

"They have pierced My hands and My feet, they have numbered all My bones."

*Our Father*

*Hail Mary*

*Glory Be*

*for the Holy Father's intentions*

[Plenary indulgence when said after Communion; (S. Paen. Ap., 2 Feb. 1934).]

## ***Prayer Before A Crucifix***

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope and charity, with true contrition for my sins, and a firm purpose of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five Wounds, having before my eyes that which David, the prophet, spoke of Thee, my Jesus:

"They have pierced My hands and My feet; they have numbered all My bones."

*Our Father*

*Hail Mary*

*Glory Be*

*for the Holy Father's intentions*

## ***Thanksgiving After Mass***

Lord, Father all-powerful and ever-living God, I thank You, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, You have fed me with the Precious Body & Blood of Your 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 you, the One true God, and lead me safely through death to everlasting happiness with You. And I pray that You will lead me, a sinner, to the banquet where you, with Your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord, Amen.

### **Pope John Paul II Society of Evangelists**

14818 Ranchero Road

Hesperia, California, USA

Telephone: 760-220-6818

FAX: 760-948-7620

E-mail: [pjpiisoe@earthlink.net](mailto:pjpiisoe@earthlink.net)

[www.pjpiisoe.org](http://www.pjpiisoe.org)

Pamphlet 156

## **Prayers Before, During and after Mass**

### ***Prayer While Visiting The Most Blessed Sacrament***

*St. Alphonsus Liguori*

My Lord Jesus Christ, for the love which You bear to men, You remain night and day in this Sacrament full of compassion and of love, awaiting, calling, and welcoming all who come to visit You. I believe that You are present in the Sacrament of the Altar: I adore You from the abyss of my nothingness, and I thank You for all the graces which You have bestowed upon me and in particular for having given me Yourself in this Sacrament, for having given me your holy Mother Mary for my advocate, and for having called me to visit You in this chapel. I now salute Your most loving Heart: and this for three ends:

1. In thanksgiving for this great gift;
2. To make amends to You for all the outrages which You receive in this Sacrament from all Your enemies;
3. I intend by this visit to adore You in all the places on earth in which You are the least revered and the most abandoned.

My Jesus, I love You with all my heart. I grieve for having so many times offended Your infinite goodness. I promise with Your grace never more to offend You in the future.

Now, miserable and unworthy though I be, I consecrate myself to You without reserve; I give You my entire will, my affections, my desires, and all that I possess.

From now on dispose of me and of all that I have as You please. All that I ask of You and desire is Your holy love, final perseverance, and the perfect accomplishment of Your will. I recommend to You the souls in purgatory; but especially those who had the greatest devotion to the most Blessed Sacrament and to the Blessed Virgin Mary. I also recommend to You all poor sinners.

My dear Savior, I unite all my affections with the affections of Your most loving Heart; and I offer them, thus united, to Your eternal Father, and beseech Him in Your name to vouchsafe, for Your love, to accept them.

Amen.

## ***Prayer Before Mass***

*Saint Thomas Aquinas*

Almighty and ever-living God,  
I approach the sacrament  
of Your only-begotten Son  
Our Lord Jesus Christ,  
I come sick to the doctor of life,  
unclean to the fountain of mercy,  
blind to the radiance of eternal light,  
and poor and needy to the Lord  
of heaven and earth.

Lord, in your great generosity,  
heal my sickness,  
wash away my defilement,  
enlighten my blindness, enrich my poverty,  
and clothe my nakedness.  
May I receive the bread of angels,  
the King of kings and Lord of lords,  
with humble reverence,

with the purity and faith,  
the repentance and love,  
and the determined purpose  
that will help to bring me to salvation.  
May I receive the sacrament  
of the Lord's Body and Blood,  
and its reality and power.

Kind God,  
may I receive the Body  
of Your only-begotten Son,  
our Lord Jesus Christ,  
born from the womb of the Virgin Mary,  
and so be received into His mystical body  
and numbered among His members.

Loving Father,  
as on my earthly pilgrimage  
I now receive Your beloved Son  
under the veil of a sacrament,  
may I one day see him face to face in glory,  
who lives and reigns with You for ever.

Amen.

## ***When the Tabernacle Door is Open***

Worthy is the Lamb that was slain to receive honor and glory, power and riches, now and forever. Amen

## ***Thanksgiving After Holy Communion***

*(Prayer of Saint Thomas Aquinas)*

I thank You, O holy Lord, almighty Father, eternal God, who have deigned, not through any merits of mine, but out of the condescension of Your goodness, to satisfy me a sinner, Your unworthy servant, with

the precious Body and Blood of Your Son, our Lord Jesus Christ. I pray that this Holy Communion be not a condemnation to punishment for me, but a saving plea to forgiveness. May it be to me the armor of faith and the shield of a good will. May it be the emptying out of my vices and the extinction of all lustful desires; and increase of charity and patience, of humility and obedience, and all virtues; a strong defense against the snares of all my enemies, visible and invisible; the perfect quieting of all my evil impulses of flesh and spirit, binding me firmly to You, the one true God; and a happy ending of my life. I pray too that You will deign to bring me, a sinner, to that ineffable banquet where You with Your Son and the Holy Spirit, are to your Saints true light, fulfillment of desires, eternal joy, unalloyed gladness, and perfect bliss. Through the same Christ our Lord. Amen.

## ***Prayer Before A Crucifix***

Look down upon me, good and gentle Jesus, while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope and charity; true contrition for my sins, and a firm purpose of amendment. While I contemplate, with great love and tender pity, Your five most precious wounds, ponder over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus: