

St. Ignatius of Loyola (Adapted)



O good Jesus, hear me; within Your wounds hide me...
and let me experience something very mystical
and intimate when I come to you.
Loving Savior, let me never be separated from you...
keep me aware that it is not about gaining more
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 Your feet, O my Jesus, I prostrate myself and
I offer You repentance of my contrite heart,
which is humbled in its nothingness,
and in Your holy presence.
I adore You in the Sacrament of Your love, the
unimaginable Eucharist.
I desire to receive You into the poor dwelling that my
heart offers. While waiting for the happiness of
sacramental communion, I wish to possess You in
spirit. Come to me, O my Jesus, since I, for my part,
am coming to You... May Your love embrace my whole
being in life and in death.
I **believe** in You, I **hope** in You, I **trust** You
and I **love** You. 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.



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

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

burning love overwhelms me...
upon the cross. At the Eucharist, the intensity of your
for You have redeemed me by Your blood shed
Blood of Christ, inebriate me...

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

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

(Prayer after Communion)
Anima Christ



Year of the **EUCCHARIST**

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.