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PRAYERS BEFORE AND AFTER HOLY COMMUNION



BEFORE HOLY COMMUNION

An Act of Faith

O my Jesus! I firmly believe that Thou art present here in this Most Blessed Sacrament, which I am about to receive, because Thou, the eternal Truth, hast revealed it.

An Act of Hope

O my Jesus! I hope to receive in this Blessed Sacrament all the graces of which I stand in need, even eternal happiness in heaven, because Thou, the eternal and unfailing Truth, hast promised it.

An Act of Charity

O my Jesus! I love Thee in this Most Blessed Sacrament, as my God and Lord, as my Redeemer and Sanctifier.

An Act of Contrition

O my Jesus! I am heartily sorry for all my sins, because they have offended Thee, my God and Saviour.

An Act of Humility

O my Jesus! I am not worthy to receive Thee into my heart, but say only the word, and I shall be made worthy.

An Act of Desire

O my Jesus! my God and Master! Come, I am longing after Thee; come, visit me, strengthen me, and keep me forever in Thy grace. Amen.

A Marian Prayer

O Mary, my Mother, form in my heart the perfect holy desires of your Immaculate Heart. Please be with me as I receive your Divine Son. Impart to me, your trust, attention, devotion and wonder toward His awesome Real Presence.

Fatima Prayer

Most Holy Trinity, I adore Thee. My God, my God, I love Thee in the Most Blessed Sacrament.

AFTER HOLY COMMUNION

An Act of Faith

O my Jesus! I believe in Thee,
as in the eternal truth.

An Act of Hope

O my Jesus! I hope in Thee,
as in the infinite mercy.

An Act of Charity

O my Jesus! I love Thee,
as the eternal and supreme
good of my soul.

An Act of Admiration

O my Jesus! how is it that Thou
comest to visit me?

An Act of Offering

O my Jesus! I offer to Thy
service my body and my soul,
all that I am, and all that I have,
since Thou hast given them
to me.

Act of Petition

My dear Jesus, abide in my
heart. Never leave it.
Remove from it whatever
displeases Thee and place in it
whatever pleases Thee.

Act of Thanksgiving

My dear Jesus, I thank Thee for
the grace which Thou hast
given me that Thou hast come
to dwell in my heart.

Act of Offering

My dear Jesus, I give myself to
Thee as Thou hast given
Thyself entirely to me.

Another Prayer

O my Jesus! my Saviour and my
Redeemer, remain within my
heart by Thy divine grace, and
do not permit me to be ever
separated from Thy love. Amen.

Most Sacred Heart Prayer

(for after Holy Communion and other times)

I am sealed forever in the Most
Sacred Heart of Jesus! (7 times)
[or]

I am bound in His Sacred Heart.
(7 times)

Marian Prayer

O Mary, my Mother, help me
to thank, praise, adore and love
Jesus your Son with all my
heart, mind, soul and strength.

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 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 to
come to Thee; that with Thy
Saints I may be praising Thee
forever and ever. Amen.

Fatima Prayer

O Most Holy Trinity, Father,
Son and Holy Spirit, I adore
Thee profoundly. I offer Thee
the most precious Body, Blood,
Soul and Divinity of Jesus
Christ present in all the
tabernacles of the world, in
reparation for the outrages,
sacrileges and indifferences by
which He is offended.
By the infinite merits of the
Sacred Heart of Jesus and the
Immaculate Heart of Mary I beg
the conversion of poor sinners.