

Thanksgiving after Mass (St Thomas of Aquinas)

Lord, Father all-powerful and ever-living God, I thank You, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, You have fed me with the Precious Body & Blood of Your 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 the 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 you, the One true God, and lead me safely through death to everlasting happiness with You.

And I pray that You will lead me, a sinner, to the banquet where you, with Your Son and holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect

happiness to your saints. grant this through Christ our Lord,

AMEN