast restored life to me by Thy Resurrection, and because by this happy Communion, Thou hast made me a partaker in all the glory of Thy victory over death. Henceforth, Thy lot and mine are one; like Thee, I am dead to sin and alive unto God. Take me, then, my dearest Jesus! I offer and give myself to Thee, nor will I ever again leave Thee. Do with me what Thou wilt; I am Thy redeemed and the companion of Thy glory; my present, my future, my eternity, all are in Thy hands. Therefore, do I renounce myself, that I may be guided by Thee; I renounce the world and its maxims, for they are enemies to the new life I am resolved to lead. But that I may be faithful, I have need of a powerful and never-failing aid. This aid, my Jesus! is Thy Holy Spirit. Thou hast promised Him to us. Our Easter joy will not be perfect until He come and dwell within us. Send Him, then, I beseech Thee, to me. Thou art to ascend into Heaven: leave me not an orphan. I know that I have Thee in this adorable Sacrament; but I cannot receive it as often as I wish, and my necessities recur at every hour. Vouchsafe, then, to renew within me the presence of this Holy Spirit, Who will preserve and give efficacy to the graces Thou hast bestowed upon me by this Communion.

O Mary! by the joy that filled Thy maternal heart at the Resurrection of Thy Jesus, I beseech Thee to intercede for me with Him, that I may never lose the grace of the visit He has this day granted me. Ye holy Angels of God, who adore Him now dwelling within me, be solicitous for the holiness and purity of my soul and body! All ye Saints of God, pray for me, that I may ever be faithful to Him Whom ye loved on earth, and now possess as your Infinite Good and your Eternal Happiness! *Amen*

AFTER COMMUNION

My Lord Jesus Christ, most sweet and most kind, who even now, of Thy great goodness, hast entered into this poor and humble abode, adorn it and enrich it with Thy treasures, that it may be made worthy of Thy indwelling. Take up Thy rest therein, that my heart may find its rest in Thee alone. Let it not suffice Thee, O Lord, to have given me Thy sacred Body; give me also the treasures of grace which Thou bringest with Thee; for it will profit me little to eat the Bread of life, if I remain unfed by Thy grace. Give me, O Lord, a heart completely transformed into Thee by love; give me a life that shall be all Thine, and a quiet death that shall be the beginning of eternal life. That is what I look for, my Eternal God, by virtue of this Blessed Sacrament. *Amen*



ACT OF CONSECRATION TO THE HOLY GHOST

On my knees before the great multitude of heavenly witnesses I offer myself, soul and body to Thee, Eternal Spirit of God. I adore the brightness of Thy purity, the unerring keenness of Thy justice, and the might of Thy love. Thou art the Strength and Light of my soul. In Thee I live and move and am. I desire never to grieve Thee by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against Thee. Mercifully guard my every thought and grant that I may always watch for Thy light, and listen to Thy voice and follow Thy gracious inspirations. I cling to Thee and give myself to Thee and ask Thee by Thy compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds; trusting in His Precious Blood, and adoring His opened Side and stricken Heart, I implore Thee Adorable Spirit, Helper of my infirmity, so to keep me in Thy grace that I may never sin against Thee. Give me grace, O Holy Ghost, Spirit of the Father and the Son, to say to Thee always and everywhere: "*Speak Lord for Thy servant heareth.*" Amen

PRAYER FOR THE SEVEN GIFTS OF THE HOLY GHOST

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Ghost to finish Thy work in the souls of Thy Apostles and Disciples; deign to grant the same Holy Spirit to me that He may perfect in my soul the work of Thy grace and Thy love. Grant me the *Spirit of Wisdom* that I may despise the perishable things of this world and aspire only after the things that are eternal; the *Spirit of Understanding* to enlighten my mind with the light of Thy divine truth; the *Spirit of Counsel* that I may ever choose the surest way of pleasing Thee and gaining heaven; the *Spirit of Fortitude*, that I may bear my cross with Thee, and that I may overcome with courage all the obstacles that oppose my salvation; the *Spirit of Knowledge* that I may know God and know myself, and grow perfect in the science of the Saints; the *Spirit of Piety* that I may find the service of God sweet and amiable; the *Spirit of Fear* that I may be filled with a loving reverence towards Thee and may dread in any way to displease Thee. Mark me, dear Lord, with the sign of Thy true disciples and animate me in all things with Thy Spirit. Amen

Almighty and everlasting God, whose will it is that all men should be saved and that none should perish, look upon the souls that are deceived by the guile of Satan, in order that the hearts of them that have gone astray may put aside all the perverseness of heresy, and, being truly repentant, may return to the unity of Thy truth. Through Christ our Lord. Amen



Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. Amen

