

PRAYER AFTER HOLY COMMUNION

(By St. Thomas Aquinas)

I give you thanks, Holy Lord, Father Almighty, everlasting God, who has condescended to feed me, a sinner, your unworthy servant, for no merits of my own, but only out of the goodness of your great mercy, with the precious body and blood of your son, our Lord Jesus Christ: and I pray you that this Holy Communion may be to me not guilt for punishment, but a saving intercession for pardon. Let it be to me an armor of faith and a shield of good will. Let it be to me a casting out of vices; a driving away of all evil desires and fleshly lusts; an increase of charity, patience, humility, obedience, and all virtues; a firm defense against the plots of all enemies, both seen and unseen; a perfect quieting of all motions of sin both in my flesh and in my spirit, a firm cleaving unto You, the only and true God and at the end of my life, a happy death. And I pray through your compassion to bring me, a sinner, to that great Feast, where You with Your Son and the Holy Spirit, are to your holy ones, true light, full satisfaction, everlasting joy, consummate pleasure and perfect happiness. Amen.