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Preparation and  
— thanksgiving ...  
AEB 1807 (Dev.)

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Thanksgiving  
for  
Holy Communion





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*From Approved Sources*

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Farren-Curtis Press, 152 Purchase St., Boston, Mass.

**Deacidified**





## Before Holy Communion

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*(Read slowly and thoughtfully.)*

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O Almighty God, I, an unworthy sinner, desire to receive the Sacrament of the most holy body and blood of Thy son, for the praise and glory of Thy Supreme Majesty; in memory of the most holy life, passion and death of Jesus Christ, my Savior; in thanksgiving for all Thy gifts and blessings bestowed upon me, an unworthy sinner and on Thy whole Church; for the satisfaction of my sins; for the salvation of myself and my relations, and for the repose of the souls departed.

Jesus, I believe in Thee, because Thou art Truth itself.

Jesus, my God, I adore Thee here present in the Sacrament of Thy love.

Jesus, I hope in Thee, because Thou art merciful, and faithful to Thy promises.

Jesus, I love Thee, because Thou art all good, and worthy of all my love.

Jesus, my God, I am truly sorry for having sinned, because Thou art infinitely good and sin displeases Thee. I firmly resolve by the

**help** of Thy grace never to offend Thee again,  
and carefully to avoid the occasions of sin.

O Jesus, sweetest Love, come Thou to me;  
Come down in all Thy beauty unto me;  
Thou Who didst die for longing love of me;  
And never, never more depart from me.  
Free me, O beauteous God, from all but Thee;  
Sever the chain that holds me back from Thee;  
Call me, O tender Love, I cry to Thee;  
Thou art my all! O bind me close to Thee.

Come, my Jesus, come!

Lord, I am not worthy that Thou shouldst  
enter under my roof; but only say the word,  
and my soul shall be healed.

May the body of Our Lord Jesus Christ  
keep my soul unto life everlasting. Amen.

O most sweet Virgin Mary, Mother of God  
and my Mother, lend me, I beseech thee, thy  
Immaculate heart to receive my Jesus, that so  
I may receive Him by thee, by whom the  
world received Him.

O Jesus, I offer Thee Thy sinless Mother's  
heart, with its perfect dispositions at the  
moment of Thy Incarnation, and in all her  
communions. Come to me now by her, as I  
come to Thee by her. With her let me receive  
Thee.



*(In going to the altar rail, keep your hands together, walk lightly and repeat slowly the following act of Contrition.)*

O my God, I am sorry, I am sorry for my sins, forgive me them and give me a share in Thy heavenly blessing. I love Thee and will love Thee always and will strive to please Thee in every thought, word and action of my life and death.

*(When the Priest comes to you with the Sacred Host, say:)*

MY LORD AND MY GOD!

*(Then return to your place quietly, close your eyes and make a fervent thanksgiving.)*

## After Holy Communion

*(Read slowly and thoughtfully.)*

Jesus, my dear and loving Lord, I adore Thee here within my breast. In this poor weak heart of mine I hold the Friend the best and dearest. Here, beneath my folded hands, is He who by His touch cured all diseases of soul and body.

I thank Thee, O my loving Lord, for visiting me. I would beg that Thou rest with me forever, that Thou make of my heart a dwell-

ing-place, a shelter from the cold and indifference of the world.

Give me light to know Thee, a strong desire to study Thee in every detail of Thy beautiful life. Help me to imitate Thy patience with all about Thee—Give me Thy sweet gentleness in the events of life—in disappointments, thoughtlessness of others, unfaithfulness of those I loved. Help me to be faithful to do what is right, no matter what the cost may be.

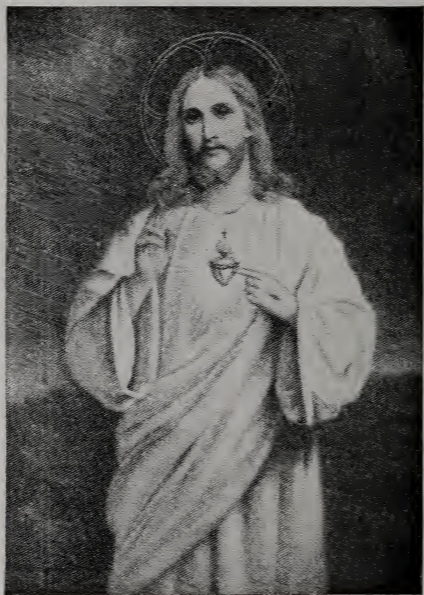
Teach me, my dearest Lord, to put myself aside, to think of the happiness of others, to hide my little pains and heart-aches, so that I alone may suffer from them.

Make me strong, my own dear Lord, that I may be a solace and a comfort to those about me, that I may bring help to those in need, sympathy to the suffering heart and strength to the weak.

My dearest Lord, humbly I thank Thee for accepting my poor heart as Thy resting place. How good of Thee to come to me who think so seldom of Thee, who pass so little time with Thee. Now that Thou art with me, dearest Lord, I beg Thee to give light to my soul that I may see the path on which Thou wishest I should travel to eternity. Touch my eyes that I may see the good there is for me to do, the

faults that should be corrected and the empty places that should be filled with kindness for others. Bless my lips that I may keep them sealed when they are burning with impatience. Give me the grace to make of my life something worth while, to distinguish the true from the false, gold from tinsel. Give me grace to recognize Thy touch when Thou knockest at my heart's poor gate. Grant that I may never keep Thee waiting, dearest Lord. No matter how loud may be the music, song and laughter of the world, let me hear Thy gentle knock and open to Thee. Grant that when the Great Day comes when I shall stand face to face with Thee, I may see Thy smile of approval and receive the assurance that my life has been a success, and that I shall be with Thee for all eternity.

Mary, my queen and my Mother, all ye angels and Saints, my Holy Patron and Guardian Angel, thank the Lord for me; praise Him for His goodness; bless Him for His mercy.



## Today

*Digmare, Domine, die isto, sine peccato nos  
custodire.*

Lord, for tomorrow and its needs  
I do not pray;  
Keep me, my God, from stain of sin,  
Just for today.  
Let me both diligently work  
And duly pray;  
Let me be kind in word and deed,  
Just for today.  
Let me be slow to do my will.  
Prompt to obey;  
Help me to mortify my flesh,  
Just for today.  
Let me no wrong or idle word  
Unthinking say:  
Set Thou a seal upon my lips,  
Just for today.  
Let me in season, Lord, be grave,  
In season gay;  
Let me be faithful to Thy grace,  
Just for today.  
And if today, my tide of life  
Should ebb away,  
Give me Thy Sacraments divine,  
Sweet Lord, today.  
In Purgatory's cleansing fires  
Brief be my stay;  
O bid me, if today I die,  
Come home today.  
So for tomorrow and its needs,  
I do not pray;  
But guide me, guard me, keep me.  
Lord just for today.

Jesus, my Lord, fill my heart now with all the virtues which ought to have been there to welcome Thee in my last communion. Give me more faith and love, more hope and more contrition, more humility and patience, and piety, a stronger will and a purer heart.

I believe all Thou hast in any way revealed to us. I grieve for all my sins, offences and negligences, from my first sin long ago down to the faults and shortcomings of yesterday and today. I hope in Thee, O Lord, Who wilt never let me be confounded. I thank Thee for this supreme gift, and for all the gifts of Thy goodness, particularly for all the graces I have received in this Sacrament so often since the happy day of my First Communion and I beg of Thee, O Lord, the grace never more to abuse Thy graces.

And now I lay all the wounds and wants of my soul before Thee, O my merciful and loving Redeemer! Look upon me and pity me and heal me. I ask Thy loving Heart now so close to mine, for all that I need and desire. I do not dare to ask for more graces but I ask for more generosity in making use of Thy graces. During all the hours that follow of this day, my thoughts, my words and my deeds must be those that are fitting one on whom so

many graces are showered hour by hour. And so from day to day, from communion to communion, may I sanctify my soul and serve Thee, my All-merciful God, my Creator and my Redeemer—from day to day, from Communion to Communion, on to the last Communion which I hope to receive as my Viaticum. O my Jesus, be to me indeed a Saviour then and now and for ever. Amen.

My God, I offer and consecrate to Thee, in union with the intentions of the Most Sacred and Adorable Heart of Jesus, every breath I draw, every thought I think, every pulsation of my heart, and every movement of my body and soul—my labors, my fatigues, my pains, and sufferings, my joys and sorrows, crosses and afflictions. May each and every one be unto Thee a hundred thousand acts of adoration, contrition, love, praise and thanksgiving, beseeching Thee, O Omnipotent God, to pardon my sins and to make me a saint. Amen.

O Jesus receive my poor offering. Jesus, Thou hast given me Thyself and 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 Thine forever and ever. Amen.

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 your kind heart knows how to bless them.

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

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

Look down upon me, good and gentle Jesus, whilst 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; the while I contemplate with great love and tender pity Thy five wounds, pondering over them within me, whilst I call to mind what the prophet David put in Thy mouth concerning Thee, O good Jesus: They have dug my hands and my feet, they have numbered all my bones.

*(One Our Father, One Hail Mary and Glory be to the Father for Our Holy Father the Pope.)*



## Memorare to Saint Joseph

Most Glorious Saint Joseph, Virgin Spouse of the Immaculate Mother of God, Our loving Patron, remember that it has never been known that any one invoked Thy aid or solicited Thy patronage, without obtaining relief.

Encouraged by this assurance, we commend our souls, our bodies, our temporal and eternal interests, to Thy powerful protection. O Thou, the adopted father of the Eternal Son, despise not our appeal, but listen to our prayers and plead for our necessities.

Saint Joseph, friend of the Sacred Heart, pray for us.

## Memorare to the Blessed Virgin

Remember, O most pious Virgin Mary, that no one ever had recourse to Thy protection, implored Thy aid, or sought Thy mediation, without obtaining relief.

Confiding then in Thy goodness and mercy, we cast ourselves at Thy Sacred feet, and do most humbly supplicate Thee, O Mother of the Eternal Word, to adopt us as Thy children, and to take upon Thyself, the care of our salvation.

O let it not be said, my dearest Mother, that I have perished where no one ever found but mercy, grace and salvation.

O Mary conceived without sin, pray for us who have recourse to Thee.

## PRAYER TO JESUS CRUCIFIED.

(After Communion)



A plenary Indulgence, may be gained — under the usual conditions — by reciting the following prayer before an image of the crucified Saviour.

Pius IX, July 31, 1858.



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, meditating upon them within me, whilst I call to mind the words which David, Thy prophet, said of Thee, my Jesus: "They have pierced my hands and my feet; they have numbered all my bones."

Five Our Fathers and Hail Marys for the intentions of Our Holy Father to gain the indulgence.



