

HOLY COMMUNION PREPARATION



Preparation for Holy Communion

Short form of self-examination; to be used before receiving the Blessed Sacrament.

Remembering those things I ought not to have done:

Have I stayed away from the Holy Eucharist on Sundays or Holy Days except for grave cause?

Have I done unnecessary work on Sunday?

Have I been irreverent in church or elsewhere?

Have I been proud, vain, envious, covetous, selfish or discontented?

Have I been cross, disagreeable, fault-finding or revengeful?

Have I been angry? Struck anyone?

Blasphemed or used in vain God's Name or the Holy Name of Jesus?

Have I borne malice or hatred in my heart?

Rejoiced at the misfortune of others?

Have I failed to be kind, patient and forgiving?

Have I cheated, gambled, wasted money or lied?

Have I been impure in thought, word or deed?

Have I acted dishonorably in any way?

Remembering those things I ought to have done:

Have I believed in God: in the Father, Son and Holy Ghost?

Have I trusted in God and His promises?

Have I been thankful for God's blessings?

Have I tried to serve God and keep His commandments?

Have I worked for God in His Church, and for His honor and glory?

Have I said my daily prayers faithfully? Have I said "Grace" at meals?

Have I gone regularly to Church? To Holy Communion?

Have I prepared carefully for Holy Communion?

Have I tried to make my home happy and holy, and to be faithful in all my family relations?

Have I at all times tried to do unto others as I would have them do unto me?

Have I humbly received counsel and reproof, and been willing to acknowledge my faults?

Am I truly sorry for my sins and do I truly desire to do better?

After you have made your self-examination, say these acts of devotion.

Act of Contrition

Have mercy upon me. O God, after thy great goodness: according to the multitude of Thy mercies, do away mine offenses. Wash me thoroughly from my wickedness and cleanse me from my sin, for I acknowledge my faults and my sin is ever before me.

Act of Faith

O Lord Jesus, I believe that Thou art the Christ, the Son of the living God, Who dost give Thyself to us in the Blessed Sacrament of Thy Body and Blood, and in the holy Sacrifice of the Altar dost plead Thy Death and Passion for the sins of the whole world. Lord, I believe; help Thou my unbelief.

Act of Hope

I will lift up mine eyes unto the hills: from whence cometh my help. My help cometh even from the Lord, who hath made heaven and earth.

Act of Love

O my God, I would love thee with all my heart, with all my mind, with all my soul, and with all my strength.

Act of Faith, Hope and Love

O my God, I believe in Thee, I hope in Thee, I love Thee, and I grieve that I have so often offended Thee by my sins; and I resolve henceforth with Thy grace and mercy to lead a better life.

Act of Humility

I am not worthy, Blessed Lord, that Thou shouldst come into my heart; but say the word only, and my soul shall be healed.

The following Psalms: 23, 84, 85, 86, 130.

Then say:

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Our Father, who art in heaven....

Come, O Lord, in mercy to my soul and dwell there forever. Give me Thyself, without Whom all the world could not satisfy, and with Whom is joy unspeakable. Let me seek Thee with the full strength of my being, and with an earnest longing of my soul; and, finding Thee, let my life show forth the glory of Thy Name in the flowers of good works and the fruit of holy living. O come to my heart, Lord Jesus; there is room in my heart for Thee.

Now decide upon the intention with which you will receive the Holy Communion this time – the special need (for others or yourself) which you will bring before God’s Altar, or the special blessings for which you will thank Him.

Then say:

I offer this Holy Eucharist unto Thee, O Holy Father, first for Thy honor and glory and in grateful remembrance of our Savior’s Sacrifice upon the Cross;

And then:

In thanksgiving for all Thy blessings
(especially.....);

For the forgiveness of our sins (especially.....);

For the increase of grace and virtues (especially.....);

For Thy Holy Church, our Parish, the clergy, and people (especially.....);

For those in trouble, sorrow, need, sickness, or any other
adversity (especially.....);

For the peace of the world.

Grant, O Holy Father, that we may come to Thine Altar in faith, hope, charity, and gratitude; through Jesus Christ our Lord. Amen.

Thanksgiving After Communion

To be said before leaving the church

O praise God in His Sanctuary;
praise Him in the firmament of His power.
Praise Him in His noble acts:
praise Him according to His excellent greatness.
Praise Him in the sound of the trumpet:
praise Him upon the lute and harp.
Praise Him in the timbrels and dances:
praise Him upon the strings and pipe.
Praise Him upon the well-tuned cymbals:
praise Him upon the loud cymbals.
Let everything that hath breath praise the Lord.
Let us bless the Father, the Son, and the Holy Ghost: praise Him
and magnify Him forever.

All Thy works praise thee, O Lord, and Thy Saints give thanks unto Thee.
Not unto us, O Lord, not unto us;
But unto Thy Name give the praise.
O Lord, hear my prayer.
And let my cry come unto Thee.

Direct us, O Lord, in all our doings, with Thy most gracious favour,
and further us with Thy continual help; that in all our works begun,
continued and ended in Thee, we may glorify Thy Holy Name, and finally,
by Thy mercy, obtain everlasting life. Amen.

O most Blessed Lord and Savior, Jesus Christ, we love Thee, we adore Thee,
we worship Thee, and we thank Thee for these Holy Mysteries of Thy Body
and Blood. Grant us grace to go forth in Thy strength and live as befitteth
those to whom Thou has deigned to come.

The following may be said later.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, refresh 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 never to be separated 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
For ever and ever. Amen.

The Divine Praises

Blessed be God
Blessed be His Holy Name
Blessed be Jesus Christ, true God and true Man
Blessed be the Holy Name of Jesus
Blessed be Jesus Christ in the Holy Sacrament of the Altar
Blessed be the Holy Ghost, the Lord and Giver of life
Blessed be God in His angels and in His saints
Blessed be God in the hearts of His
faithful people.

Let us ever remember the Sacred Gifts which we have received; and in joy or sorrow, adversity or prosperity, let us recollect Thine abiding Presence.

Let us never defile the Temple wherein Thou dost live. Keep us pure in thought and word and deed.

And grant us so to follow Thee in this world, that in the world to come we may see Thee face to face, and dwell with Thee in Thy Heavenly Kingdom for ever and ever. Amen.



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