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J.M.J.

## 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.