

Prayers for After Mass



Prepared by
the Fraternity of the Sorrowful Passion of Christ

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NIHIL OBSTAT:

Very Reverend Joseph L. Waters

Censor Librorum

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St. Alphonsus Liguori **on making acts of thanksgiving after Mass**

Note: While the following address was originally directed to priests, the call for prayers of thanksgiving after Mass extends to all of the faithful. St. Alphonsus strongly exhorts us to remain for 15 minutes following the recessional at the close of Mass, giving thanks to Our Lord Jesus Christ, Who still remains, burning with an unfathomable charity, in our breasts.

After Mass thanksgiving also is necessary. The thanksgiving should terminate only with the day. St. John Chrysostom says that for every trifling favor that they confer upon us men expect that we should show our gratitude by making some return. How much more grateful should we be to God, Who expects no recompense for His gifts, but wishes us to thank Him solely for our welfare! If, continues the Saint, we are not able to thank the Lord as much as He deserves, let us at least thank Him as much as we can. But what a misery to see so many priests who, after Mass, say a few short prayers in the sacristy, without attention or devotion, and then begin to speak on useless subjects or on worldly business, or perhaps leave the church immediately after Mass, and carry Jesus Christ into the street! They should be treated in the manner in which Father John d' Avila once acted toward a priest who left the church immediately after celebrating Mass. He sent two ecclesiastics with lighted torches to accompany him; when asked by the priest why they followed him, they answered: "We accompany the most Holy Sacrament which you carry in your breast." To such priests we may well apply the words of St. Bernard to the Archdeacon Fulcone: "How is it possible that you so quickly grow tired of Christ?" O God! How can you become so soon weary of the company of Jesus Christ, Who is within you?

So many books of devotion exhort thanksgiving after Mass; but how many priests make it? It is easy to point to those who practice it. Some make mental prayer, recite many vocal prayers, but spend little or no time with Jesus Christ after Mass.

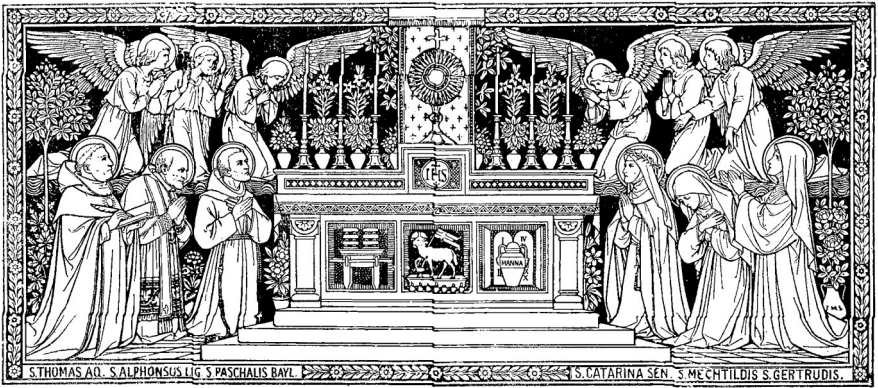
They might at least continue in prayer as long as the consecrated species remain within their breast. Father John d' Avila used to say that we ought to set great value on the time after Mass; he ordinarily spent two hours in recollection with God after celebrating Mass.

After Communion the Lord dispenses His graces most abundantly. St. Teresa said that then Jesus Christ remains in the soul as on a throne of grace, and says to her: "What do you wish that I should do for you?" Besides, it is necessary to know that, according to the opinion of Suarez, Gonet, and many other theologians, the more the soul disposes herself by good acts, while the consecrated species remain, the greater the fruit she derives from the holy Communion. For, as the Council of Florence teaches, this Sacrament has been instituted in the form of food, and therefore as the longer earthly food remains in the stomach the more nutriment it gives to the body so the longer this Heavenly Food continues in the body the more it nourishes the soul with grace, provided there be corresponding dispositions in the communicant. This increase of grace is the more confidently to be expected, because during that time every good act has greater value and merit; for the soul is then united with Jesus Christ, as He himself has said: **He that eateth My flesh, and drinketh My blood, abideth in Me, and I in him.** (John 6:57) And according to St. John Chrysostom, the soul is then made one thing with Jesus Christ. Hence, good acts are then more meritorious, because they are performed by the soul while she is united with Jesus Christ.

But, on the other hand, St. Bernard tells us that the Lord will not lose His graces by giving them to the ungrateful. Let us then remain, at least for half an hour, with Jesus Christ after Mass; or at least for a quarter..."

from Dignities and Duties of the Priest

You will find on the following pages a sequence of prayers meant to aid your 15-minute meditation after Holy Mass. Many of the prayers have been taken from *A Manual of Prayers for the Use of the Catholic Laity*, by the Third Plenary Council of Baltimore (Impr. 1889).



The Divine Praises

Blessed be God.

Blessed be His holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrifice of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be Her holy and Immaculate Conception.

Blessed be Her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste Spouse.

Blessed be God in His Angels and in His Saints.

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

A Prayer for Defense

Defend us, O Lord, we beseech Thee, from all dangers both of soul and body; and, by the intercession of the glorious and blessed Mary ever Virgin, Mother of God, of Blessed Joseph, of Thy holy Apostles Peter and Paul, of blessed N. [here insert the name of your Patron Saint], and of all Thy Saints, grant us, in Thy mercy, health and peace; that all adversities and errors being done away, Thy Church may serve Thee with a pure and undisturbed devotion. Amen.

An Act of Renunciation of Evil

I renounce, from this moment and for all eternity, the devil and all his works and pomps. I abhor all his suggestions and temptations. Suffer not, O Lord, this mortal enemy of my soul to have any power over me, either now or at my last hour. Let Thy holy Angels ever keep me and defend me against all the powers of darkness. O holy Mary, Mother of God, who wert present beneath the Cross at the death of thy beloved Son Jesus, obtain for me the grace of a happy death. Hail Mary. Glorious St. Michael, Prince of the heavenly host, intercede for me at the hour of my death. O holy Guardian Angel, to whose care God, in His mercy, has committed me, stand by me at the last hour; protect me against all the powers of darkness; defend me from all my enemies, and conduct my soul to the mansions of bliss. All ye blessed Angels and Saints of God assist me by your intercession in the passage from time to eternity. Amen.

For the Preservation of Concord in a Congregation

O God, the Giver of peace and Lover of charity, grant to Thy servants true concord and unison with Thy holy will, that we may be delivered from all temptations which assault us. Amen.

An Act of Faith

O my God! I firmly believe that Thou art one God in three Divine Persons, the Father, the Son, and the Holy Ghost; I believe that the Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

An Act of Hope

O my God! relying on Thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

An Act of Charity

O my God! I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

*And now there remain faith, hope, and charity, these three:
but the greatest of these is charity.*



*Nunc autem manent fides, spes, caritas, tria haec : major
autem horum est caritas.*

A Prayer of Thanksgiving After Mass

by St. Thomas Aquinas

I give thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of mine own, but out of Thy pure mercy, to appease the hunger of my soul with the precious body and blood of Thy Son, Our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armor of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires. May it perfect me in charity and patience; in humility and obedience; and in all other virtues. May it be my sure defense against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life. And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fullness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.



A Prayer of Thanksgiving After Mass

by St. Padre Pio

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without fervor.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

Stay with me, Lord, for I desire to love You very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes; death, judgment, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You.

It is getting late and death approaches, I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers. I need You.

Let me recognize You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but the gift of Your Presence, oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

A Prayer to Mary after Holy Mass

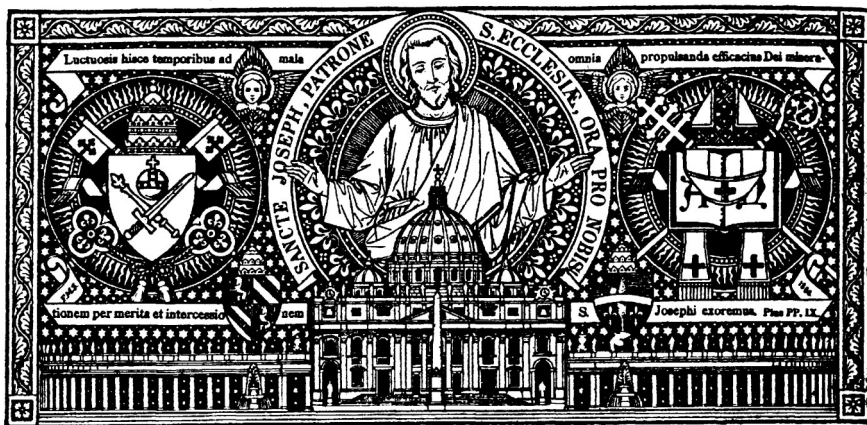
O Mary, most holy Virgin and Mother, behold, I have received thy most beloved Son, Jesus Christ, whom thou concievedst in thy spotless womb, bore, nursed, and held with thy sweet embraces. Behold Him at whose sight thou wilt rejoice and be filled with every delight. With love I humbly return Him and offer Him to thee, to hold once more, to love with all thy heart, and to offer to the Holy Trinity as our supreme act of worship for thy honor and glory and for my good and the good of all the world. Therefore I ask thee, most loving Mother, to ask God for forgiveness of all my sins, abundant graces to help me serve Him more faithfully, and for that final grace that I may praise Him with thee for ever and ever. Amen.



A Prayer to Saint Joseph

after Holy Mass

Guardian of virgins and father, Saint Joseph, to whose faithful custody Innocence itself, Christ Jesus, and Mary, Virgin of virgins, was committed; I pray and beseech thee by each of these dear pledges, Jesus and Mary, that, being preserved from all uncleanness, I may with spotless mind, pure heart, and a chaste body, ever serve Jesus and Mary most chastely all the days of my life. Amen.



Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen.

Prayer of Saint Ambrose after Holy Mass

Pierce, 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 Thee, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst after Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God. May it ever compass Thee, seek Thee, find Thee, run to Thee, attain Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; may Thou alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firmly rooted immovably henceforth and for ever. Amen.

Adoro te Devote by St. Thomas Aquinas

O Godhead hid, devoutly I adore Thee, Who truly art within
the forms before me; To Thee my heart I bow with bended
knee, As failing quite in contemplating Thee.

Sight, touch, and taste in Thee are each deceived; The ear
alone most safely is believed: I believe all the Son of God has
spoken, Than Truth's own word there is no truer token.

God only on the Cross lay hid from view; But here lies hid at
once the Manhood too: And I, in both professing my belief,
Make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see; Yet Thee confess
my Lord and God to be: Make me believe Thee ever more and
more; In Thee my hope, in Thee my love to store.

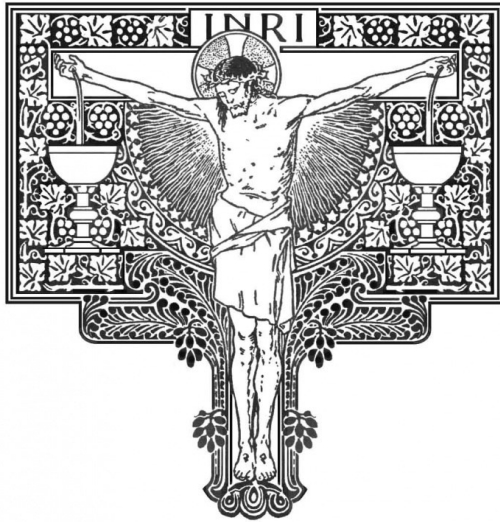
O thou Memorial of our Lord's own dying! O Bread that
living art and vivifying! Make ever Thou my soul on Thee to
live; Ever a taste of Heavenly sweetness give.

O loving Pelican! O Jesu, Lord! Unclean I am, but cleanse me
in Thy Blood; Of which a single drop, for sinners spilt, Is
ransom for a world's entire guilt.

Jesu! Whom for the present veil'd I see, What I so thirst for, O
vouchsafe to me: That I may see Thy countenance unfolding,
And may be blest Thy glory in beholding. Amen.

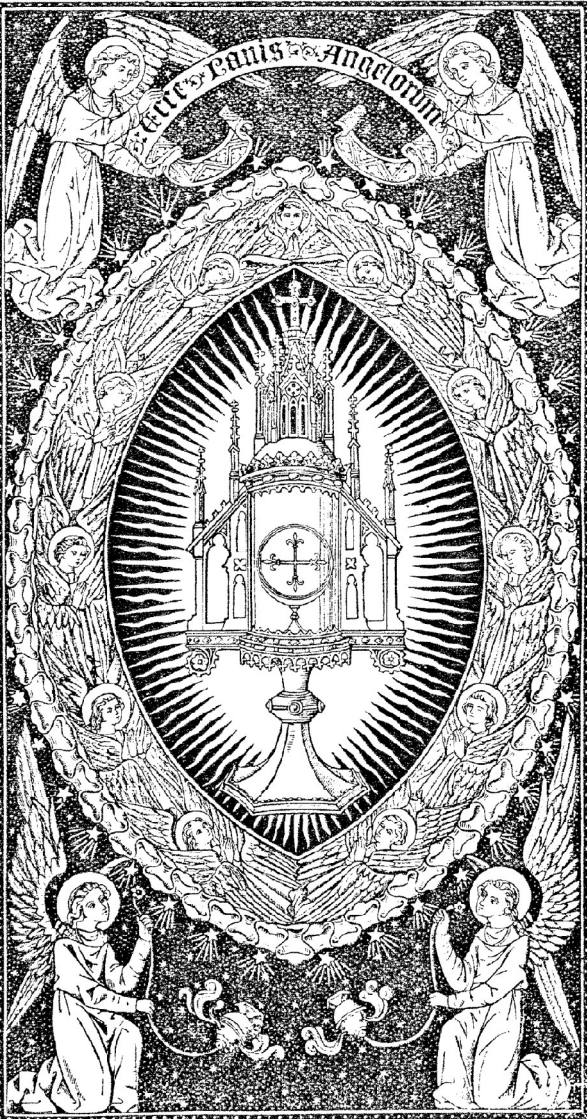
A Prayer before a Crucifix

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope, and Charity, with true repentance for my sins, and a firm purpose of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate Your five most precious Wounds; having before my eyes the words which David in prophecy spoke concerning Yourself, O good Jesus: “They have pierced my hands and feet; they have numbered all my bones.”



Let us pray.

O Lord, I thank you for this Mass with all my heart, and for allowing me to receive your Body, Blood, Soul, and Divinity in Holy Communion. I love you, my Lord and my God. Amen.



Fraternity of the Sorrowful Passion of Christ

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