

A Prayer For After Mass

I give thanks to Thee, O Lord, most holy,
Father almighty, eternal God,
that Thou hast vouchsafed,
for no merit of mine own,
but out of Thy pure mercy,
to appease the hunger of my soul
with the precious body and blood of Thy Son,
Our Lord Jesus Christ.
Humbly I implore Thee,
let not this holy communion
be to me an increase of guilt unto my punishment,
but an availing plea unto pardon and salvation.
Let it be to me the armour of faith
and the shield of good will.
May it root out from my heart all vice;
may it utterly subdue my evil passions
and all my unruly desires.
May it perfect me in charity and patience;
in humility and obedience;
and in all other virtues.
May it be my sure defence
against the snares laid for me by my enemies,
visible and invisible.
May it restrain and quiet all my evil impulses,
and make me ever cleave to Thee
Who art the one true God.
May I owe to it a happy ending of my life.
And do Thou, O heavenly Father,
vouchsafe one day to call me, a sinner,
to that ineffable banquet,
where Thou, together with Thy Son and the Holy Ghost,
art to Thy saints true and unfailing light,
fullness of content,
joy for evermore,
gladness without alloy,
consummate and everlasting happiness.
Through the same Christ our Lord.

Amen.