

# P R E C E S

## Prayers of Thanksgiving after Holy Communion From the Roman Missal

### Prayer of St. Thomas Aquinas

**G**rátias tibi ago, Dómine sancte, Pater omnipotens, ætérne Deus, qui me peccatórem, indígnum fámulum tuum, nullis meis méritis, sed sola dignatióne misericórdiæ tuæ satiáre dignátus es pretiósó corpore et sángine Fílii tui, Dómini nostri, Jesu Christi. Et precor, ut hæc sancta commúnio non sit mihi reátus ad poenam, sed intercéssio salutáris ad véniam. Sit mihi armátúra fídei, et scutum bonæ voluntátis. Sit vitiórum meórum evacuátió, concupiscéntiæ et libídinis exterminátió, caritátis et paciéntiæ, humilitátis et obediéntiæ, omniúmque virtútum augmentátió: contra insídias inimicórum ómnium, tam visibílium quam invisibílium, firma defénsio: mótuum meórum, tam carnálium quam spirituálium, perfécta quietátió: in te uno ac vero Deo firma adhaésio; atque finis mei felix consummátió. Et precor te ut ad illud ineffábile convívium me peccatórem perdúcere dignéris, ubi tu, cum Fílio tuo et Spírítu Sancto, sanctis tuis es lux vera, satiétas plena, gáudium sempitérnum, jucúnditas consummáta et felicitas perfécta. Per eúndem Christum Dóminum nostrum. Amen.

**I** give Thee thanks, O holy Lord, Father almighty, eternal God, who hast vouchsafed, not for any merit of mine, but solely out of the condescension of Thy mercy, to satisfy me a sinner, Thine unworthy servant, with the precious Body and Blood of Thy Son our Lord Jesus Christ. I pray that this holy Communion be not to me a condemnation unto punishment, but a saving plea unto forgiveness. May it be unto me the armour of faith and the shield of good will. May it be the emptying out of my vices, the extinction of all concupiscence and lust, the increase of charity and patience, of humility and obedience, and of all virtues; a strong defense against the snares of all enemies, visible and invisible; the perfect quieting of all my evil impulses, both fleshly and ghostly; a firm cleaving unto Thee, the one true God; and a pledge of a blessed destiny. And I beseech Thee, that Thou wouldst vouchsafe to bring me, a sinner, to the ineffable banquet, where Thou, with Thy Son and the Holy Ghost, art to Thy saints true light, fullness of content, eternal joy, gladness without alloy and perfect bliss. Through the same Christ our Lord. Amen.

### Prayer of St. Bonaventure

**T**ransfíge, dulcíssime Dómine Jesu, medúllas et víscera ánimæ meæ suavíssimo ac salubérrimo amóris tui vúlneré, vera serenáque et apostólica sanctíssima caritáte, ut lángueat et liquefiat ánima mea solo semper amóre et desidério tui; te concupíscat et deficiat in átria tua, cúpiat dissólvi et esse tecum. Da ut ánima mea te esúriat, pánem An-

**P**ierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, with true, serene, and most holy apostolic charity. That my soul may ever languish and melt with love and longing for Thee, that it may yearn for Thee and faint for Thy courts, and long to be dissolved and to be with Thee. Grant that my soul may hunger after