

# PRAYERS FOR SACRAMENTAL AND SPIRITUAL COMMUNION

*If a man spent his whole life in a cave, all by himself, praying, and doing penance, he would not acquire as many merits as he does in one single Communion. Such is the value of Holy Communion.*  
(Plinio Corrêa de Oliveira)

## *Preparation for Communion*

**Lord, I am not worthy!**

*Plinio Corrêa de Oliveira*

O my Mother, O Lady of the Blessed Sacrament, prepare me yourself to receive Our Lord in Communion, obtaining for my soul, all the good motions of spirit, all the good ideas, all the good impulses necessary for me to realize how something so extraordinary is going to take place, the immense honour that I will receive because you prayed for me. And thanks to your prayers, your Divine Son is coming to visit me!

O my Mother, I beseech you to adore God in my place, because I'm not sufficiently great to adore Him worthily. Come spiritually into my soul and treat Our Lord as you treated Him, when He was with you on earth, because I am incapable of doing so worthily.

## *Thanksgiving after Communion*

**Act of Faith**

MY Lord, Jesus Christ I believe that You are truly in my heart with Your Body, Blood, Soul and Divinity. I believe it more firmly than if I could see You with my own eyes.

**Act of Adoration**

O MY Jesus, I adore You present in my heart and I unite myself to Mary Most Holy and to the angels and saints, so I may adore You as You deserve.

**Act of Thanksgiving**

O JESUS, my God and my Lord, I thank You with all my heart for having desired to come dwell in my soul. Most Holy Virgin, my guardian angel and all you angels and saints of heaven give thanks to Jesus for me.

**Act of Love**

O JESUS, my God and my Lord, I love You with my whole heart and desire to love You as You deserve. Make me love You above all things now and for all eternity.

### **Act of Offering**

O MY Jesus You give Yourself entirely to me and I give myself entirely to You; I offer You my heart and soul. I consecrate my entire life to You and desire to be Yours for all eternity.

### **Act of Hope**

O MY Jesus, You are now present in my soul. I hope that You will never again separate Yourself from me but remain always with me, communicating Your Divine grace to me.

### **Act of Petition**

O MY Jesus, grant me, I beg You, all the spiritual and temporal graces that You know are necessary for my soul; I also commend to You the necessities of my superiors, relatives, friends, benefactors and the holy souls in purgatory.

### **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.  
Suffer me not to be separated from You.  
From the malignant enemy defend me.  
At the hour of my death, call me.  
And bid me to come to You.  
That with Your saints I may praise You,  
Forever and ever. Amen.

### **Prayers taught by the Angel of Portugal To the seers of Fatima**

MY God! I believe, I adore, I hope and I love You! I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You. (three times)

Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly and I offer You the Most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the earth, in reparation for the outrages, sacrileges and indifference with which He Himself is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners.

## **Prayer of Saint Augustine asking for an ardent love for Jesus Christ**

O Jesus Christ, you are my Father, my merciful God, my great King, my good Shepherd, my only Master, my best helper, my beloved friend of overwhelming beauty, my living Bread, my eternal priest. You are my guide to my heavenly home, my one true light, my holy joy, my true way, my shining wisdom, my unfeigned simplicity, the peace and harmony of my soul, my perfect safeguard, my bounteous inheritance, my everlasting salvation.

My loving Lord, Jesus Christ, why have I ever loved or desired anything else in my life but you, my God? Where was I when I was not in communion with you? From now on, I direct all my desires to be inspired by you and centred on you. I direct them to press forward for they have tarried long enough, to hasten towards their goal, to seek the one they yearn for. O Jesus, let him who does not love you be accursed, and filled with bitterness. O gentle Jesus, let every worthy feeling of mine show you love, take delight in you and admire you. O God of my heart and my inheritance, Christ Jesus, may my heart mellow before the influence of your spirit and may you live in me. May the flame of your love burn in my soul. May it burn incessantly on the altar of my heart. May it glow in my innermost being. May it spread its heat into the hidden recesses of my soul and on the day of my consummation may I appear before you consumed in your love. Amen.

## **Thanksgiving through Our Lady after Communion**

*Plinio Corrêa de Oliveira*

O MARY Most Holy, my Mother, you surely had so many things to say to your Divine Son, when He was in your womb. See what miseries I have to tell You... and tell Him for me, that which I would have liked to say, if I only knew all that you said to Him when He was in your womb. Speak to him for me, my Mother, and say to Him all that I would like to be able to say, but I am incapable of saying.

Adore Him for me as I would like to adore Him, because sadly, I'm incapable of doing so myself.

Give Him the thanksgiving that I should give Him, and that I do not know how to give.

Present to Him acts of reparation for my sins, and for those of the whole world, with an ardour that I unfortunately do not have.

My Mother, beseech Him for everything which my soul needs — everything which all men need — to establish your Reign on earth. Because, my Mother, what I ask of you more than anything is the triumph of your glory and the implantation of your Reign, in me and over all men. So be it.

## **Prayer after Communion**

*Plinio Corrêa de Oliveira*

MY GOD, You encountered Your own paradise while you were within Mary, after Your conception in her and during her Communions. How inferior is the reception I give You! Consider, however, that in spirit Your Mother is present in me, providing You with an incomparable reception. Receive benignly, then, my poor acts of worship, enriched by passing through her hands, so that they may reach You.

O My Mother, adore God in my place, for I am incapable of adoring Him as I should.

## *Spiritual Communion*

*Plinio Corrêa de Oliveira*

O MOST Holy Mother of God, at the moment that I prepare myself for my spiritual communion I implore your help.

I specially have in mind, the holy and glorious period in which Our Lord Jesus Christ, living in your virginal cloister, was with you day and night. By your merits during those moments of your life, obtain for me, an ardent desire to receive in my poor heart, the Most Blessed Sacrament.

I also have in mind, O most Holy Mother, your first communion, during the celebration of the first Mass in the Cenacle. With what ineffable acts of adoration, of thanksgiving, of reparation, of petition You received the Most Holy Sacrament! I consider, with admiration, as it is licit to believe, that from that moment onwards, the Eucharistic presence was conserved in you uninterruptedly until the last moment of your life on earth. How many perfect acts of piety you then offered your Son, O Mother!

I believe with my whole heart in the real presence of Our Lord Jesus Christ in the Blessed Sacrament. And at this moment I remember the numerous communions which I had the honour and spiritual joy of receiving throughout my life. I remember them with love, with gratitude and with yearnings, since the obligations of my state of life, impede me from receiving this ineffable grace at the moment.

The thought that at this moment, I could be receiving Our Lord Jesus Christ truly present in the Holy Eucharist, makes me overflow with love.

Unable to receive Holy Communion sacramentally at this moment, I nevertheless present myself to Our Lord as a slave of love. Through your intercession, O Most Holy Mother of God and mine, I beseech you to obtain for me, an ardent desire to receive communion sacramentally at this moment, if it were possible. And thus, I hope that this spiritual communion may be well received by my Divine Saviour.

Through the prayers of Mary, which never go unattended, I beseech You, O Lord, that You grant me all the graces necessary for my immediate sanctification. Amen.

*(All the above prayers are intended only for private devotion.)*

