

Thanksgiving after Communion

(to be said before leaving the church)

O praise God in His Sanctuary;
praise Him in the firmament of His power.
Praise Him in His noble acts:
praise Him according to His excellent greatness.
Praise Him in the sound of the trumpet:
praise Him upon the lute and harp.
Praise Him in the timbrels and dances:
praise Him upon the strings and pipe.
Praise Him upon the well-tuned cymbals:
praise Him upon the loud cymbals.
Let everything that hath breath praise the Lord.
Let us bless the Father, the Son, and the Holy
Ghost: praise Him and magnify Him forever.

All Thy works praise thee, O Lord, and Thy Saints
give thanks unto Thee.
Not unto us, O Lord, not unto us;
But unto Thy Name give the praise.
O Lord, hear my prayer.
And let my cry come unto Thee.

Direct us, O Lord, in all our doings, with Thy most
gracious favour, and further us with Thy
continual help; that in all our works begun,
continued and ended in Thee, we may glorify
Thy Holy Name, and finally, by Thy mercy,
obtain everlasting life. Amen.

O most Blessed Lord and Savior, Jesus Christ,
we love Thee, we adore Thee, we worship Thee,
and we thank Thee for these Holy Mysteries of
Thy Body and Blood. Grant us grace to go forth in
Thy strength and live as befitteth those to whom
Thou has deigned to come.

The following may be said later:

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, refresh me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O Good Jesus, hear me;
Within Thy Wounds hide me;
Suffer me never to be separated from Thee;
From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to Thee,
That with Thy Saints I may praise Thee
For ever and ever. Amen.

The Divine Praises

Blessed be God
Blessed be His Holy Name
Blessed be Jesus Christ, true God and true Man
Blessed be the Holy Name of Jesus
Blessed be Jesus Christ in the Holy Sacrament
of the Altar
Blessed be the Holy Ghost, the Lord and Giver of life
Blessed be God in His angels and in His saints
Blessed be God in the hearts of His faithful people.

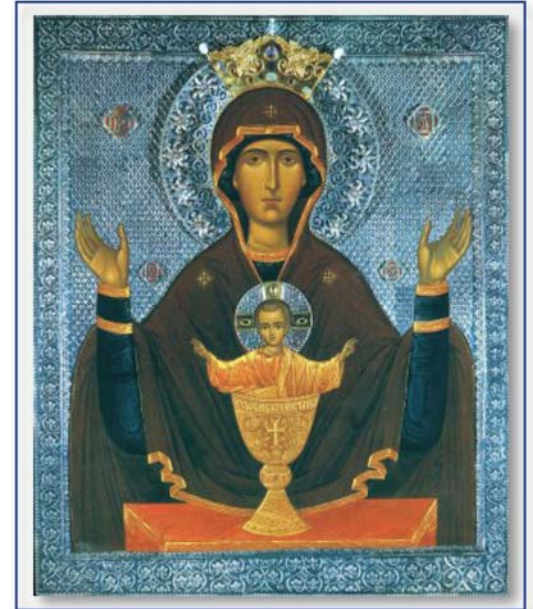
Let us ever remember the Sacred Gifts which we
have received; and in joy or sorrow, adversity or
prosperity, let us recollect Thine abiding Presence.

Let us never defile the Temple wherein Thou dost
live. Keep us pure in thought and word and deed.

And grant us so to follow Thee in this world, that in
the world to come we may see Thee face to face, and
dwell with Thee in Thy Heavenly Kingdom
for ever and ever.
Amen.

Preparation for

Holy Communion



and

Thanksgiving after Communion

ST. MICHAEL'S BY-THE-SEA
Carlsbad, California

Preparation for Holy Communion

*A short form of self-examination;
to be used before receiving the Blessed Sacrament.*

Remembering those things I ought not to have done:

Have I stayed away from the Holy Eucharist on
Sundays or Holy Days except for grave cause?

Have I done unnecessary work on Sunday?

Have I said "Grace" at meals?

Have I been irreverent in church or elsewhere?

Have I been proud, vain, envious, covetous, selfish or
discontented?

Have I been cross, disagreeable, fault-finding or
revengeful?

Have I been angry? Struck anyone? Blasphemed or
used in vain God's Name or the Holy Name of Jesus?

Have I borne malice or hatred in my heart?

Rejoiced at the misfortune of others?

Have I failed to be kind, patient and forgiving?

Have I cheated, gambled, wasted money or lied?

Have I been impure in thought, word or deed?

Have I acted dishonorably in any way?

Remembering those things I ought to have done:

Have I believed in God: in the Father, Son and
Holy Ghost?

Have I trusted in God and His promises?

Have I been thankful for God's blessings?

Have I tried to serve God and keep
His commandments?

Have I worked for God in His Church, and for
His honor and glory?

Have I said my daily prayers faithfully?

Have I gone regularly to Church?
To Holy Communion?

Have I prepared carefully for Holy Communion?

Have I tried to make my home happy and holy,
and to be faithful in all my family relations?

Have I at all times tried to do unto others as I would
have them do unto me?

Have I humbly received counsel and reproof, and
been willing to acknowledge my faults?

Am I truly sorry for my sins and do I truly desire to
do better?

*After you have made your self-examination,
say these acts of devotion:*

Act of Contrition

Have mercy upon me. O God, after thy great
goodness: according to the multitude of Thy
mercies, do away mine offences. Wash me
thoroughly from my wickedness and cleanse me
from my sin, for I acknowledge my faults and my
sin is ever before me.

Act of Faith

O Lord Jesus, I believe that Thou art the Christ,
the Son of the living God, Who dost give Thyself
to us in the Blessed Sacrament of Thy Body and
Blood, and in the holy Sacrifice of the Altar dost
plead Thy Death and Passion for the sins of the
whole world. Lord, I believe;
help Thou my unbelief.

Act of Hope

I will lift up mine eyes unto the hills: from
whence cometh my help. My help cometh even
from the Lord, who hath made heaven and earth.

Act of Love

O my God, I would love thee with all my heart,
with all my mind, with all my soul, and with all
my strength.

Act of Faith, Hope and Love

O my God, I believe in Thee, I hope in Thee, I love
Thee, and I grieve that I have so often offended
Thee by my sins; and I resolve henceforth with
Thy grace and mercy to lead a better life.

Act of Humility

I am not worthy, Blessed Lord, that Thou
shouldst come into my heart; but say the word
only, and my soul shall be healed.

*After these devotions may be said one or more of the
following Psalms: 23, 84, 85, 86, 130. Then say:*

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father, who art in heaven....

Come, O Lord, in mercy to my soul and dwell there
forever. Give me Thyself, without Whom all the
world could not satisfy, and with Whom is joy un-
speakable. Let me seek Thee with the full strength
of my being, and with an earnest longing of my soul;
and, finding Thee, let my life show forth the glory of
Thy Name in the flowers of good works and the fruit
of holy living. O come to my heart, Lord Jesus; there
is room in my heart for Thee.

*Now decide upon the intention with which you will
receive the Holy Communion this time – the special
need (for others or yourself) which you will bring
before God's Altar, or the special blessings for which
you will thank Him. Then say:*

I offer this Holy Eucharist unto Thee, O Holy Father,
first for Thy honor and glory and in grateful
remembrance of our Savior's Sacrifice upon the
Cross;

and then:

In thanksgiving for all Thy blessings
(especially.....);

For the forgiveness of our sins
(especially.....);

For the increase of grace and virtues (especially.....);

For Thy Holy Church, our Parish, the clergy, and
people (especially.....);

For those in trouble, sorrow, need, sickness, or any
other adversity (especially.....);

For the peace of the world.

Grant, O Holy Father, that we may come to Thine
Altar in faith, hope, charity, and gratitude; through
Jesus Christ our Lord. Amen.