



THE PRAYER BEFORE THE HOLY COMMUNION

O Lord my God, I know that I am neither worthy nor sufficient that Thou shouldest enter under my roof into the habitation of my soul, for it is all deserted and in ruins, and Thou hast not a fitting place in me to lay Thy head. But as from the heights of Thy Glory Thou didst humble Thyself, so now bear me in my humility; as Thou didst deign to lie in a manger in a cave, so deign now also to come into the manger of my mute soul and corrupt body.

As Thou didst not refrain from entering into the house of Simon the Leper, or shrink from eating there with sinners, so also vouchsafe to enter the house of my poor soul, all leprous and full of sin. Thou didst not reject the sinful woman who ventured to draw a sinner, approaching to touch Thee.

And grant that I may partake of Thine All-Holy Body and precious Blood for the sanctification, enlightenment, and strengthening of my weak soul and body; for the relief from the burden of my many sins; for preservation against all the snares of the devil; for victory over all my sinful and evil habits; for the mortification of my passions; for obedience to Thy commandments; for growth in Thy Divine Grace and for the inheritance of the Kingdom of Heaven.

For it is not with careless heart that I approach Thee, O Christ my God, but I come trusting in Thine infinite goodness and fearing lest I may be drawn afar from Thee and become the prey of the wolf of souls. Wherefore, I pray Thee, O Master, Who alone art Holy, that Thou wouldest sanctify my soul and body, my mind and heart and reins, and renew me entirely. Implant in my members the fear of Thee, be Thou my helper and guide, directing my life in the paths of peace, and make me worthy to stand at Thy right hand with Thy saints; through the prayers and intercessions of Thy most pure mother, of the powers pure and immaterial that serve Thee always and of all the saints well-pleasing to Thee from all ages. *Amen.*

*We want to hear from
you.....*

Through the Grace of God, the Southern Diocese Publication is currently mailed across the world. Therefore we like to encourage all subscribers to complete a questionnaire giving us your input in order to make the magazine a valuable asset towards your life. The questionnaire is available on line at ...

www.suscpts.org/mightyarrows/.

