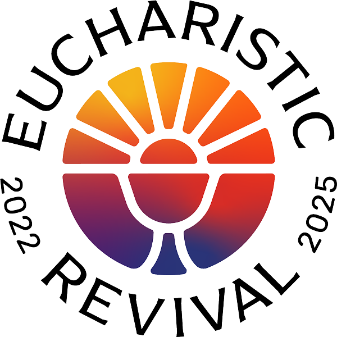
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**A Collection of Prayers**

**for the Eucharistic Revival**

**Prayers to Prepare for Mass**

**Prayer to prepare for Mass**

Jesus, I believe in You. Jesus, I hope in You. Jesus, I love You with all my heart. Jesus, I want so much to receive You into my heart. I long for You. Jesus, I am sorry for all my sins. I am not worthy for You to come to me. But I know You want me to come to You that You will strengthen me to be good. Jesus, give me Your grace that I may always want to please You. Holy Mary, my dearest Mother, pray for me and make my heart ready for Jesus. Amen.   
(Adapted from Fr. Lawrence Lovasik, S.V.D.)

**Prayer before Mass**

Lord, Jesus Christ, I approach Your Banquet Table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on Your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words. Gracious God of majesty and awe, I seek Your protection, I look for Your healing, poor troubled sinner that I am, I appeal to You, the fountain of all mercy. I cannot bear Your judgment, but I trust in Your salvation. Lord, I show my wounds to You and uncover my shame before You. I know my sins are many and great, and they fill me with fear, but I hope in Your mercies, for they cannot be numbered. Lord Jesus Christ, eternal King, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in You. Have mercy on me, full of sorrow and sin, for the depth of your compassion never ends. Praise to You, saving sacrifice, offered on the wood of the cross for me and for all mankind. Praise to the noble and precious Blood, flowing from the wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world. Remember, Lord, Your creature, whom You have redeemed with Your blood. I repent of my sins, and I long to put right what I have done. Merciful Father, take away all my offenses and sins; purify me in body and soul, and make me worthy to taste the holy of holies. May Your Body and Blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts, and the rebirth of my better instincts. May it incite me to do the works pleasing to You and profitable to my health in body and soul, and be a firm defense against the wiles of my enemies. Amen.  
(St. Ambrose)

**Prayers Before Communion**

**Act of Contrition Before Communion**   
O My Savior, I am truly sorry for having offended You because You are infinitely good and sin displeases You. I detest all the sins of my life and I desire to atone for them. Through the mercy of Your Precious Blood, wash from my soul all stain of sin, so that, cleansed in body and soul, I may worthily approach the Most Holy Sacrament of the Altar.  
(From Archdiocese of Saint Paul & Minneapolis)

**An Act of Spiritual Communion**

If you’re unable to receive the Eucharist, you may consider praying the Act of Spiritual Communion:

My Jesus,   
I believe that You are present in the Most Holy Sacrament.   
I love You above all things,   
and I desire to receive You into my soul.   
Since I cannot at this moment receive You sacramentally,   
come at least spiritually into my heart.   
I embrace You as if You were already there   
and unite myself wholly to You.   
Never permit me to be separated from You.  
Amen  
(From EWTN and Hallow)

**Prayers After Communion**

**Prayer to Jesus - After Receiving Holy Communion (and at any time)**

Jesus, I believe in you. Jesus, I hope in You.

Jesus, I want to love You with all my heart.

Jesus, I thank You for having come to dwell in me.

I welcome You into my heart and

I ask you to “crowd out” whatever might be there that is not of You.

And I desire to give You full reign as my Lord, my Savior and my King.

Thank You for giving Your life for me on the Cross,

loving me this much and allowing me to receive You

into my heart in this present moment.

And now that You are so close to me, please help me love You more and more,

and serve You by loving the people around me.   
Amen.  
Visit [diolc.org/prayer](https://diolc.org/catechesis/prayer/) for a Prayer Card and other Resources

***The Anima Christi***

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, 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 I may praise Thee with Thy saints  
and with Thy angels  
Forever and ever  
Amen  
*The Anima Christi* is a prayer from around the 14th century. It is still widely used after receiving the body and blood of Our Lord, Jesus Christ in Holy Communion.

**Act of Thanksgiving After Communion**

From the depths of my heart I thank You, dear Lord, for Your infinite kindness in coming to me. How good You are 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 neighbor and by an earnest endeavor to become like You in my daily conduct.

**Prayers After Mass**

**A Prayer after Mass (Suscipe Domine)**

Lord Jesus Christ, take all my freedom,   
my memory, my understanding, and my will.   
All that I have and cherish  
You have given me.   
I surrender it all to be guided by Your will.   
Your grace and Your love  
are enough for me.   
Give me these, Lord Jesus,   
and I ask for nothing more.

Amen.  
*St. Ignatius of Loyola*

**A Prayer after Mass (Suscipe Domine – another version)**Receive, O Lord, all my liberty.   
Take my memory, my understanding, and my entire will.   
Whatsoever I have or possess Thou hast bestowed upon me;   
I give it all back to Thee and surrender it wholly to be governed by Thy Will.   
Give me love for Thee alone along with Thy grace,   
and I am rich enough and ask for nothing more.Amen.  
*St. Ignatius of Loyola*

**St. Thomas Aquinas: Prayer of Thanksgiving after Mass**   
  
Lord, Father all-powerful and ever-living God, I thank You, for  
even though I am a sinner, your unprofitable servant, not  
because of my worth but in the kindness of your mercy,  
You have fed me with the Precious Body & Blood of Your Son,  
our Lord Jesus Christ.  
I pray that this Holy Communion may not bring me  
condemnation and punishment but forgiveness and salvation.  
May it be a helmet of faith and a shield of good will.  
May it purify me from evil ways and put an end to my evil passions.  
May it bring me charity and patience, humility and obedience,  
and growth in the power to do good.  
May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual.  
May it unite me more closely to you, the One true God, and lead me  
safely through death to everlasting happiness with You.  
And I pray that You will lead me, a sinner, to the banquet where you,  
with Your Son and holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect  
happiness to your saints. grant this through Christ our Lord,  
Amen.   
*St. Thomas Aquinas*

**Thanksgiving Prayer after Mass**

I thank you, holy Lord, almighty Father, eternal God, who deigned to feast me, sinful and unworthy servant, with the precious body and blood of your Son, Jesus Christ our Lord, not for any merit of mine, but only because of your merciful goodness. And I pray that this Holy Communion, far from condemning me to punishment, may bring about my pardon and salvation, encompassing me with the armor of faith and the shield of a good will. By it let my vices be done away, all lustful desires extinguished. May it advance me in charity, patience, humility, obedience, and every other virtue. Let it be strong defense against the wiles of all my enemies, visible and invisible, allaying for me every disturbance of flesh and spirit, binding me firmly to you, the one true God, and bringing my last hour to a happy close. I pray, too, that it may be your pleasure to call my sinful self one day to that banquet, wonderful past all telling, where you, with your Son and the Holy Spirit, feast your saints with the vision of yourself, who are true light, the fulfillment of all desires, the joy that knows no ending, gladness unalloyed, and perfect bliss: through the same Christ our Lord.

Amen  
*St. Thomas Aquinas*