

Prayers before Mass

Prayer of Saint Ambrose

I draw near, **loving Lord Jesus Christ,**
to the table of your most delightful
banquet
in fear and trembling,
a sinner, presuming not upon my own
merits, but trusting rather in your
goodness and mercy.
I have a heart and body defiled by my
many offenses, **a mind and tongue**
over which I have kept no good watch.
Therefore, O loving God, O awesome
Majesty, I turn in my misery, caught in
snares, to you the fountain of mercy,
hastening to you for healing,
flying to you for protection;
and while I do not look forward to having
you as Judge,
I long to have you as Savior.
To you, O Lord, I display my wounds,
to you I uncover my shame.
I am aware of my many and great sins,
for which I fear,
but I hope in your mercies,
which are without number.
Look upon me, then, with eyes of mercy,
Lord Jesus Christ, eternal King,
God and Man, crucified for mankind.
Listen to me, as I place my hope in you,
have pity on me, full of miseries and
sins,
you, who will never cease
to let the fountain of compassion flow.
Hail, O Saving Victim,
offered for me
and for the whole human race
on the wood of the Cross.
Hail, O noble and precious Blood,
flowing from the wounds
of Jesus Christ, my crucified Lord,
and washing away the sins of all the
world.

Remember, Lord, your creature,
whom you redeemed by your Blood.
I am repentant of my sins,
I desire to put right what I have done.
Take from me, therefore,
most merciful Father,
all my iniquities and sins,
so that, purified in mind and body,
I may worthily taste the Holy of Holies.

And grant that this sacred foretaste
of your Body and Blood
which I, though unworthy, intend to
receive,
may be the remission of my sins,
the perfect cleansing of my faults,
the banishment of shameful thoughts,
and the rebirth of right sentiments;
and may it encourage
a wholesome and effective performance
of deeds pleasing to you
and be a most firm defense of body and
soul against the snares of my enemies.
Amen.



Prayer of Saint Thomas Aquinas

Almighty eternal God,
behold, I come to the Sacrament
of your Only Begotten Son,
our Lord Jesus Christ,
as one 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 ask, therefore, for the abundance of
your immense generosity,
that you may graciously cure my
sickness,
wash away my defilement,
give light to my blindness,
enrich my poverty,
clothe my nakedness,
so that I may receive the bread of
Angels,
the King of kings and Lord of lords,
with such reverence and humility,
such contrition and devotion,
such purity and faith,
such purpose and intention
as are conducive
to the salvation of my soul.
Grant, I pray, that I may receive
not only the Sacrament of the Lord's
Body and Blood, but also the reality and
power of that Sacrament.

O most gentle God,
grant that I may so receive
the Body of your Only Begotten Son our
Lord Jesus Christ,
which he took from the Virgin Mary,
that I may be made worthy
to be incorporated into his Mystical Body
and to be counted among its members.
O most loving Father,

grant that I may at last gaze for ever
upon the unveiled face
of your beloved Son,
whom I, a wayfarer, propose to receive
now veiled under these species:
Who lives and reigns with you for ever
and ever.
Amen.



Prayer to the Blessed Virgin Mary

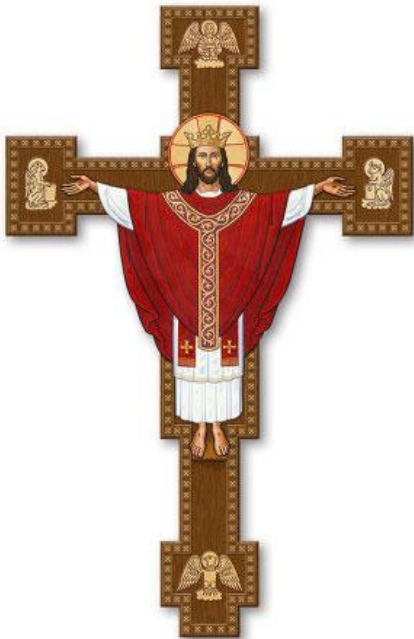
O most blessed Virgin Mary,
Mother of tenderness and mercy,
I, a miserable and unworthy sinner,
fly to you
with all the affection of my heart
and I beseech your motherly love,
that, as you stood by your most dear
Son,
while he hung on the Cross,
so, in your kindness,
you may be pleased to stand by me, a
poor sinner,
and all Priests who today
are offering the Sacrifice
here and throughout
the entire holy Church,
so that with your gracious help
we may offer a worthy and acceptable
oblation in the sight of the most high and
undivided Trinity.

Amen.

Formula of Intent

My intention is to celebrate Mass
and to consecrate the Body and Blood
of our Lord Jesus Christ
according to the Rite
of Holy Roman Church,
to the praise of almighty God
and all the Church triumphant,
for my good
and that of all the Church militant,
for all who have commended
themselves
to my prayers
in general, and in particular,
and for the welfare
of Holy Roman Church.
Amen.

May the almighty and merciful Lord
grant us joy with peace,
amendment of life,
room for true repentance,
the grace and consolation
of the Holy Spirit
and perseverance in good works.
Amen.



AARON.

HOLINESS on the head,
Light and perfection on the breast,
Harmonious bells below raising the dead
To lead them unto life and rest.
Thus are true Aarons drest.

Profaneness in my head,
Defects and darkness in my breast,
A noise of passions ringing me for dead
Unto a place where is no rest :
Poor priest ! thus am I drest.

Only another head
I have another heart and breast,
Another music, making live, not dead,
Without whom I could have no rest:
In Him I am well drest.

Christ is my only head,
My alone only heart and breast,
My only music, striking me e'en dead;
That to the old man I may rest,
And be in Him new drest.

So holy in my Head,
Perfect and light in my dear Breast,
My doctrine tuned by Christ (who is not
dead,
But lives in me while I do rest),
Come, people; Aaron's drest.

George Herbert

Prayers after Mass

Prayer of Saint Thomas Aquinas

I give you thanks,
Lord, holy Father, almighty and eternal
God,
who have been pleased to nourish me,
a sinner and your unworthy servant,
with the precious Body and Blood
of your Son, our Lord Jesus Christ:
this through no merits of mine,
but due solely to the graciousness of
your mercy.

And I pray that this Holy Communion
may not be for me an offense to be
punished, but a saving plea for
forgiveness.

May it be for me the armor of faith,
and the shield of good will.

May it cancel my faults,
destroy concupiscence and carnal
passion,

increase charity and patience, humility
and obedience and all the virtues,
may it be a firm defense against the
snares of all my enemies,
both visible and invisible,
the complete calming of my impulses,
both of the flesh and of the spirit,
a firm adherence to you, the one true
God, and the joyful completion of my
life's course.

And I beseech you to lead me, a sinner,
to that banquet beyond all telling,
where with your Son and the Holy Spirit
you are the true light of your Saints,
fullness of satisfied desire, eternal
gladness,
consummate delight and perfect
happiness.

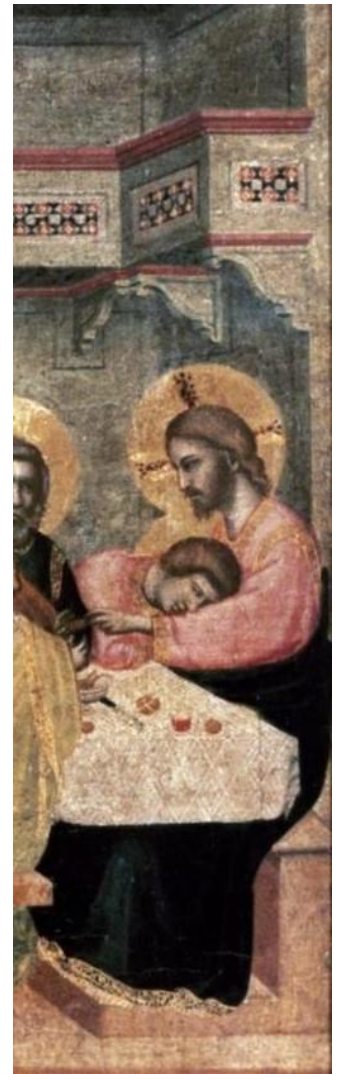
Through Christ our Lord.

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 your wounds hide me.
Never permit me to be parted from you.
From the evil Enemy
defend me.
At the hour of my death call me
and bid me come to you,
that with your Saints
I may praise you
for age upon age.
Amen.

St. Ignatius' Prayer of Self- Offering

Receive, Lord,
my entire freedom.
Accept the whole
of my memory,
my intellect and my will.
Whatever I have or
possess,
it was you
who gave it to me;
I restore it to you in full,
and I surrender it
completely
to the guidance of your
will.
Give me only love of you
together with your grace,
and I am rich enough



and ask for nothing more.
Amen.

The Universal Prayer Attributed to Pope Clement XI

I believe, O Lord,
but may I believe more firmly;
I hope, but may I hope more securely;
I love, but may I love more ardently;
I sorrow, but may I sorrow more deeply.
I adore you as my first beginning;
I long for you as my last end;
I praise you as my constant benefactor;
I invoke you as my gracious protector.

By your wisdom direct me,
by your righteousness restrain me,
by your indulgence console me,
by your power protect me.

I offer you, Lord, my thoughts to be
directed to you,
my words, to be about you,
my deeds, to respect your will,
my trials, to be endured for you.
I will whatever you will,
I will it because you will it,
I will it in the way you will it,
I will it for as long as you will it.

Lord, enlighten my understanding, I
pray:
arouse my will,
cleansing my heart,
sanctify my soul.

May I weep for past sins,
repel future temptations,
correct evil inclinations,
nurture appropriate virtues.
Give me, good God,
love for you, hatred for myself,
zeal for my neighbor,
contempt for the world.

May I strive to obey superiors,
to help those dependent on me,
to have care for my friends,
forgiveness for my enemies.
May I conquer sensuality by austerity,
avarice by generosity,
anger by gentleness,
lukewarmness by fervor.

Render me prudent in planning,
steadfast in dangers,
patient in adversity,
humble in prosperity.
Make me, O Lord, attentive at prayer,
moderate at meals,
diligent in work,
steadfast in intent.

May I be careful to maintain
interior innocence,
outward modesty,
exemplary behavior,
a regular life.

May I be always watchful
in subduing nature,
in nourishing grace,
in observing your law,
in winning salvation.

May I learn from you
how precarious are earthly things,
how great divine things,
how fleeting is time,
how lasting things eternal.

Grant that I may prepare for death,
fear judgment,
flee hell, gain paradise.
Through Christ our Lord.
Amen.



Prayer before the Crucifix

Behold, O good and loving Jesus,
that I cast myself on my knees before
you
and, with the greatest fervor of spirit,
I pray and beseech you to instill into my
heart ardent sentiments of faith, hope
and charity, with true repentance for my
sins
and a most firm purpose of amendment.
With deep affection and sorrow
I ponder intimately and contemplate in
my mind your five wounds,
having before my eyes what the prophet
David had already put in your mouth
about yourself, O good Jesus:

*They have pierced my hands and my
feet;
they have numbered all my bones.
(Psalm 21: 17-18).*

Prayers to the Blessed Virgin Mary

O Mary, Virgin and Mother most holy,
behold, I have received
your most dear Son,
whom you conceived
in your immaculate womb,
brought forth, nursed and embraced
most tenderly.

Behold him at whose sight
you used to rejoice
and be filled with all delight;
him whom, humbly and lovingly,
once again I present and offer him to
you
to be clasped in your arms,
to be loved by your heart,
and to be offered up to the Most Holy
Trinity as the supreme worship of
adoration, for your own honor and glory
and for my needs and for those of the
whole world.

I ask you therefore, most loving Mother:
entreat for me the forgiveness of all my
sins and, in abundant measure, the
grace
of serving him in the future
more faithfully,
and at the last, final grace,
so that with you I may praise him
for all the ages of ages.
Amen.

