

## PRAYER OF SAINT AMBROSE

Lord Jesus Christ  
I approach Your banquet table  
in fearing and trembling,  
for I am a sinner  
and dare not rely on my own worth  
but only on Your goodness and mercy.  
I am defiled by many sins in body and soul  
and by my unguarded thoughts and words.

Gracious God of majesty and awe,  
I seek Your protection,  
I look for Your healing.  
Poor troubled sinner that I am,  
I appeal to You, the fountain of all mercy.  
I cannot bear Your judgement,  
but I trust in Your salvation.  
Lord, I show my wounds to You  
and uncover my shame before You.  
I know my sins are many and great,  
and they fill me with fear,  
but I hope in Your mercies,  
for they cannot be numbered.

Lord Jesus Christ, eternal king,  
divine and human,  
crucified for humanity,  
look upon me with mercy and hear my prayer,  
for I trust in You.  
Have mercy on me,  
full of sorrow and sin,  
for the depth of Your compassion never ends.  
Praise to You, saving sacrifice,  
offered on the wood of the cross for me and for all.  
Praise to the noble and precious blood,  
flowing from the wounds of my crucified Lord Jesus Christ  
and washing away the sins of the whole world.

Remember, Lord, Your creature,  
whom You have redeemed with Your blood.  
I repent of my sins,  
and I long to put right what I have done.

Merciful Father, take away all my offenses and sins;  
purify me in body and soul,  
and make me worthy to taste the holy of holies.  
May Your body and blood,  
which I intend to receive, although I am unworthy,  
be for me the remission of my sins,  
the washing away of my guilt,  
the end of my evil thoughts,  
and the rebirth of my better instincts.  
May it spur me on to works pleasing to You  
and be profitable to my health in body and soul  
and a firm defense against the wiles of my enemies.  
Amen.