



Act of Thansgiving after Holy Communion

My [good](#) Jesus,
I thank Thee with all my heart for giving me Thyself,
the Source of all graces, in holy communion.
I thank Thee for all the blessings
that I have received from Thee,
especially through the Holy Eucharist,
in which Thou art ever present to console us
and to help us in our needs.

In thanksgiving of all Thy favours,
I offer Thee all that I am and have.
Dispose of me according to Thy pleasure.
May Thy [will](#) be done in me and through me now and forever.

Jesus, receive my poor offering.
What can I give Thee?
I give myself to Thee, that I may always serve Thee.
I give Thee my body, that it may be chaste and pure.
I give Thee my soul, that it may be free from sin.
I give Thee my heart, that it may always love Thee.
I give Thee every breath that I shall breathe, and
especially my last;
I give Thee myself in [life](#) and in death, that I may be
Thine forever and glorify Thee eternally.

Remember the words of Jesus:
"Ask and you shall receive," and pray for yourself.

O Jesus, wash away my sins with Thy precious blood.

O Jesus, the struggle against [temptation](#) is not yet
finished.

My Jesus, when [temptation](#) comes near me,
make me strong against it.
In the moment of [temptation](#) may I always say,
"Jesus, mercy!"
"Mary, help of Christians, help me!"

O Jesus, may I lead a [good](#) life;
may I die a happy death.
May I receive Thee in Holy [Viaticum](#)
before I die.
May I say when I am dying,
"Jesus, [Mary](#) and Joseph,
I give you my heart and soul."

Listen now for a moment to Jesus;
perhaps He has something to say to you.
There may be some promise you have made and broken,
which He wishes you to make again and keep.
Answer [Jesus](#) in your heart,
and tell Him all your troubles.
Then pray for others.

O Jesus, have mercy on Thy holy Church.
Bless our Holy Father,
and grant what he asks of Thee.

O Jesus, have pity on all sinners, heretics, and infidels.
Save them by Thy most precious blood.

O Jesus, bless my father, my mother, my brothers and
sisters;
my relatives, friends and benefactors;
and all for whom I have promised to pray;
bless them as Thy kind Heart know how to bless them.

O Jesus, have pity on the poor souls suffering in
purgatory,
and give them eternal rest.

Amen.