

## PRAYER OF THANKSGIVING AFTER MASS

Lord, Father all-powerful and ever-living God,  
I thank You,  
for even though I am a sinner, and Your unprofitable servant,  
You have fed me  
with the precious body and blood of Your Son, our Lord  
Jesus Christ  
not because of my worth but out of Your kindness and Your mercy.

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 a 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 the 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.