



St. Ignatius of Loyola (Adapted)

and let me experience something very mystical
and intimate when I hide there.

Loving Savior, let me never be separated from you...
and keep me aware that it is not about *gaining*
information of You but desiring a more *intimate*
love union with You.

Dear Jesus, from the malignant enemy, defend me...
and set me free from any evil force that
separates me from You and from life itself!

Dear Jesus, at the hour of my death, call me...
and bid me come to you so that with your saints,
I may praise You for ever and ever.

Dear Jesus, I need Your help to reach my final
destination in Your heavenly kingdom. Please stay
with me to the end so I may join in singing Your
praises with all who are saved by Your
overflowing and immense love! Amen.

Prayer before Communion:

At Thy feet, **O my Jesus**, I prostrate myself and
I offer Thee repentance of my contrite heart,
which is humbled in its nothingness,
and in Thy holy presence.

I adore Thee in the Sacrament of Thy love, the
unimaginable Eucharist.

I desire to receive Thee into the poor dwelling that my
heart offers Thee. While waiting for the happiness of
sacramental communion, I wish to possess Thee in
spirit. Come to me, **O my Jesus**, since I, for my part,
am coming to Thee! May Thy love embrace my whole
being in life and in death.

I **believe** in Thee, I **hope** in Thee, I **trust** Thee
and I **love** Thee. Amen.

Dear GOD:

Enlighten what is DARK in me...
Strengthen what is WEAK in me...
Mend what is BROKEN in me...
Bind what is BRUISED in me...
Heal what is SICK in me... and lastly...
Revive whatever PEACE and LOVE
has died in me. Amen.



Passion of Christ, strengthen me...
I know it is Your power, not my own, that heals
me and makes me strong. Your strength alone
is my source of hope.

Water from the side of Christ wash me...
and cleanse me, as did the life-giving water that
flowed over me at Baptism and may this saving
stream never stop flowing through me!

Blood of Christ, inebriate me...
for you have redeemed me by Your blood shed
upon the cross. At the Eucharist, Your burning love
is so overwhelming that I become intoxicated
by the intensity of Your love for me.

Body of Christ, save me ...
as I open myself to Your love. Please embrace
me with Your healing and transforming power.

Soul of Christ, sanctify me...
and may Your soul invade my whole
being and draw me closer to You.

Anima Christi
(Prayer after Communion)



Act of Spiritual Communion

Oh my Jesus, I believe that You are present
in the Blessed Sacrament.
I love You above all things, and I long
for You in my soul.

Since I cannot receive you sacramentally,
come into my heart spiritually.
As though You have already come,
I embrace You and unite myself entirely to You;
never permit me to be separated from You. Amen.

Come, Holy Spirit,

Breathe in me,
that my thoughts may all be holy.
Act in me, O Holy Spirit,
that my work, too, may be holy.
Draw my heart, O Holy Spirit,
that I love but what is holy.
Strengthen me, O Holy Spirit,
to defend all that is holy.
Guard me, then, O Holy Spirit,
that I always may be holy. Amen.