



J.M.J.

St. John Marie Vianney Prayer Book

Priest's Prayers before and after Holy Mass



“Put all the good works in the world against one Holy Mass; they will be as a grain of sand beside a mountain.”
– St. John Marie Vianney

Preparation for Mass

To be done according to the opportunity of the priest Antiphon. Remember not, * Lord, our offences, nor the offences of our forefathers, neither take Thou vengeance of our sins. (*P.T. Alleluia.*)

Psalm 83

83:1 How lovely are thy tabernacles, O Lord of hosts!
* my soul longeth and fainteth for the courts of the Lord.

83:2 My heart and my flesh * have rejoiced in the living God.

83:3 For the sparrow hath found herself a house, * and the turtledove a nest for herself where she may lay her young ones:

83:4 Thy altars, O Lord of hosts, * my king and my God.

83:5 Blessed are they that dwell in thy house, O Lord:
* they shall praise thee for ever and ever.

83:6 Blessed is the man whose help is from thee: * in his heart he hath disposed to ascend by steps, in the vale of tears, in the place which he hath set.

83:7 For the lawgiver shall give a blessing, they shall go from virtue to virtue: * the God of gods shall be seen in Sion.

83:9 O Lord God of hosts, hear my prayer: * give ear,
O God of Jacob.

83:10 Behold, O God our protector: * and look on the
face of thy Christ.

83:11 For better is one day in thy courts * above
thousands.

83:12 I have chosen to be an abject in the house of my
God, * rather than to dwell in the tabernacles of
sinners.

83:13 For God loveth mercy and truth: * the Lord will
give grace and glory.

83:13 He will not deprive of good things them that
walk in innocence: * O Lord of hosts, blessed is the
man that trusteth in thee.

V. Glory be to the Father, and to the Son, * and to the
Holy Spirit.

R. As it was in the beginning, is now, and ever shall
be, * world without end. Amen.

Psalm 84

84:1 Lord, thou hast blessed thy land: * thou hast
turned away the captivity of Jacob.

84:2 Thou hast forgiven the iniquity of thy people: *
thou hast covered all their sins.

84:3 Thou hast mitigated all thy anger: * thou hast
turned away from the wrath of thy indignation.

84:4 Convert us, O God our saviour: * and turn off
thy anger from us.

84:5 Wilt thou be angry with us for ever: * or wilt thou extend thy wrath from generation to generation?

84:6 Thou wilt turn, O God, and bring us to life: * and thy people shall rejoice in thee.

84:7 Shew us, O Lord, thy mercy; * and grant us thy salvation.

84:8 I will hear what the Lord God will speak in me: * for he will speak peace

84:9 And unto his saints: * and unto them that are converted to the heart.

84:10 Surely his salvation is near to them that fear him: * that glory may dwell in our land.

84:11 Mercy and truth have met each other: * justice and peace have kissed.

84:12 Truth is sprung out of the earth: * and justice hath looked down from heaven

84:13 For the Lord will give goodness: * and our earth shall yield her fruit.

84:14 Justice shall walk before him: * and shall set his steps in the way.

V. Glory be to the Father, and to the Son, * and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Psalm 85

85:1 Incline thy ear, O Lord, and hear me: * for I am needy and poor.

85:2 Preserve my soul, for I am holy: * save thy servant, O my God, that trusteth in thee.

85:3 Have mercy on me, O Lord, for I have cried to thee all the day. * Give joy to the soul of thy servant, for to thee, O Lord, I have lifted up my soul.

85:4 For thou, O Lord, art sweet and mild: * and plenteous in mercy to all that call upon thee.

85:5 Give ear, O Lord, to my prayer: * and attend to the voice of my petition.

85:6 I have called upon thee in the day of my trouble: * because thou hast heard me.

85:7 There is none among the gods like unto thee, O Lord: * and there is none according to thy works.

85:8 All the nations thou hast made shall come and adore before thee, O Lord: * and they shall glorify thy name.

85:9 For thou art great and dost wonderful things: * thou art God alone.

85:10 Conduct me, O Lord, in thy way, and I will walk in thy truth: * let my heart rejoice that it may fear thy name.

85:11 I will praise thee, O Lord my God, with my whole heart, * and I will glorify thy name for ever:

85:12 For thy mercy is great towards me: * and thou hast delivered my soul out of the lower hell.

85:13 O God, the wicked are risen up against me, and the assembly of the mighty have sought my soul: * and they have not set thee before their eyes.

85:14 And thou, O Lord, art a God of compassion, and merciful, * patient, and of much mercy, and true.

85:15 O look upon me, and have mercy on me: * give thy command to thy servant, and save the son of thy handmaid.

85:16 Shew me a token for good: that they who hate me may see, and be confounded, * because thou, O Lord, hast helped me and hast comforted me.

V. Glory be to the Father, and to the Son, * and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Psalm 115

115:1 I have believed, therefore have I spoken; * but I have been humbled exceedingly.

115:2 I said in my excess: * Every man is a liar.

115:3 What shall I render to the Lord, * for all the things that he hath rendered to me?

115:4 I will take the chalice of salvation; * and I will call upon the name of the Lord.

115:5 I will pay my vows to the Lord before all his people: * precious in the sight of the Lord is the death of his saints.

115:6 O Lord, for I am thy servant: * I am thy servant, and the son of thy handmaid.

115:7 Thou hast broken my bonds: * I will sacrifice to thee the sacrifice of praise, and I will call upon the name of the Lord.

115:8 I will pay my vows to the Lord in the sight of all his people: * in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

V. Glory be to the Father, and to the Son, * and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Psalm 129

129:1 Out of the depths I have cried to thee, O Lord: * Lord, hear my voice.

129:2 Let thy ears be attentive * to the voice of my supplication.

129:3 If thou, O Lord, wilt mark iniquities: * Lord, who shall stand it.

129:4 For with thee there is merciful forgiveness: * and by reason of thy law, I have waited for thee, O Lord.

129:5 My soul hath relied on his word: * my soul hath hoped in the Lord.

129:6 From the morning watch even until night, * let Israel hope in the Lord.

129:7 Because with the Lord there is mercy: * and with him plentiful redemption.

129:8 And he shall redeem Israel * from all his iniquities.

V. Glory be to the Father, and to the Son, * and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Ant. Remember not, * Lord, our offences, nor the offences of our forefathers, neither take Thou vengeance of our sins. (*P.T. Allelúia.*)

After this, the priest says:

Kyrie, eleison. Christe, eleison. Kyrie, eleison.

Our Father *the rest inaudibly until:*

V. And lead us not into temptation.

R. But deliver us from evil.

V. As for me, I said: Lord, be merciful unto me.

R. Heal my soul, for I have sinned against Thee.

V. Turn again, O Lord, for a little,

R. And be entreated for Thy servant's sake.

V. O Lord, let Thy mercy lighten upon us.

R. As our trust is in Thee.

V. Let Thy priests be clothed with righteousness.

R. And let Thy Saints shout for joy.

V. Lord, cleanse Thou me from secret faults.

R. Keep back Thy servant also from the sins of others.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. The Lord be with you.

R. And with your spirit.

Let us pray.

Bow down Thy Fatherly ears unto our supplications, O most merciful God, and enlighten our hearts by the grace of Thy Holy Spirit, that we may worthily take part in Thy service, and may love Thee with an everlasting love.

O God, unto Whom all hearts lie open, all desires known, and from Whom no secrets are hid, cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily magnify Thy Holy Name.

Lord, burn our reins and our hearts with the fire of Thy Holy Spirit, that we may serve Thee with chaste bodies and pure minds.

Lord, we beseech Thee, that the Comforter which proceedeth from Thee may enlighten our minds, and

lead us into all truth, even as Thy Son hath promised unto us.

Lord we beseech Thee, that Thy Holy Spirit may dwell in us in much power, mercifully cleansing our hearts and shielding us from all things hurtful.

O God, Who didst teach the hearts of Thy faithful people by sending to them the light of Thy Holy Spirit, grant unto us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort.

Lord, we beseech Thee to cleanse our consciences by the power of Thine holy visitation, that when our Lord Jesus Christ, Thy Son, cometh, He may find in us a dwelling-place made ready unto Himself: Who liveth and reigneth with Thee, in the unity of the Holy Spirit, one God, world without end. R. Amen.

Prayer to the Blessed Virgin Mary

Mother of mercy and love, blessed Virgin Mary, I am a poor and unworthy sinner, and I turn to you in confidence and love. You stood by your Son as he hung dying on the cross. Stand also by me, a poor sinner, and by all the priests who are offering Mass today, here and throughout the entire church. Help us to offer a perfect and acceptable sacrifice in the

sight of the Holy and undivided Trinity, our Most High God. Amen

Prayer to St. Joseph

O Blessed Joseph, happy man, to whom it was given not only to see and to hear that God Whom many kings longed to see, and saw not, to hear, and heard not; but also to carry Him in your arms, to embrace Him, to clothe Him, and guard and defend Him.

V. Pray for us, O Blessed Joseph.

R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, Who has given us a royal priesthood, we beseech Thee, that as Blessed Joseph was found worthy to touch with his hands, and to bear in his arms, Thy only-begotten Son, born of the Virgin Mary, so may we be made fit, by cleanness of heart and blamelessness of life, to minister at Thy holy altar; may we, this day, with reverent devotion partake of the Sacred Body and Blood of Your Only-begotten Son, and may we in the world to come be accounted worthy of receiving an everlasting reward. Through the same Christ our Lord. Amen.

To the Saint in whose honour Mass is celebrated

O holy N, behold me, a poor sinner, trusting in your merits, I offer the most holy Sacrament of the Body

and Blood of our Lord Jesus Christ, to your honour. I humbly pray that today you will intercede for me, that I may worthily and acceptably offer so great a sacrifice; that with you and all his chosen ones, I may praise him eternally and reign with him who lives and reigns, one God, now and for ever. Amen

Prayer to the Angels

O Angels, Archangels, Thrones, Dominations, Principalities, Powers, Virtues of heaven, Cherubim, and Seraphim, all ye men and women Saints of God, especially my Patrons, deign to intercede for me, that I may be strengthened to offer worthily this sacrifice to the all-powerful God, to the praise and glory of his name and to my benefit and to that of all His holy Church. Amen.

“The heavens open and multitudes of angels come to assist in the Holy Sacrifice of the Mass.”

—Pope St. Gregory the Great

Priest's Declaration of Intention

My purpose is to celebrate Mass and to make the body and blood of our Lord Jesus Christ according to the rite of the holy Roman Church, to the praise of almighty God and of the whole Church triumphant in heaven, for my own welfare and that of the whole Church militant on earth, for all who in general and

in particular have commended themselves to my prayers, and for the well-being of the holy Roman Church. Amen.

May joy and peace, amendment of life, room for true penitence, the grace and comfort of the Holy Ghost, and steadfastness in good works be granted us by the almighty and merciful Lord. Amen

Prayer of St. Ambrose

Lord, Jesus Christ, I approach your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words. Gracious God of majesty and awe, I seek your protection, I look for your healing, poor troubled sinner that I am, I appeal to you, the fountain of all mercy. I cannot bear your judgment, but I trust in your salvation. Lord, I show my wounds to you and uncover my shame before you. I know my sins are many and great, and they fill me with fear, but I hope in your mercies, for they cannot be numbered. Lord Jesus Christ, eternal King, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in you. Have mercy on me, full of sorrow and sin, for the depth of your compassion never ends. Praise to you, saving sacrifice, offered on

the wood of the cross for me and for all mankind. Praise to the noble and precious blood, flowing from the wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world. 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.

Prayer of St. Thomas Aquinas

Almighty, everlasting God, look down in mercy upon me, Thy servant, who now again draws near to the most holy sacrament of Thy only-begotten Son, our Lord Jesus Christ. I approach as one who is sick, to the physician of life; as one unclean, to the fountain of mercy; as one blind, to the light of eternal brightness; as one poor and needy, to the Lord of heaven and earth. I implore Thee, therefore, out of the abundance of thy boundless mercy, that Thou

wouldst vouchsafe to heal my sickness, to wash away my defilement, to give sight to my eyes, to enrich my poverty, and to clothe my nakedness; that I may receive the bread of angels, the king of kings, the Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as may tend to the salvation of my soul. Grant to me, I beseech Thee, not only to receive the sacrament of the body and blood of the Lord, but to profit by its substance and virtue. O God most merciful, grant me the grace to receive the body of Thy only-begotten Son, Jesus Christ, our Lord, which he took of the Virgin Mary, in such wise, that I may be found worthy to be incorporated into His mystical body, and for evermore to be numbered among His members. O Father, most loving, I am about to welcome into my heart Thy own beloved Son, hidden under his sacramental veil: may it, in Thy great goodness, be mine, in the end, for all eternity face to face to gaze upon Him: Who with Thee liveth and reigneth, in the unity of the Holy Ghost, God, world without end. Amen.

Prayers for Each Day

Sunday

O great High Priest, our true Pontiff, Jesus Christ, who didst offer Thyself to God the Father a pure and spotless victim upon the altar of the cross for us miserable sinners, and didst give us Thy flesh to be our meat and Thy blood to be our drink, and didst ordain this mystery in the might of Thy Holy Spirit, saying: Do this for the commemoration of me: I pray Thee, by the same Thy blood, the great price of our salvation. I pray Thee, by that wonderful and unspeakable love wherewith Thou didst deign so to love us, Thy unworthy creatures, as to wash us from our sins in Thy own blood. Teach me, by Thy Holy Spirit, to approach so great a mystery with such reverence and devotion as are meet and right. Make me, by Thy grace, always so to believe and understand, to conceive and firmly to hold, to think and to speak, of this same deep mystery, as shall please Thee and be good for my soul. Let Thy good Spirit enter my heart, and there without the sound of words speak all truth. For Thy mysteries are exceeding deep and covered with a sacred veil. For Thy great mercy's sake, grant me to approach Thy

holy mysteries with a clean heart and a pure mind. Free my heart from all wrong and sinful, from all vain and hurtful thoughts. Guard me round about with the loving and watchful care of Thy holy angels: and before their most sure defense may the enemies of all good, flee in confusion. For the sake of this dread mystery and by the ministering hand of the holy angel of the sacrifice, do Thou, O Lord, preserve me and all Thy servants from that obstinacy of spirit wherein lies pride and vainglory, envy and blasphemy, uncleanness and wrong-doing, doubt and mistrust. Let them be confounded that persecute us. Let them perish that are bent upon our ruin.

Monday

King of virgins and lover of chastity and innocence, extinguish in my frame, by the dew of Thy heavenly grace, all flames of unlawful passion, that I may thus for evermore abide before thee in innocency of body and of soul. Mortify in my members the sting of the flesh, and repress in me every dangerous emotion. Together with all other virtues (each thy own gift and, in sooth, well-pleasing to Thee), clothe me with true and abiding purity, that, unsullied in body and clean in heart, I may this day offer unto Thee the sacrifice of praise. Yet, how measurelessly deep should not be the contrition of heart, how unceasing the flow of tears, how exceeding the reverence and

holy fear, how pure the body, how blameless the soul, of him who offers up a sacrifice that is of heaven and not of earth! Verily, in it, O Christ, is Thy flesh eaten of men; verily, in it do they drink of Thy blood. In it is the lowliness of earth lifted up, to be made one with the majesty of heaven. Thy holy angels, O God, stand indeed round about Thy altar; but it is Thou Thyself who here, in wondrous and unutterable wise, art at once both priest and victim.

Tuesday

Who can worthily be present at this sacrifice unless Thou, O God, makest him worthy? I know, O Lord, yea, truly do I know, and this do I confess to Thy loving-kindness, that I am unworthy to approach so great a mystery, by reason of my numberless sins and negligences: but I know, and truly with all my heart do I believe, and with my mouth confess, that Thou canst make me worthy—Thou Who alone canst make that clean which was born unclean—Thou Who alone canst make sinners to be just and holy. By this Thy almighty power I beseech Thee, O my God, to grant that I, a sinner, may assist at this sacrifice with holy fear, with purity of heart, with tears of contrition, with spiritual gladness and heavenly joy. May my soul feel the sweetness of Thy blessed presence, and be comforted by the thought that

round about me Thy holy angels keep untiring watch.

Wednesday

Mindful, O Lord, of Thy worshipful passion, I approach Thy altar, sinner though I am, to join in offering unto Thee that sacrifice which Thou has instituted and commanded to be offered in remembrance of Thee for our well-being. Receive it, I beseech Thee, O God most high, for Thy holy Church, and for the people whom Thou hast purchased with Thy own blood. In Thy mercy look down with pity upon us all. Be pleased, O Lord, to have regard unto the sorrows of nations, the troubles of the poor, the groanings of those in bondage, the desolation of orphans, the weariness of wayfarers, the helplessness of the sick, the struggles of the dying, the failing of strength of the aged, the trials and ambitious hopes of young men, the high desires of maidens, and the grief of widows.

Thursday

Thou, O Lord, hast mercy upon all, and hatest nothing that Thou hast made. Remember how frail our nature is, and that Thou art our Father and our God. Be not angry with us forever, and shut not up Thy tender mercies in displeasure. It is not with any hope in any righteousness of our own that we lay our

prayers before Thee, but with filial trust in the multitude of Thy tender mercies. Take away from us, O Lord, our iniquities, and mercifully kindle in us the fire of Thy holy spirit. Take away from us our hearts of stone and fashion within us hearts of flesh, hearts to love Thee, to long for Thee, to delight in Thee, to be submissive to Thee—hearts whose only happiness shall be in Thee. We beseech Thee, O Lord, to look down with favor upon Thy people while they pay their vows to Thy most holy Name; and that the desire of none may be in vain, and the petitions of none unfulfilled, do Thou inspire our prayers, that they may be such as Thou delightest to hear and answer.

Friday

O Lord, Who art our all-holy Father, we plead to Thee especially on behalf of the souls of the faithful departed. May this great sacrament of Thy love be to them health and salvation, refreshment and joy. My Lord and my God, may it be their happiness this very day to be admitted to Thy heavenly banquet. May they for evermore feast on Thee, the living bread that came down from heaven, and gave life to the world; may they partake with us of Thy holy and blessed flesh—the flesh of the Lamb without spot. Who taketh away the sins of the world—the very flesh which, being conceived of the Holy Ghost, Thou in

the hallowed womb of the Blessed Virgin Mary, didst make Thy own; may they drink of that loving stream which the soldier's spear drew out of Thy sacred side, that they may be thereby strengthened and quickened, rested and comforted, and may sing with joy Thy praise and glory.

Vouchsafe, O Lord, in Thy mercy, to impart to the bread, which is about to be offered unto Thee, the fulness of Thy blessing and the consecration of Thy Godhead. Let there come down thereon the invisible and ineffable majesty of Thy Holy Spirit, as of old time He came down upon the sacrifices of our fathers. May His might change our oblation into Thy body and blood, and teach me, unworthy communicant that I am, to participate in the celebration of these sacred mysteries with purity of heart, with tearful devotion, with reverence and with awe. Do Thou, O heavenly Father, graciously receive the sacrifice we offer for the salvation of Thy children, the living and the dead, through Jesus Christ, Thy only Son our Lord.

Saturday

I entreat Thee, O Lord, by this most holy mystery of Thy body and blood—our daily meat and drink in Thy Church—whereby we come to have part in the one most high Godhead; do Thou endow me with

Thy holy virtues, that, therewith adorned, I may with a good conscience approach Thy altar, and that this heavenly sacrament may thus be unto me salvation and life; for Thou hast said with Thy own holy and blessed mouth: "The bread which I will give is My flesh, for the life of the world. I am the living bread which came down from heaven. If any man eat of this bread he shall live forever." O bread of sweetness, cure the palate of my heart that I may taste and see how sweet is Thy love. Heal all my ills, that henceforth I may find sweetness in nothing out of Thee. O most pure and most delicious bread that art able to satisfy the taste of every man; day by day Thou comfortest us, nor does Thou ever fail us. May my heart ever be nourished by Thee and may the sweet savor of Thee penetrate the innermost depth of my being. The angels feed on Thee to their full content: suffer man, on his journey through this vale of tears, to feed on Thee to the best of his ability, lest, unrefreshed by this one Viaticum, he faint by the way.

O Thou holy bread, Thou living bread, Thou pure bread, that, coming down from heaven, dost give life to the world, enter into my heart and wash away every stain both of flesh and of spirit. Choose my heart for Thy dwelling-place; heal me and cleanse me within and without; be Thou my sure defense; be

Thou to me an abiding help for soul and body; scatter the crafty enemies that lie in wait to ruin me; may they flee from the dread presence of Thy majesty. As for me, safeguarded by Thee in soul and in body, may I never swerve from the right road, but surely reach Thy kingdom, where—not in dim mysteries, as in this dark world of ours, but—face to face we shall look upon Thee. There wilt Thou satisfy me with Thy self and fill me with such sweetness that I shall neither hunger nor thirst for evermore: who with God the Father and the Holy Ghost livest and reignest world without end. Amen.

*“No human tongue can enumerate the favors
that trace back to the Sacrifice of the Mass.*

*The sinner is reconciled with God;
the just man becomes more upright;
sins are wiped away;*

*vices are uprooted; virtue and merit increases;
and the devil’s schemes are frustrated.”*

—St. Lawrence Justinian

Prayers to be said while the priest puts on the priestly vestments

Whilst he washes his hands he says:

Give virtue to my hands, O Lord, that being cleansed from all stain I might serve Thee with purity of mind and body.

At the amice, whilst first it is placed on the head, he says:

Place upon me, O Lord, the helmet of salvation, that I may overcome the assaults of the devil.

At the alb, when it has been put on:

Purify me, Lord, and cleanse my heart so that, washed in the Blood of the Lamb, I may enjoy eternal bliss.

At the cincture, whilst he ties it:

Gird me, O Lord, with the girdle of purity, and extinguish in me all evil desires, that the virtue of chastity may abide in me.

At the maniple, whilst it is placed on the left forearm:

Grant, O Lord, that I may so bear the maniple of weeping and sorrow, that I may receive the reward for my labors with rejoicing.

At the stole, whilst it is crossed around his neck:

Restore unto me, O Lord, the stole of immortality, which was lost through the guilt of our first parents: and, although I am unworthy to approach Thy sacred Mysteries, nevertheless grant unto me eternal joy.

At the chasuble, when it has been assumed:

O Lord, Who said: My yoke is easy and My burden light: grant that I may bear it well and follow after Thee with thanksgiving. Amen.

Prayers after Mass

Placeat

May the tribute of my humble ministry be pleasing to you, Holy Trinity. Grant that the sacrifice which I, unworthy as I am, have offered in the presence of your majesty, may be acceptable to you. Through your mercy may it bring forgiveness to me and to all for whom I have offered it. Through Christ our Lord. Amen.

Adoro Te

Hidden God, devoutly I adore Thee,
Truly present underneath these veils:
All my heart subdues itself before Thee,
Since it all before Thee faints and fails.

Not to sight, or taste, or touch be credit,
Hearing only do we trust secure;
I believe, for God the Son hath said it—
Word of Truth that ever shall endure.

On the Cross was veiled Thy Godhead's splendor,
Here Thy Manhood lieth hidden too;
Unto both alike my faith I render,

And, as sued the contrite thief, I sue.

Though I look not on Thy wounds, with Thomas,
Thee, my Lord, and Thee, my God I call:
Make me more and more believe Thy promise,
Hope in Thee, and love Thee over all.

O Memorial of my Savior dying,
Living Bread, that givest life to man;
May my soul, its life from Thee supplying,
Taste Thy sweetness, as on earth it can.

Deign, O Jesus, Pelican of heaven,
Me, a sinner, in Thy blood to lave,
To a single drop of which is given
All the world from all its sin to save.

Contemplating, Lord, Thy hidden presence,
Grant me what I thirst for and implore,
In the revelation of Thine essence
To behold Thy glory evermore. Amen.

Prayer to the Blessed Virgin Mary

Mary, holy Virgin Mother, I have received your Son, Jesus Christ. With love you became His mother, gave birth to him, nursed him, and helped him to grow to manhood. With love I return him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honour and the good of all your pilgrim brothers and sisters. Mother, ask God to forgive my sins and to help me to serve him more faithfully. Keep me true to Christ until death, and let me come to praise him with you for ever and ever. Amen.

Prayer to St. Joseph

O guardian and Father of Virgins, Holy Joseph, to whose faithful care was committed Christ Jesus, very innocence itself, and Mary, the Virgins of virgins, I beg and beseech thee through this doubly dear pledge of Jesus and Mary, that, preserved from all uncleanness, thou mayst make me with an undefiled mind, a pure heart, and a chaste body to serve Jesus and Mary ever more chastely. Amen.

To the Saint in whose honour Mass was offered

O Holy N, to whose honour I have offered the bloodless sacrifice of the Body and Blood of Christ: grant that by your intercession before God, I may through this sacrament obtain the fruits of the Passion and death of the same Christ our Saviour, and that continually coming to this, I may ever set forward the work of my salvation. Amen

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water out of the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me;

Hide me within Thy wounds;

Suffer me not to be separated from Thee;

Defend me from the malignant enemy;

Call me at the hour of my death,

And bid me come to Thee,

That with Thy saints I may praise Thee

For all eternity. Amen.

*"I hunger for the bread of God, the flesh of Jesus Christ . . .
I long to drink of His blood, the gift of unending love."*

-St. Ignatius of Antioch

Offering of Self

Take, O Lord, and receive all my liberty, my memory, my understanding, and my whole will. Thou hast given me all that I am and all that I possess: I surrender it all to Thee that Thou mayest dispose of it according to Thy will. Give me only Thy love and Thy grace; with these I will be rich enough, and will have no more to desire. Amen.

Prayer of the Passion of our Lord

I beseech Thee, O most sweet Lord Jesus Christ, that Thy passion be to me a source of strength whereby I may be fortified, protected, and defended; that Thy wounds may be to me food and drink wherewith I may be fed, filled, and satisfied; that the sprinkling of Thy blood may be to me the washing away of all my sins; that Thy death may be to me unfailing life; that Thy cross may be to me unending glory. In these be my refreshment, rejoicing, health, and the desire of my heart, Who liveth and reigneth forever and ever. Amen.

Prayer of St. Bonaventure

O sweetest Lord Jesus Christ, I implore Thee, pierce the very marrow of my soul with the delightful, health-giving dart of Thy love, with true, tranquil, holy, apostolic charity, so that my whole soul may

ever languish and faint for love of Thee and for desire of Thee alone. May it long and pine for Thy courts; may it ever desire to be dissolved and to be with Thee. Grant that my soul may hunger for Thee, Who art the bread of angels, the comforting nourishment of all holy souls, our daily and most delectable bread, our supersubstantial bread, in which is found every sweet delight. May my heart ever hunger for Thee, on Whom the angels lovingly gaze; may it feed on Thee; and may the innermost depths of my being be filled with the sweetness which comes from having tasted Thee. May my soul ever thirst for Thee, Who art the source of life, the fount of wisdom and knowledge, the brightness of everlasting light, the flood of all true happiness, the riches of the house of God. May I at all times think of Thee; may I ever seek Thee and ever find Thee; may I always follow Thee and reach Thee; may Thy Holy Name be in my heart and on my lips; and to Thy praise and glory may every work of mine be done. Humble and discreet, loving and happy, ever ready and cheerful in Thy service, may I persevere, by Thy grace, even unto the end. Be Thou alone and evermore my hope; be Thou all my trust; be Thou my wealth, my delight, my joy, my consolation, my rest, my endless peace. Be Thou to me as a goodly taste, as a pleasant perfume, as a soothing sweetness. Be Thou my food and my refreshment; my refuge and

my help; my wisdom; my portion, my own possession and my treasure. In Thee, O Lord, may my mind and my heart remain fixed and firm, and rooted immovably for evermore. Amen.

Another Prayer of St. Bonaventure

Almighty, Everlasting God, Lord Jesus Christ, be merciful to my sins, I pray Thee, by this reception of thy Body and Blood. For Thou hast said: "He that eateth My Flesh and drinketh my Blood, remaineth in Me, and I in him." I therefore humbly beseech Thee to create in me a new heart, and renew a right spirit within me; and that Thou wouldest strengthen me with Thy Spirit, and cleanse me from all snares and vices, that I may be found worthy to be a partaker in heavenly joys. Who livest and reigneth for ever and ever. Amen.

Prayer of St. Thomas Aquinas

I give thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of my own, but out of Thy pure mercy, to appease the hunger of my soul with the precious body and blood of Thy Son, our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armor of faith and the shield of good

will. May it root out from my heart all vice; may it utterly subdue my evil passions all my unruly desires. May it perfect me in charity and patience; in humility and obedience; and in all other virtues. May it be my defense against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life. And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fulness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.

Prayer Before a Crucifix

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; and while I contemplate with great love and tender pity Thy five wounds, pondering over them within me, and calling 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.” Amen.



Thanksgiving after Mass

Antiphon. Let us sing the song of the three holy children, * which they sang when they blessed the Lord in the midst of the burning fiery furnace. (*P.T. Alleluia.*)

Canticle of the Three Young Men (Dan 3:57-88,56)

3:57 All ye works of the Lord, bless the Lord: * praise and exalt him above all for ever.

3:58 O ye angels of the Lord, bless the Lord: * O ye heavens, bless the Lord:

3:59 O all ye waters that are above the heavens, bless the Lord: * O all ye powers of the Lord, bless the Lord.

3:60 O ye sun and moon, bless the Lord: * O ye stars of heaven, bless the Lord.

3:61 O every shower and dew, bless ye the Lord: * O all ye spirits of God, bless the Lord.

3:62 O ye fire and heat, bless the Lord: * O ye cold and heat, bless the Lord.

3:63 O ye dews and hoar frosts, bless the Lord: * O ye frost and cold, bless the Lord.

3:64 O ye ice and snow, bless the Lord: * O ye nights and days, bless the Lord.

3:65 O ye light and darkness, bless the Lord: * O ye lightnings and clouds, bless the Lord.

3:66 O let the earth bless the Lord: * let it praise and exalt him above all for ever.

3:67 O ye mountains and hills, bless the Lord: * O all ye things that spring up in the earth, bless the Lord.

3:68 O ye fountains, bless the Lord: * O ye seas and rivers, bless the Lord.

3:69 O ye whales, and all that move in the waters, bless the Lord: * O all ye fowls of the air, bless the Lord.

3:70 O all ye beasts and cattle, bless the Lord: * O ye sons of men, bless the Lord.

3:71 O let Israel bless the Lord: * let them praise and exalt him above all for ever.

3:72 O ye priests of the Lord, bless the Lord: * O ye servants of the Lord, bless the Lord.

3:73 O ye spirits and souls of the just, bless the Lord: * O ye holy and humble of heart, bless the Lord.

3:74 O Ananias, Azarias, and Misael, bless ye the Lord: * praise and exalt him above all for ever.

3:75 Let us bless the Father and the Son, with the Holy Ghost; * let us praise and exalt him above all for ever.

3:56 Blessed art thou, O Lord, in the firmament of heaven: * and worthy of praise, and glorious for ever.

Here the Glory be to the Father is not said, nor is Amen.

Psalm 150

150:1 Praise ye the Lord in his holy places: * praise ye him in the firmament of his power.

150:2 Praise ye him for his mighty acts: * praise ye him according to the multitude of his greatness.

150:3 Praise him with sound of trumpet: * praise him with psaltery and harp.

150:4 Praise him with timbrel and choir: * praise him with strings and organs.

150:5 Praise him on high sounding cymbals: praise him on cymbals of joy: * let every spirit praise the Lord.

V. Glory be to the Father, and to the Son, * and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Ant. Let us sing the song of the three holy children, * which they sang when they blessed the Lord in the midst of the burning fiery furnace. (*P.T.* Alleluia.)

After this, the priest says:

Kýrie, eléison. Christe, eléison. Kýrie, eléison.

Our Father *the rest inaudibly until:*

V. And lead us not into temptation.

R. But deliver us from evil.

V. May all Thy works praise Thee, O Lord.

R. And let Thy saints bless Thee.

V. Let the Saints be joyful in glory.
R. Let them sing aloud upon their beds.
V. Not unto us, O Lord, not unto us.
R. But unto Thy Name give glory.
V. O Lord, hear my prayer.
R. And let my cry come unto thee.
V. The Lord be with you.
R. And with your spirit.

Let us pray.

O God, Who didst lessen the flames of fire for the three children, mercifully grant that we Thy children may not be touched by any flames of sin.

Grant, O Lord, we beseech Thee, that Thy grace may forward us in all our actions by Thine inspiration, and follow it by Thy help, that this and every prayer and work of ours may begin from Thee, and by Thee be duly ended.

Grant, O Lord, that we may have the strength to extinguish the flames of sin, Thou Who didst grant the blessed Lawrence to be more than conqueror amid his fiery torments. Through Christ our Lord. R. Amen.

Prayer of St. Francis Xavier

O God, I love you! I love you, not simply to be saved, and not because those who fail in love to you will be punished with eternal fire. You, you my Jesus, have all-embraced me on the cross. You have borne the nails, the lance, much ignominy, numberless griefs, sweatings and anguish, and death, and these on account of me and for me, a sinner. Why, therefore, should I not love you, O most loving Jesus? Not that in heaven you shall save me, nor lest for eternity you shall condemn me; not with the hope of any reward, but as you have loved me, so also will I love you - only because you are my King, and only because you are my God. Amen.

The Golden Arrow

May the most holy, most sacred, most adorable, most incomprehensible and ineffable Name of God be forever praised, blessed, loved, adored and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of our Lord Jesus Christ, in the Most Holy Sacrament of the Altar. Amen.

*Most Sacred Heart of Jesus burning with love for us,
in flame our hearts with love of Thee.*

O Jesus Living in Mary

O Jesus living in Mary! Come and live in Thy servants, in the spirit of Thy holiness, in the fullness of Thy might, in the truth of Thy virtues, in the perfection of Thy ways, in the communion of Thy mysteries. Subdue every hostile power, in Thy spirit for the glory of the Father. Amen.

