

Elevation of the Precious Blood

Eternal Father, I offer Thee the Precious Blood of Jesus Christ; in atonement for my sins, in supplication for the Holy Souls in Purgatory and for the needs of Holy Church.

OR

Hail, Precious Blood, flowing from the Wounds of Jesus and washing away the sins of the world! Oh, cleanse, sanctify and keep my soul, that nothing may ever separate me from Thee; in life and in death let me be Thine.

Before Holy Communion

After the Consecration: My Lord and My God. Be mindful, O Lord of Thy creature whom Thou has redeemed by Thy Most Precious Blood. For Your will is accomplished, Your Sacred Heart is now beating on the altar. I wish to adore You in adoration and to give You my thoughts, words and deeds of this day. As You offer Your Eucharistic Heart in reparation for the offenses of the world, I bow my head in deep sorrow for the things I have done and those I have failed to do. I lift up my heart in thanksgiving for all the gifts You have given me from the beginning of my existence to the present. I place all my petitions in Your Most Sacred Blood, that mingled with Thy Precious Blood they will never be refused.

Before Communion-St. Thomas Aquinas

Almighty and eternal God, behold, I approach the Sacrament of Thine 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.

Therefore, I beseech Thee, of Thine infinite goodness, to heal my sickness, to wash away my filth, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness, that I may receive the Bread of Angels, the King of kings, and the Lord of lords with such reverence and humility, with such contrition and devotion, with such purity and faith, with such purpose and intention, as may conduce to the salvation of my soul.

Grant, I beseech Thee, that I may receive not only the Sacrament of the Body and Blood of Our Lord, but also the fruit and virtue of the Sacrament.

O most indulgent God, grant me so to receive the Body of Thine only-begotten Son, Our Lord Jesus Christ, which He

took of the Virgin Mary that I may be found worthy to be incorporated with His Mystical Body and numbered among His members. O most loving Father, grant that I may one day contemplate forever, face-to-face, Thy beloved Son, Whom now on my pilgrimage I am about to receive under the sacramental veils; who liveth and reigneth with Thee in the unity of the Holy Spirit, God, world without end. Amen.

Before Communion-Saint Ambrose

O loving Lord Jesus Christ, I a sinner, presuming not on my own merits, but trusting in Thy mercy and goodness, with fear and trembling approach the table of Thy Most Sacred Banquet. For I have defiled both my heart and body with many sins, and have not kept a strict guard over my mind and my tongue. Wherefore, O gracious God, O awful Majesty, I, a wretched creature, entangled in difficulties, have recourse to Thee, the font of mercy; to Thee do I fly that I may be healed, and take refuge under Thy protection. And I ardently desire to have Him as my Savior, Whom I am unable to withstand as my Judge.

To Thee, O Lord, I show my wounds, to Thee I lay bare my shame. I know that my sins are many and great, on account of which I am filled with fear. But I trust in Thy mercy, of which there is no end. Look down upon me, therefore, with the eyes of Thy mercy on me, who am full of misery and sin, Thou Who wilt never cease to let flow the fountain of mercy. Hail, Victim of salvation, offered for me and for all mankind on the tree of the Cross. Hail, noble and precious Blood, flowing from the wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world. Remember, O Lord, Thy creature, whom Thou hast redeemed with Thy Blood. I am grieved because I have sinned, I desire to make amends for what I have done.

Take away from me, therefore, O most merciful Father, all my iniquities and sins, that, being purified both in soul, and body, I may worthily partake of the Holy of Holies. And grant that this holy oblation of Thy Body and Blood, of which, though unworthy, I purpose to partake, may be to me the remission of my sins, the perfect cleansing of my offenses, the means of driving away all evil thoughts and of renewing all holy desires, the accomplishment of works pleasing to Thee, as well as the strongest defense for soul and body against the snares of my enemies. Amen.

Before Communion-Act of Desire

O My Jesus, my God, I love Thee. I desire with all my heart to receive Thee. Come! Visit this poor heart of mine and keep me forever in thy grace and love.

Mary, my sweet Mother! Jesus is coming to me; hasten to help me, do thou prepare my heart as thou didst prepare thine own for the coming of thy Beloved Jesus in the Holy Eucharist. Adorn the sanctuary of my soul with all those dispositions which thou knowest will make it a pleasure for Jesus to abide with me.

Dear Saint Joseph, help me to make my heart ready for Jesus as thou didst so lovingly prepare the crib for Him at Bethlehem.

My dear Guardian Angel, my blessed Patron Saints, and all ye holy angels who surround Jesus in the Blessed Sacrament, help me to receive the Bread of Angels, the Lord of Lords, with such contrition and devotion; such purity and faith, such good-will and intentions as may avail to the welfare and salvation of my soul. Dear Guardian Angel, lead me to the altar of God.

Act of Contrition or other prayers may also be prayed.

After Holy Communion

(A partial indulgence is granted to the faithful who make an act of thanksgiving after Holy Communion.)

After Holy Communion-Prayer of Offering

O Jesus, receive my poor offering.

As you have given Yourself to me,

Now let me give myself to You:

I give You my body that it may be chaste and pure,

I give You my soul that it may be free from sin,

I give You my heart that it may always love You,

I give You every breath that I shall breathe and especially my last,

I give You myself in life and in death

That I may be Yours for ever and ever. Amen.

After Holy Communion-Jesus, My Love

Jesus, my Love! My God and my All! I adore Thee; I thank Thee for coming to me and nourishing my soul with Thy Sacred Body and Most Precious Blood. I thank Thee for all the blessings I have received from Thee from the first moment of my existence, and for the immense and inestimable favor which Thou has granted me this day. I believe in Thee; I hope in Thee, I love Thee; I adore Thee and thank Thee with all my heart and soul.

Infinitely Holy and Adorable Father, Sovereign Lord of the Universe! I offer Thee this Communion in union with the infinite love of the Sacred Heart of Jesus, Thy Beloved Son. I offer It to Thee that I may grow in His love, imitate His virtues, live His life and that my heart may become like unto His. I offer it for...*(intention)* *(Pray for your needs, your*

relatives, friends, associates. For the Holy Church, for the clergy, for all religious, for the sick, the tempted and suffering, the dying and the souls in Purgatory.)

And for all the intentions required for gaining all the indulgences I may obtain by this Holy Communion.

O Eternal Word, speak to my soul, which adores Thee in profound silence. Be Thou my life, my light, and my all.

O Eternal Father, what can I give Thee in return for giving me Thy Divine Son in this sweet Sacrament of the Eucharist? Receive my poor offering of myself and all that I possess; may I always serve Thee faithfully and devotedly!

After Communion-Saint Thomas Aquinas

Lord, Father, all-powerful and ever-living God, I thank Thee, for even though I am a sinner, Thy unprofitable servant, not because of my worth but in the kindness of Thy mercy, Thou hast fed me with the precious Body and Blood of Thy Son, Our Lord Jesus Christ. I pray that this Holy Communion may not bring me condemnation and punishment, but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to Thee, the one true God, and lead me safely through death to everlasting happiness with Thee. And I pray that Thou wilt lead me, a sinner, to the banquet where Thou, with Thy Son and the Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to Thy saints. Grant this through Christ Our Lord. Amen.

Anima Christi or other prayers may also be prayed.

Leaving Church

O Most Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church; upon the Supreme Pontiff, and upon all the clergy; give perseverance to the just; convert sinners; enlighten unbelievers; bless our parents, friends, and benefactors; help the dying; free the souls in Purgatory; and extend over all hearts the sweet empire of Thy love. Amen.

Dear Jesus, I beg Thy blessing before I leave this holy place, where I have been so favored by Thy Divine Presence. I know Thou wilt be with me by Thy grace if I remain faithful to Thee. I am weak but I place all my trust in Thee. Give me grace to persevere. Amen.

Graces Conferred

In general, the grace conferred by the Holy Eucharist is the grace of *supernatural charity* but the distinctive sacramental grace conferred by the Sacrifice of the Mass is the special grace **to love God with the generosity of self-surrender**, that is, to surrender our wills completely to the will of God.

The distinctive sacramental grace of worthily receiving Holy Communion is the *selfless love of God and neighbor*.

The distinctive sacramental grace of being in the presence of the Holy Eucharist is *a sense of intimacy with Christ—that we think of Him and love Him—with a growing awareness of his presence*. This means:

1. *A growing consciousness that Jesus is risen and glorified and alive as God-become-man.*
2. *A growing attention to His existence as the Son of God Who become the Son of Mary, Who is now at the right hand of His Father.*
3. *A growing awareness of His continuous activity in the Church He founded, through her teaching hierarchy under the successor of Peter, and through the Sacraments of which Christ is the Principal Agent.*
4. *A growing sense of the indwelling of His Spirit of Love in our souls by sanctifying grace.*
5. *A growing belief that every person, every event, every apparently casual occurrence in our lives is really Jesus Christ working in the world of space and time to channel to us the graces He won for us on Calvary.*
6. *Above all, a growing realization that He is on earth, in our midst, no less than in Palestine.*

(Graces, as listed in *Father Hardon's Advanced Catholic Catechism Course Manual*, pp. 124-127.)

There are many beautiful prayers for Holy Mass, for your convenience, a select few are presented here.



Prayers Before Mass

O my Saviour, I come before Thy holy Altar to assist at Thy Divine Sacrifice, for...(intentions). Do Thou prepare my soul to receive Thy grace; fix my mind on Thee; wash away in Thy Precious Blood all the sins of which Thou seest me guilty; I hate them for the love of Thee, and most humbly beg pardon for them. Grant, O sweet Jesus, that uniting my intentions to Thine, I may spend my whole life for Thy glory, as Thou didst give Thy life for the saving of my soul.

I wish to share in the Communion of Saints by gaining all the indulgences I can today; and I place them in the hands of our Blessed Lady for the relief of the souls in Purgatory. My Jesus, mercy! Mary help! Amen.

Eternal Father, I unite myself with the intentions and affections of Our Lady of Sorrows on Calvary, and I offer to Thee the Sacrifice which Thy beloved Son made of Himself on the Cross, and which He now renews on this holy Altar. I offer it in the name of all mankind, with the Masses which are now being offered, and all those which will be offered throughout the world this day:

- To adore Thee and give Thee the honor which is due to Thee, confessing Thy supreme dominion over all things, and the absolute dependence of everything upon Thee, Who art our One and Last End;
- To thank Thee for the innumerable benefits we have received;
- To appease Thy justice, aroused against us by so many sins, and to make satisfaction for them;
- To implore grace and mercy for myself, for Thy Church, for all afflicted and sorrowing, for poor sinners, for those whom I have promised prayers, for all the world, and for the Holy Souls in Purgatory.

Prayer at Elevation of the Host

My Lord and my God.

(Indulged prayer when said while gazing on the elevated or exposed Sacred Host with faith, devotion and love.)