

Prayers to be said after Holy Communion, Holy Mass or at any time of the day.

Prayer before a Crucifix

Look down upon me good and gentle Jesus, while before Thy face I humbly kneel and with burning soul 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 and calling to 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." (Ps.21, 17-18)

Followed by Our Father, Hail Mary, Glory Be, for the Pope's intentions.

Soul of Christ

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 separate from Thee. From the malicious enemy defend me. In the hour of my death, call me. And bid me come to thee. That with thy saints I may praise Thee. Forever and ever. Amen.

By Saint Thomas Aquinas

I thank You, Lord, Almighty Father, Everlasting God, for having been pleased, through no merit of mine, but of Your great mercy alone, to feed me, a sinner, and Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ.

I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation. Let this Holy Communion be to me an armour of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires. May it increase love and patience, humility and obedience, and all virtues. May it be a firm defence against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body. May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me.

I pray that You bring me, a sinner, to the indescribable Feast where You, with Your Son and the Holy Spirit, are to Your saints true light, full blessedness, everlasting joy, and perfect happiness. Through the same Christ our Lord. Amen.

By Saint Thomas Aquinas

Sweetest Jesus, Body and Blood most Holy, be the delight and pleasure of my soul, my strength and salvation in all temptation, my joy and peace in every trial, my light and guide in every word and deed and my final protection in death. O Jesu Dulcissime, Amen.

Act of Offering after Holy Communion

O Jesus, receive my poor offering.
Jesus, you have given yourself to me,
and now let me give myself to you:
I give you my body, that I may be chaste and pure.
I give you my soul, that I may be free from sin.
I give you my heart so that I may always love you.
I give you my every breath that I shall breathe, especially my last.
I give you myself in life and in death, that I may be yours for ever and ever. Amen.

The Unity Prayer

Regarding the following prayer, these are the words of Our Lord Jesus to the Hungarian Visionary Elizabeth Kindelmann, third Order Carmelite. "Through this prayer, Satan will be blind, and souls will not be led into sin".

Elizabeth Kindelmann, "My redeemer asked me to say this prayer, which expresses his longings."

My adorable Jesus,
May our feet journey together.
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to the silence together.
May our glances profoundly penetrate each other.
May our lips pray together to gain mercy from the Eternal Father. Amen

O Blessed Lady, spread the effect of grace of thy Flame of Love over all Humanity. Amen

Please pray this prayer daily for yourself, your family members, friends, anyone who needs prayers, and your country.