

### **ACT OF OBLATION BEFORE HOLY MASS**

Eternal Father, I offer Thee the sacrifice wherein Thy dear Son Jesus offered Himself upon the Cross and which He now renews upon this altar, to *adore* Thee and to render to Thee that honor which is Thy due, acknowledging Thy supreme dominion over all things and their absolute dependence on Thee, for Thou art our first beginning and our last end; to give Thee *thanks* for countless benefits received; to *appease* Thy justice provoked to anger by so many sins, and to offer Thee worthy satisfaction for the same; and finally to *implore* Thy grace and mercy for myself, for all those who are in tribulation and distress, for all poor sinners, for the whole world and for the blessed souls in purgatory. Amen.

### **PRAYER OF ST. THOMAS AQUINAS BEFORE HOLY MASS**

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, from 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 forever 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 forever and ever. Amen.

### **ACT OF DESIRE**

Jesus, my God, Thou art infinitely good and perfect. I love Thee above all things and with my whole heart. I desire to receive Thee in Holy Communion that I may love Thee more and serve Thee better. Come to me and strengthen me, so that I may never be separated from Thee on earth and that I may live with Thee eternally in heaven. Amen.

### **PRAYER TO MAKE A SPIRITUAL COMMUNION**

*(for those unable to receive Holy Communion)*

My Jesus, I believe that You are truly present in the Most Holy Sacrament. I love You above all things, and I desire to possess You within my soul. Since I am unable now to receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there, and unite myself wholly to You; never permit me to be separated from You. Amen. - *St. Alphonsus Liguori*

### **PRAYER OF ST. THOMAS AQUINAS AFTER HOLY MASS**

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. Amen.

### **ANIMA CHRISTI** *(Prayed after Holy Communion)*

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. Hide me within Your wounds. Suffer me not to be separated from You. Defend me from the malignant enemy. Call me in the hour of my death; And bid me to come to You, that with Your Saints I may praise You forever and ever. Amen.

### **PRAYER BEFORE A CRUCIFIX** *(Prayed after Holy Communion)*

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel, and with burning soul I 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; while I contemplate with great love and tender pity Thy five wounds, pondering over them within me, having in 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."

## **PRAYERS OF POPE LEO XIII FOR AFTER HOLY MASS**

Hail Mary ... (*thrice*)

Hail, Holy Queen ...

O God, our refuge and our strength, look down with mercy upon Thy people who cry unto Thee; and by the intercession of the Glorious and Immaculate Virgin Mary, Mother of God, of Blessed Joseph, her spouse, of Thy blessed Apostles, Peter and Paul, and of all the saints, do Thou mercifully and graciously hear the prayers which we pour forth for the conversion of sinners, and for the liberty and exaltation of our Holy Mother, the Church. Through the same Christ Our Lord. Amen.

Saint Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray: and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

V. Most Sacred Heart of Jesus,

R. Have mercy on us. (*thrice*)

## **PRAYER BEFORE CONFESSION**

O loving and merciful God! Help me to make a good Confession. Help me to examine my conscience, that I shall be able to tell the Priest what sins I have committed and how often. Let me feel a deep sorrow for all my sins and give me the grace to resolve firmly not to sin again. O Blessed Virgin Mary, Mother of God, my dear Guardian Angel, and all ye blessed Angels and Saints in Heaven, pray for me, that I shall make a good Confession, and from now on lead a good life, so that I shall join thee in Heaven to praise our dear Lord, forever and ever. Amen. *Our Father, Hail Mary.*

## **PRAYER AFTER CONFESSION**

O Almighty and most merciful God, I give Thee thanks for this and all other graces and blessings. Overlook in Thy mercy the defects of this Confession. Give me the strength to keep my good resolutions. I wish to renew the promise I made in Baptism, and from this moment I give myself entirely to Thy love and service. Let nothing in life or death separate me from Thee. Through Jesus Christ, Our Lord. Amen.

## **PRAYER OF ARCHBISHOP LEO BINZ FOR VOCATIONS**

**Leader:** Let us ask God to give worthy Priests, Brothers and Sisters to His Holy Church.

**All:** O God, we earnestly beseech Thee to bless this diocese with many Priests, Brothers and Sisters, who will love Thee with their whole strength and gladly spend their entire lives to serve Thy Church and to make Thee known and loved.

**Leader:** Bless our families. Bless our children.

**All:** Choose from our homes those who are needed for Thy work.

**Leader:** O Mary, Queen of the Clergy!

**All:** Pray for us. Pray for our Priests and Religious. Obtain for us many more. Amen.

## **PRAYER OF BISHOP PROVOST FOR PRIESTLY VOCATIONS**

Heavenly Father, the heart of Your Son was moved to pity at the sight of the crowd who appeared like sheep without a shepherd. As a further sign of that divine pity, Your Son taught that we must ask You to send workers for the harvest, because the yield is abundant but the workers are few. With confidence, we make our request.

Please send, we beseech You, brave and holy Priests who meet the challenges of a world that is often hostile to the message of Your Kingdom. Quickly raise up in our midst prayerful and dedicated Priests who can witness to goodness, truth, and beauty through their consistent virtue, authentic teaching, and reverent worship. Kindly fill with Your grace the hearts and minds of many who would courageously answer "yes." Gently inspire them to accept Your call so that the lonely, the ignorant and the poor may know that Your Love for them exists, that Your Son died for their sins, and that there is hope.

May Mary, the Mother of Your Son, and St. John Vianney, the Patron of Priests, be the holy advocates of our petition. All this we ask through Our Eternal High Priest, Jesus Christ, Our Lord. Amen.

## **PRAYER TO KNOW ONE'S VOCATION**

O my God, Thou Who art the God of Wisdom and Counsel, Who has put in my heart the sincere wish to please none but Thee and to conform to Thy holy will in the choice of my state of life; grant me, through the intercession of the Most Blessed Virgin, my Mother, and of my holy Patrons, especially Saint Joseph and Saint Aloysius Gonzaga, the grace to know my vocation and to embrace it, so that I may therein labor for Thy glory, work out my salvation, and merit the heavenly reward that Thou hast promised to them who do Thy divine will. Amen. - *Pope St. Pius X*