**A Prayer for After Mass #2**

LORD, Father all-powerful, and ever-living God,   
I thank Thee, for even though I am a sinner,   
Thy unprofitable servant,   
not because of my worth,   
but in the kindness of Thy mercy,   
Thou hast fed me with the precious Body   
and Blood of Thy Son,   
our Lord Jesus Christ.

I pray that this holy communion may not bring me condemnation   
and punishment but forgiveness and salvation.

May it be a helmet of faith   
and a shield of good will.

May it purify me from evil ways   
and put an end to my evil passions.

May it bring me charity and patience, humility and obedience,   
and growth in power to do good.

May it be my strong defense against all my enemies,   
visible and invisible,   
and the perfect calming of all my evil impulses,   
bodily and spiritual.

May it unite me more closely to Thee, the one true God   
and lead me safely through death   
to everlasting happiness with Thee.

And I pray that Thou willest lead me,   
a sinner to the banquet   
where Thou with Thy Son and Holy Spirit,   
are true and perfect light,   
total fulfillment,   
everlasting joy,   
gladness without end,   
and perfect happiness to Thy saints.

Grant this through Christ our Lord.

Amen.