

Prayers to help make a Spiritual Communion

Three Prayers of the Mass before Holy Communion

O Lord Jesus Christ, who saidst to Thine Apostles: Peace I leave you, My peace I give you: regard not my sins, but the faith of Thy Church; and vouchsafe to grant her that peace and unity which is agreeable to Thy will: Who livest and reignest God, world without end. Amen.

O Lord Jesus Christ, Son of the living God, who, according to the will of Thy Father, with the cooperation of the Holy Ghost, hast by Thy death given life to the world; deliver me by this Thy most sacred Body and Blood, from all my iniquities and from all evils; and make me always cleave to Thy commandments, and suffer me never to be separated from Thee, Who livest and reignest, with the same God the Father and the Holy Ghost, God, world without end. Amen.

Let not the partaking of Thy Body, O Lord, Jesus Christ, which I, though unworthy, presume to receive, turn to my judgment and condemnation; but let it, through Thy mercy, become a safeguard and remedy, both for soul and body; Who with God the Father, in the unity of the Holy Ghost, livest and reignest God, world without end. Amen.

Prayer of St. Thomas Aquinas before Holy Communion

Almighty and Eternal God, behold I come to the sacrament of Your only-begotten Son, our Lord Jesus Christ. As one sick I come to the Physician of life; unclean, to the Fountain of mercy; blind, to the Light of eternal splendor; poor and needy to the Lord of heaven and earth. Therefore, I beg of You, through Your infinite mercy and generosity, heal my weakness, wash my uncleanness, give light to my blindness, enrich my poverty, and clothe my nakedness. May I thus receive the Bread of Angels, the King of Kings, the Lord of Lords, with such reverence and humility, contrition and devotion, purity and faith, purpose and intention, as shall aid my soul's salvation.

Grant, I beg of You, that I may receive not only the Sacrament of the Body and Blood of our Lord, but also its full grace and power. Give me the grace, most merciful God, to receive the Body of your only Son, our Lord Jesus Christ, born of the Virgin Mary, in such a manner that I may deserve to be intimately united with His mystical Body and to be numbered among His members. Most loving Father, grant that I may behold for all eternity face to face Your beloved Son, whom now, on my pilgrimage, I am about to receive under the sacramental veil, who lives and reigns with You, in the unity of the Holy Spirit, God, world without end. Amen.

Communion Prayer of St. Bonaventure

Pierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, and with true, calm and most holy apostolic charity, that my soul may ever languish and melt with entire love and longing for Thee, may yearn for Thee and for thy courts, may long to be dissolved and to be with Thee. Grant that my soul may hunger after Thee, the Bread of Angels, the refreshment of holy souls, our daily and super substantial bread, having all sweetness and savor and every delightful taste.

May my heart ever hunger after and feed upon Thee, Whom the angels desire to look upon, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst for Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the fullness of the house of God; may it ever compass Thee, seek Thee, find Thee, run to Thee, come up to Thee, meditate on Thee, speak of Thee, and do all for the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, with perseverance to the end; and be Thou alone ever my hope, my entire confidence, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession, my treasure; in Whom may my mind and my heart be ever fixed and firm and rooted immovably. Amen.

Prayer of St. Augustine

BEFORE Thine eyes, O Lord, we bring our sins, and we compare them with the stripes we have received. If we examine the evil we have wrought, what we suffer is little, what we deserve is great. What we have committed is very grievous, what we have suffered is very slight. We feel the punishment of sin, yet withdraw not from the obstinacy of sinning. Under Thy lash our inconstancy is visited, but our sinfulness is not changed. Our suffering soul is tormented, but our neck is not bent. Our life groans under sorrow, yet amends not in deed.

If Thou spare us, we correct not our ways: if Thou punish, we cannot endure it. In time of correction we confess our wrongdoing: after Thy visitation we forget that we have wept. If Thou stretchest forth Thy hand, we promise amendment; if Thou withholdest the sword, we keep not our promise. If Thou strikest, we cry out for mercy; if Thou sparest, we again provoke Thee to strike.

Here we are before Thee, O Lord, confessedly guilty; we know that unless Thou pardon we shall deservedly perish. Grant then, O almighty Father, without our deserving it, the pardon we ask; Thou Who madest out of nothing those Who ask Thee. Through Christ our Lord. Amen