

Preparation Prayers for Mass and Holy Communion



ACT OF CONTRITION O my God, at the moment of receiving within myself the Divine Victim of Calvary, I confess sincerely before Thine infinite majesty and before the whole court of heaven, that I have offended Thee by thought, word and deed. By my sins I have contributed to the death of Jesus on the cross, but Thou hast forgiven me; washing my soul in the Blood of Thy Son and clothing it with the wedding garment of Thy grace. I come, therefore, contrite and repentant, but with a heart overflowing with boundless gratitude, to the holy table which Thou hast prepared for the prodigal child, who had abandoned Thee, and whom in Thy goodness Thou wouldst nourish with heavenly bread. *Amen*



ACT OF FAITH I most firmly believe, O Jesus, that in this Holy Sacrament You are present; that here are Your Body and Blood, Your Soul and Your Divinity. I believe that You, my Savior, true God and true Man, are really here, with all Your treasures; that here You communicate Yourself to us, make us partakers of the fruit of Your Passion, and give us a pledge of eternal life. I believe there cannot be a greater happiness than to receive You worthily, nor a greater misery than to receive You unworthily. All this I most steadfastly believe, because it is what You have taught us by Your Church. Of a truth I firmly believe, O Good Jesus, and with lively faith confess, that You Yourself, equal to God the Father in glory and in power, true God and Man, are verily and indeed present in this Sacrament. For You, the very Truth itself, have said, **“This is My Body, This is My Blood.”** I believe whatever the Son of God has said. Nothing can be truer than this word of Him who is the Truth. I do believe, Lord; help my unbelief, increase my faith. *Amen*

Incline the ears of Thy loving kindness, most gracious God, unto our prayers, and enlighten our heart with the grace of the Holy Ghost, that we may worthily celebrate Thy mysteries and love Thee with an everlasting love. *Amen*

O God, unto whom every heart is open, every desire known and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily praise Thy Holy Name. *Amen*

We beseech Thee, O Lord, that the Comforter who proceeds from Thee, may enlighten our minds and lead us into all truth, as Thy Son hath promised. We beseech Thee, O Lord, that the power of the Holy Ghost may be with us, mercifully cleansing our hearts and defending them from all harm. *Amen*

Cleanse our thoughts, we beseech Thee, O Lord, by Thy visitation, that when our Lord Jesus Christ, Thy Son, shall come, He may find within us a dwelling prepared for Him; who liveth and reigneth with Thee in the unity of the Holy Ghost, God, forever and ever. *Amen*



ACT OF HOPE Jesus, my God and my All, my soul longs for You. My heart yearns to receive You in Holy Communion. Come, Bread of Heaven and Food of Angels, to nourish my soul and to rejoice my heart. Come, most lovable Friend of my soul, to inflame me with such love that I may never again be separated from You. *Amen*



ACT OF LOVE Jesus, my God, Thou art infinitely good and perfect. I love Thee above all things and with my whole heart. I desire to receive Thee in Holy Communion that I may love Thee more and serve Thee better. Come to me and strengthen me, so that I may never be separated from Thee on earth and that I may live with Thee eternally in heaven. *Amen*

Thanksgiving Prayers for Mass and Holy Communion



ANIMA CHRISTI 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. Suffer me not to be separated from Thee. From the malicious enemy defend me. In the hour of my death call me and bid me come unto Thee, that with Thy saints I may praise Thee forever and ever. *Amen*



UNIVERSAL PRAYER ATTRIBUTED TO POPE CLEMENT XI

I believe, O Lord, but may I believe more firmly; I hope, but may I hope more securely; I love, but may I love more ardently; I sorrow, but may I sorrow more deeply. I adore You as my first beginning; I long for You as my last end; I praise You as my constant benefactor; I invoke You as my gracious protector. By Your wisdom direct me, by Your righteousness restrain me, by Your indulgence console me, by Your power protect me.

I offer You, Lord, my thoughts to be directed to You; my words, to be about You; my deeds, to respect Your will; my trials, to be endured for You. I will whatever You will, I will it because You will it, I will it in the way You will it, I will it for as long as You will it. Lord, enlighten my understanding, I pray: arouse my will, cleanse my heart, sanctify my soul. May I weep for past sins, repel future temptations, correct evil inclinations, nurture appropriate virtues.

Give me, good God, love for You, hatred for myself, zeal for my neighbor, contempt for the world. May I strive to obey superiors, to help those dependent on me, to have care for my friends, forgiveness for my enemies. May I conquer sensuality by austerity, avarice by generosity, anger by gentleness, luke-warmness by fervor. Render me prudent in planning, steadfast in dangers, patient in adversity, humble in prosperity.

Make me, O Lord, attentive at prayer, moderate at meals, diligent at work, steadfast in intent. May I be careful to maintain interior innocence, outward modesty, exemplary behavior, a regular life. May I be always watchful in subduing nature, in nourishing grace, in observing your law, in winning salvation.

May I learn from You how precarious are earthly things, how great divine things, how fleeting is time, how lasting things eternal. Grant that I may prepare for death, fear judgment, flee hell, and gain paradise, through Christ our Lord. *Amen*

O Lord, to whom belongs all that is in heaven and earth, I desire to consecrate myself wholly unto Thee and to be Thine for evermore. This day do I offer myself unto Thee, O Lord, in singleness of heart, to serve and obey Thee always, and I offer Thee without ceasing a sacrifice of praise and thanksgiving. Receive me, O my Savior, in union with the holy oblation of Thy Precious Blood which I offer unto Thee this day, in the presence of angels, that this sacrifice may avail unto my salvation and that of the whole world. *Amen*



Take, O Lord, into Thy hands my entire liberty, my memory, my understanding and my will. All that I am, and have, Thou hast given me, and I surrender them to Thee, to be so disposed in accordance with Thy holy will. Give me Thy love and Thy grace; with these I am rich enough and desire nothing more. *Amen*



O Supreme and Eternal God, I thank Thee for creating me, redeeming me by Jesus Christ, making me a Christian called to the true faith, and having waited for my repentance after so many sins. O Infinite Bounty, I love Thee above all things, and I repent with all my heart for having offended Thee. I have confidence that Thou has already pardoned me, but being always in danger of again falling into sin, I beg of Thee, for the love of Jesus Christ, to grant me holy perseverance until death. Help me, O Lord, for Thou knowest my weakness; suffer me not again to be separated from Thee. May I die a thousand times rather than again have the misfortune of losing Thy grace. O Mary, my Mother, obtain for me holy perseverance. *Amen*