

PRAYERS AFTER MASS

A Dear God, as I stay in prayer after Mass, please help me to understand Your love and the gift of salvation that Christ has won for us all. Help me to immerse my week in Your Holy Word as I ponder how the readings and the homily will help me. May I always appreciate all the blessings You have graciously given me. May I always be aware and assured of Your presence in my life. I also pray for all those suffering, the sick, the poor, the oppressed, and the lonely I will meet this week. Grant them strength, hope, and comfort and help me to respond to their needs as You ask of me. May those I meet this week know of Your healing presence through me. Lord, I ask for Your protection and guidance for myself, my family, my friends, and

all those who are dear to me. Please help me to walk in the path of righteousness and to be faithful and obedient to Your will. May I never be ashamed to witness to my faith in You. I ask all these through Your Son and our Savior, Jesus Christ, in the unity of the Holy Spirit, God, forever and ever. Amen.

B Good and loving God, as I leave Mass and return to the world with all its concerns and blessings, please remind me to draw upon the graces given to me at this Holy Mass so that I may become the person You have called me to be. May my prayers during Mass have an effect in my life and in the lives of those I love according to Your will. Amen.

ACT OF FAITH

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe that Your Divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because You have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

ACT OF HOPE

O Lord God, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it who are infinitely powerful, faithful, kind, and

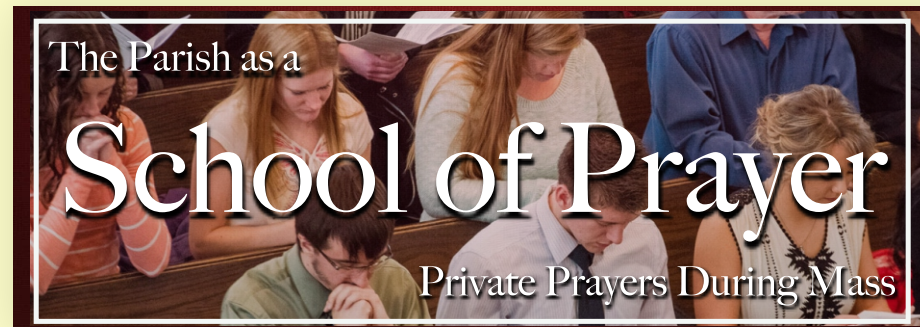
merciful. In this hope I intend to live and die. Amen.

ACT OF CHARITY

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

ST MICHAEL

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.



Holy Mass is the Universal Church at Prayer, which is comprised of prayers of adoration, contrition, thanksgiving and petitions. The time together also includes times of communal prayers of the Church and private prayers of each one of us. There are times when we are praying together and times we offer prayers from the depths of our hearts as we come before the Lord. In an attempt to be formed in the school of prayer, the parish offers these formal prayers as options and models of prayer at specific times during the Mass when individual, private prayers are offered. Feel free to voice these or join them to the words you say from the silence of your heart at each of these special times during the Mass.

PRAYERS BEFORE MASS

A Heavenly Father, as I prepare to participate in the Holy Sacrifice of the Mass, I ask You to keep me free from all distractions so that I can focus on Your Holy Word and join my will and my whole self to Your Son in His offering of Himself to You. Accept all that I do and help me to grow in greater love for You. I love You, Lord, help me to love You more, and I ask You to conform my will to Yours. Amen.

B Lord Jesus, as I pray before Mass, I ask for Your help to be present to You in Your Holy Word proclaimed and in Holy Communion. Help me to put aside the thoughts of the world that distract me from focusing on You. I bring to Mass with me the people I love, the people entrusted to my care and the needs and prayers of those who have asked me to pray

for them. Keep my thoughts close to Your Sacred Heart. Amen.

C Eternal Father, I offer You the sacrifice of Your Son Jesus where He offered Himself upon the Cross and which He now renews upon this altar. I adore You and give You the honor that belongs to You. I acknowledge Your dominion over all things and my dependence on You. You are my beginning and my end; I give You thanks for countless benefits received; I ask You to forgive my sins as I offer You worthy satisfaction for them. Finally I ask You for Your grace and mercy for all present who will offer this sacrifice today, especially for those who are going through a very difficult time, for all of us sinners, for the whole world and for the souls in purgatory. I ask this through Christ our Lord. Amen.

PRAYERS AT OFFERTORY

A My loving Jesus, out of the grateful love I have for You, I give You my heart, and I consecrate myself wholly to You and I join myself to You on the altar of the Cross. Please accept my heart, as fragile and fickle it can be at times. Receive, O Lord, my memory, my understanding and my will. All that I am, all that I have, You have given me, and I offer it all to You, to be used according to Your will. Give me only Your love and Your grace since I desire nothing more. Amen.

B O Lord, giver of life and source of freedom, I know that all I have received is from Your hand. You call me to be a steward of Your abundance, the caretakers of all You have entrusted to me. Help me to always use Your gifts wisely and teach me to share them generously. May my faithful stewardship bear witness to the love of Jesus Christ in our lives. Amen.

C O Lord God, in and with these gifts of bread and wine, which will soon be consecrated into the Body and Blood of Your Son for my salvation, I join all my family life, and daily work, sufferings, joys, hurts, pains, celebrations and achievements of this week to the offering of Your Son. I most especially offer You the following: (*mention people, events and things you would like to offer to God to be joined with Christ on the altar and consecrated to the Father*). As the Holy Spirit consecrates these gifts of bread and wine, I ask, God, that You consecrate all that I offer and join it to Your Son's offering. As He offers Himself, I also offer myself on the altar of the cross. I also place my loved ones into Your loving hands, that they know of Your care and loving concern for them. Help me to pick up my cross and follow Your Son for the glory and praise of Your name. Amen.

PRAYERS BEFORE COMMUNION

A O Lord, I believe and profess that You are truly Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. Accept me as a partaker of Your Holy Supper, O Son of God. Remember me, O Lord, when You come into Your kingdom. May the partaking of Your Holy Mysteries, O Lord, be not for my judgment or condemnation, but for the healing of soul and body. O Lord, I also believe and profess that this, which I am about to receive, is truly Your most precious Body and Your life-giving Blood, Soul

and Divinity, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.

B Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through Your Death gave life to the world, free me by this, Your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to Your commandments, and never let me be parted from You. Amen.

C Lord, I take the time to remember Your great sacrifice for my sins. I remember Your broken body and shed blood, not for anything You did wrong, but because You were paying the penalty for my sins. Before I eat Your Body and drink Your Blood, I repent of any sins I have committed. I also don't take this moment lightly, but recognize how precious and holy this moment is. I want to thank You for Your sacrifice. Because of what You did for me, I can have my sins forgiven and have access to eternal life. Thank You for loving me enough to pay this great price for my redemption. I also ask You to remember my family and

PRAYERS AFTER COMMUNION

A Lord Jesus, I kneel before You in humility and ask You to examine my heart today. Show me anything that is not pleasing to You. Reveal any secret pride, any unconfessed sin, any rebellion or unforgiveness that may be hindering my relationship with You. I know that I am Your beloved child, having received You into my heart and life and having accepted Your death as penalty for my sinfulness. The price You paid covered me for all time, and my desire is to live for You. Thank You Lord Jesus for feeding me with Your divine life. Amen.

B O Lord God, eternal Father, I praise and thank You for Your grace that through Your Son Jesus

friends, especially those suffering and hurting, lost and confused. Draw them closer to Your Sacred Heart and keep them from harm. Amen.

D Come Jesus and nourish my soul with heavenly Food, the Food which contains every sweetness and every delight. Come, Bread of Angels, and satisfy the hunger of my soul. Come, glowing Furnace of Charity, and enkindle in my heart the flame of divine love. Come, Light of the World, and enlighten the darkness of my mind. Come, King of Kings and make me obedient to Your holy will. Amen.

Christ, You established this the Holy Sacrifice in which we eat His body and drink His blood. By Your Holy Spirit, help me to use this gift: to confess my sins, to confidently believe that I am forgiven through Christ, and to grow in faith and love day by day, until I come at last to the joy of eternal salvation through Jesus Christ, Your Son, our Lord, in the Holy Spirit. Amen.

C Lord Jesus, I love and adore You. You are a special friend to me. Thank You for giving Yourself to me. Make me strong to witness to Your love at home and work and with my family and friends. Always be near me until the day I see You face to face in heaven. Amen.