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Prayers Before Holy Communion

Prayer for Help

My God, help me to make a good communion. To Thy glory and for the good of my soul I wish to receive the Most Holy Sacrament. Mary, my Mother, pray to Jesus for me. My good angel guardian, lead me to the altar of God. My patron saints, pray for me that I may receive the Lord with a heart that is pleasing to Him and with great profit to my soul.

Act of Faith and Adoration

My Lord Jesus Christ, I believe that Thou art truly present in the Blessed Sacrament. I believe that in holy communion I shall receive Thy sacred body and Thy precious blood. My faith in Thy real presence in the Holy Eucharist is firmly founded on Thy word, O eternal Truth. My Saviour and my God, with the angels who surround Thy altar throne, I bow down in humble adoration before Thy Majesty.

Act of Hope

O Jesus! relying on Thy promises, goodness, and power, I hope to obtain from Thee the graces necessary for the sanctification and salvation of my soul.

Act of Love and Desire

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.

Act of Contrition

My God, I detest all the sins of my life. I am truly sorry that I have sinned, because Thou art infinitely good and sin displeases Thee. Have mercy on me and pardon my offenses. I am resolved to avoid the occasions of sin and never again to offend Thee.

Act of Humility and Confidence

Jesus, my Lord, I confess that I am a sinner. But in Thy goodness Thou dost invite me to approach Thy Holy Table and to partake of Thy heavenly Banquet. Trusting in Thy mercy I come to Thee with confidence, albeit with it a contrite and humble heart. Lord, I am not worthy that Thou shouldst enter under my roof; but say only the word, and my soul shall be healed. Come to me, Jesus, come to me, and keep me in Thy love and Thy grace forevermore.

Ending Prayer

See where Thy boundless love has reached, my loving Jesus! Thou, of Thy flesh and precious blood, hast, made ready for me a banquet whereby to give me all Thyself. Who drove Thee to this excess of love for me? Thy Heart, Thy loving Heart. O adorable Heart of Jesus, burning furnace of divine love! within Thy sacred wound take Thou my soul; so that, in that school of charity, I may learn to love Him Who has given me such wondrous proofs of His great love.
Amen.

Veni, Domine Jesus!

O Jesus, hidden God, I cry to Thee;
O Jesus, hidden Light, I turn to Thee;
O Jesus, hidden Love, I run to Thee;
With all the strength I have I worship
Thee;
With all the love I have I cling to Thee;
With all my soul I long to be with Thee,
And fear no more to fail, or fall from Thee.

O Jesus, deathless Love, Who seekest
me,
Thou Who didst die for longing love of
me,
Thou King, in all Thy beauty, come to me,
White-robed, blood-sprinkled, Jesus,
come to me,
And go no more, dear Lord, away from
me.

O sweetest Jesus, bring me home to
Thee; Free me,
O dearest God, from all but Thee,
And all the chains that keep me back
from Thee;
Call me, O thrilling Love, I follow Thee;
Thou art my All, and I love nought but
Thee.

O hidden Love, Who now art loving me;
O wounded Love, Who once wast dead
for me;
O patient Love, Who weariest not of me
O bear with me till I am lost in Thee;
O bear with me till I am found in Thee.
— Fr. RAWES.

IN RECEIVING HOLY COMMUNION

Traditional Mass

- 1) In going to the altar rail, and returning to your place, keep your hands joined, your eyes cast down, and your thoughts on Jesus Christ.
- 2) At the altar rail, take the communion cloth and spread it before you, under your chin.
- 3) (3) Hold your head straight up, keep your eyes closed, your mouth well open, and your tongue out, resting on the lower lip. Then, with great reverence, receive the sacred Host, saying in your heart, with all the faith of St. Thomas — "My Lord and my God!"

Indulgence of 100 days, once a day. — Pius VII, Feb. 9, 1818.
My Prayer- Book Fr. Lasance page 424

Exercise After Holy Communion

Jesus, gentle Saviour,
God of might and power,
Thou Thyself art dwelling In me at this hour.

Multiply Thy graces, Chiefly love and fear,
And, dear Lord, the chiefest,
Grace to persevere.

When my heart Thou leavest,
Lord, worthless though it be,
Give it to Thy Mother To be kept for Thee.

Peace with Jesus

My LOVING Saviour! ah, what depth of love
Hath made Thee leave Thy heavenly throne above
And come to visit me, to be my food,
To make my sinful body Thy abode;
To shield me from the world, to make me pure,
To give me strength, with patience to endure.
Ah, let me with a burning soul draw near,
And fondly, with St. John, without a fear,
Lean my poor head upon Thy loving breast,
And in Thy sacred arms serenely rest.
Depart, each earthly care, each worldly smile;
Leave me alone with Jesus for a while.

Sweet Jesus! by this Sacrament of Love
All gross affections from my heart remove;
Let but Thy loving kindness linger there,
Preserved by grace and perfected by prayer;
And let me to my neighbor strive to be .
As mild and gentle as Thou art with me.
Take Thou the guidance of my whole career,
That to displease Thee be my only fear;
Give me that peace the world can never give,
And in Thy loving presence let me live.
Ah! show me always, Lord, Thy holy will,
And to each troubled thought, say:
Peace, be still.

Thanksgiving of St. Thomas Aquinas From the Roman

Missal

GIVE Thee thanks, eternal Father, for having, out I of Thy pure mercy, without any deserts of mine, been pleased to feed my soul with the body and blood of Thy only Son, Our Lord Jesus Christ.

I beseech Thee that this holy communion may not be to my condemnation, but prove an effectual remission of all my sins.

May it strengthen my faith; encourage me in all that is good; deliver me from my vicious customs; remove all concupiscence; perfect me in charity, patience, humility, and obedience, and in all other virtues.

May it secure me against all the snares of my enemies, both visible and invisible; perfectly moderate all my inclinations, closely unite me to Thee, the true and only good, and happily settle me in unchangeable bliss.

I now make it my hearty request, that Thou wilt one day admit me, though an unworthy sinner, to be a guest at Thy divine Banquet where Thou, with Thy Son and the Holy Ghost, art the true light, complete satiety, everlasting joy, supreme pleasure, and perfect happiness.

Through the same Jesus Christ our Lord. Amen.

From:

My Prayer- Book Fr. Lasance page 408-409

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 your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

My Prayer- Book Fr. Lasance page 411

Prayer to Jesus Crucified

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel, and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope, and charity, true contrition for my sins, and a firm purpose of amendment; while I contemplate with great love and tender pity Thy five wounds, pondering over them within me, and calling to mind what the prophet David put in Thy mouth concerning Thee, O, good Jesus:
“They have pierced my hands and my feet; they have numbered all my bones”? (Ps. xxi. 57, 18).

His Holiness, Pope Pius IX, by a decree of the Sacred Congregation of Indulgences, July 31, 1858, following the decrees already issued by his predecessors, confirmed anew the plenary indulgence granted by Clement VIII and Benedict XIV, and confirmed by Pius VII and Leo XII, to those who shall say this prayer. He declared, moreover, that those who wish to gain this plenary indulgence, must say this prayer with devotion before an image or picture of our crucified Redeemer; and, being truly penitent, after confession and communion, spend some time in prayer for the intention of the Pope.

My Prayer- Book Fr. Lasance page 417- 4418

A Mystic Who Shed Tears During Mass and Who Shows Us How the Mass Should Be

By PETER KWASNIEWSKI

<https://traditionsanity.substack.com/i/141907603/mystagogue-of-holy-communion>

A very good article on Eucharist and St. Thomas Aquinas including one his famous prayers.

He suggests one of St. Thomas Aquinas's famous prayers, this one printed in the traditional Roman Missal as the *Praeparatio ad Missam pro opportunitate Sacerdotis facienda*, furnishes a perfect template of what the proper approach to Holy Communion is and ought to be.

All-powerful and everlasting God, behold,
I approach the sacrament of Thine only-begotten Son,
our Lord Jesus Christ.

As one infirm, I approach the medicine of life;
as one unclean, the fountain of mercy;
as one blind, the light of eternal splendor;
as one poor and needy, the Lord of heaven and earth.

Therefore, I ask Thee,
from the abundance of Thine immense
generosity,
to cure my illness,
wash away my uncleanness,
illuminate my blindness,
enrich my poverty,
and clothe my nakedness,
that I may receive the Bread of Angels,
the King of Kings and Lord of Lords,
with such reverence and humility,
such contrition and devotion,
such purity and faith,
such purpose and intention,
as is expedient for the salvation of my
soul.

Grant, I beg Thee, that I may receive
not only the sacrament of the Lord's Body
and Blood,

but also the reality and power of this
sacrament.

O most gentle 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 might be worthy
to be incorporated into His Mystical Body
and counted among His members.

O most loving Father,
give to me Thy beloved Son,
whom I intend to receive now
in veiled form on my pilgrimage,
that I may one day contemplate Him
with unveiled face for all eternity,
who with Thee liveth and reigneth
in the unity of the Holy Ghost,
world without end, Amen.

The article then includes a helpful analysis of the prayer.