

Prayer before Mass (Saint Ambrose)

Remember, Lord, your creature, whom You have redeemed with Your Blood. I repent 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.

Thanksgiving Prayer after Receiving Holy Communion

My Jesus, I love and adore You. You have come to me; I am one with You. I want You to remain with me forever, in this life and in the next. Thank you for allowing me to share Your divine life. May I become more like You through this Sacred Food. Let me never take you for granted, but always pray for those whose lives are dark with sin and ignorance and selfishness. Let me remember, in the words of Saint Paul, that “there, but for the grace of God, go I.” Each day, I can become more like You, O Lord. And each day I can pray for those who have never heard the Gospel, or who have heard it and rejected it.
Amen.

Preparation Prayer before Receiving Holy Communion

O Lord, Jesus Christ, king of everlasting glory, behold I desire to come to you this day, and to receive Your Body and Blood in this heavenly Sacrament for Your honor and glory, and the good of my soul. I desire to receive You, because it is your desire, and You have so willed it; blessed be Your Name forever. I desire to come to You like Magdalene, that I may be delivered from all evils, and embrace You, My only Good. I desire to come to You, that I may be happily united to You, that I may henceforth abide in You, and You in me; and that nothing in life or death may ever separate me from You.
Amen

Prayer after Mass

My good Jesus, I pray You to bless me; keep me in Your love; grant me the grace of final perseverance. Help me to become a Saint. Safeguarded by You in soul and in body, may I never swerve from the right road, but surely reach Your Kingdom, where, not in dim mysteries, as in the dark world of ours, but face to face we shall look upon You. There will You satisfy me with Yourself and fill me with such sweetness that I shall neither hunger nor thirst forevermore. Who with God the Father and the Holy Spirit lives and reigns world without end.
Amen.

