



PRAYERS BEFORE AND AFTER HOLY COMMUNION

PRAYER BEFORE MASS

O God , to who every heart is open, Every
desire known and from whom no secrets
are hidden; purify the thoughts of our
hearts by the inspiration of your Holy
Spirit , that we may perfectly love you,
and worthily praise your holy name.

AMEN

PRAYERS BEFORE HOLY COMMUNION

PRAYER FOR HELP

O God , help me to make a good Communion.
Mary my dearest mother , pray to Jesus for me.
My dear Angel Guardian, lead me to the Altar of God.

ACT OF FAITH

O God, because you have 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 HUMILITY

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 to receive you under my roof but only say the word and my soul will be healed.

ACT OF SORROW

My God, I detest all the sins of my life, I am sorry for them , because they have offended you, my God, you are so good.
I resolve never to commit sin any more. My God, pity me have mercy on me forgive me.

ACT OF ADORATION

O Jesus, great God, present on the Altar, I bow down before you, I adore you.

ACT OF LOVE AND DESIRE

Jesus, I love you , I desire with all my heart to receive you.
Jesus come into my poor soul and give me your Flesh to eat and your Blood to drink. Give me your whole Self , Body , Blood and Soul and Divinity that I may live for ever with you.

PRAYERS AFTER COMMUNION

ACT OF FAITH

O Jesus I believe that I have received your
Flesh to eat and your Blood
To drink , because you have said it,
and your word is true. All that I have
and all that I am are your gift and now
you have given me yourself.

ACT OF ADORATION

O Jesus, my God my Creator, I adore you,
because from your hands I came and
with you I am happy for ever.

ACT OF HUMILITY

O Jesus I am not worthy to receive you
and yet you have come to me that
my poor heart may learn of you
to be meek and humble.

ACT OF LOVE

Jesus, 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.
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,
And now let me give myself to you.
I give you my body, that I may be chaste
And pure. I give you my soul,
that I may be free from sin. I give you my heart,
that I may always love you.
I give you my 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 YOURSELF

O Jesus wash away my sins with your
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:
“My Jesus, mercy! Mary , help!”
O Jesus may I lead a good life: may
I die a happy death. May I receive you before
I die. May I say when I am dying :
”Jesus, Mary and Joseph, I give you my heart and
My soul.”
Listen now for a moment to Jesus Christ;
perhaps he has something to say to you.
Answer Jesus in your heart, and tell him
all your troubles then say:

PRAYER FOR PERSERVERENCE

Jesus, I am going away for a time, but , I trust,
not without you. You are with me
By your grace. I resolve never to leave you by mortal sin.
Although I am weak I
Have such hope in you.
Give me grace to persevere.
AMEN