



BEFORE COMMUNION

My Lord, I am not worthy of receiving You today because of my many sins,
“Father, forgive them,” is my only joy at this moment.

Your love overcame man’s hate; your humility overcame Satan’s evil ways,

St Mary bore you because she is full of grace;
Help me to always keep her before me.

O my Almighty God, make me with your love and mercy worthy to receive you in my heart,
For I have come to you with all faith and all love.

Amen.



AFTER COMMUNION

The Son of God suffered for all people,
Let me not live for myself but for the One who died.

Let me not live for the world, or for sin,
But for the One whom I have received in the Holy Communion.

Please help me to be faithful to God’s commandments and always do His will,
And to always be in His Holy service.

Amen