

SIMPLE PRAYERS FOR HOLY COMMUNION

BEFORE HOLY COMMUNION.

Prayer for Help.—O my 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 Thou hast 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 Christ on account of my sins. Lord, I am not worthy that Thou shouldst enter under my roof; say but the word, and my soul shall be healed.

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

Act of Adoration.—O Jesus, great God, present on the Altar, I bow down before Thee. I adore Thee.

Act of Love and Desire.— Sweet Jesus, I love Thee, I desire with all my heart to receive Thee. My most sweet Jesus, come into my poor soul, and give me Thy flesh to eat and Thy Blood to drink. Give me Thy whole Self, Body, Blood, Soul and Divinity, that I may live for ever with Thee.

AFTER HOLY COMMUNION.

Before reading the following prayers it is highly recommended to spend a few minutes in adoration.

Act of Faith.—O Jesus, I believe that I have received Thy flesh to eat and Thy Blood to drink, because Thou hast said it, and Thy word is true.

Act of Adoration.— O Jesus, my God, my Creator, I adore Thee, because from Thy hands I came and with Thee I am to be happy for ever.

Act of Humility.—O Jesus, I am but dust and ashes, and yet Thou hast come to me, that my poor heart may speak to Thee.

Act of Love.— Sweet Jesus, I love Thee. I love Thee with all my heart. Thou knowest that I love Thee, and wish to love Thee daily more and more.

Act of Thanksgiving.—My good Jesus, I thank Thee with all my heart. How good, how kind Thou art to me, sweet Jesus. Blessed be Jesus in the most Holy Sacrament of the Altar.

Act of offering.—O Jesus, receive my poor offering. Jesus Thou hast given Thyself to me, now let me give myself to Thee.—I give Thee my body that it may be chaste and pure.—I give Thee my soul, that it may be free from sin.—I give Thee my heart, that it may always love Thee.—I give Thee every breath that I shall breathe, and especially my last.—I give Thee myself in life and in death, that I may be with Thee for ever and ever.

Remember the words of Jesus,
"ASK AND YOU SHALL RECEIVE,"

and

PRAY FOR YOURSELF.

O Jesus, wash away my sins with Thy 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, "Jesus, mercy!" "Mary, help!"

O Jesus, may I lead a good life! May I die a happy death. May I receive Thee before I die. May I say when I am dying, "Jesus, Mary, 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. There may be some promise you have

made and broken, which He wishes you to make again and keep.

Answer Jesus in your heart, and tell Him all your troubles.

Then
PRAY FOR OTHERS.

O Jesus, have mercy on Thy Holy Church; take care of it. O Jesus, have pity on poor sinners, and save them from hell. O Jesus, bless my father, my mother, my brothers and sisters, and all I ought to pray for, as Thy kind Heart knowest how to bless them.

O Jesus, have pity on the poor souls burning in the flames of Purgatory, and give them eternal rest.

BEFORE LEAVING THE CHURCH.

Sweet Jesus, I am going away for a time, but I trust not without Thee. Thou art with me by Thy grace. I will never leave Thee by mortal sin. I do not fear to do so, though I am so weak, because I have such hope in Thee. Give me grace to persevere. Amen.

ANIMA CHRISTI
Prayer of St. Ignatius.

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.
Suffer me not to be separated from Thee.
From the evil enemy defend me.
At the hour of death call me.
And bid me come unto Thee.
That with Thy saints I may praise Thee.
For ever and ever. Amen.

Indulgence of 300 days each time.—7 years after Holy Communion.—Plenary, on the ordinary conditions, to those who recite it daily during a month.

(Pen., January 9, 1854.)

PRAYER BEFORE A CRUCIFIX

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee, that Thou wouldst impress upon my heart lively sentiments of Faith, Hope, and Charity, true repentance for my sins, and a firm purpose of amendment, while, with deep affection and grief of soul, I ponder within myself and mentally contemplate Thy five most Precious Wounds; having before my eyes that which David spoke in prophecy of Thee, O good Jesus: They have pierced my hands and feet; they have numbered all my bones.

An indulgence of 10 years may be gained by reciting this prayer before a crucifix; besides, a plenary indulgence may be gained by those who have received the Sacraments and who say one Pater, Ave and Gloria for the Pope.

(Pen., February 2, 1934.)
