

†
J.M.J.

PRAYERS BEFORE HOLY COMMUNION

AN ACT OF FAITH

O my Jesus! I firmly believe that You are present here in this Most Blessed Sacrament, which I am about to receive, because You, the eternal Truth, have 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 You, the eternal and unfailing Truth, have promised it.

AN ACT OF CHARITY
O my Jesus! I love You 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 You, my God and Savior.

***ACT OF HOPE, OF HUMILITY**
My dear Jesus, I hope that when I receive You, You will increase Your grace in me in

this world, although I am unworthy of it.

AN ACT OF DESIRE

O my Jesus! my God and Master! Come, I am longing after You; come, visit me, strengthen me, and keep me forever in Your 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 us your trust, attention, devotion, and wonder toward His awesome Real Presence.

Sources

-J.A. KREBS, *Devotions and Prayers for the Sick-room*, Benziger 1899, www.archive.org.

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You, as in the eternal
truth.

AN ACT OF HOPE

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

AN ACT OF CHARITY

O my Jesus! I love You,

as the eternal and
supreme good of my soul.

AN ACT OF ADMIRATION

O my Jesus! how is it that
You come to visit me?

AN ACT OF OFFERING

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

***ACT OF PETITION**

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

***ACT OF THANKSGIVING**

My dear Jesus, I thank You
for the grace which You
have given me that

You have come to dwell
in my heart.

***ST. EYMARD'S ACT OF
OFFERING**

My dear Jesus,
I give myself to You
as You have given
Yourself entirely to me.

PRAYER

O my Jesus! my Savior and
my Redeemer, remain

within my heart by Your
divine grace, and do not
permit me to be ever
separated from Your love.
Amen.

A MARIAN PRAYER

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