

Prayer Before Mass: St. Thomas Aquinas (1225-1274)

Almighty and ever-living God, I approach the sacrament of Thine only-begotten Son, our Lord, Jesus Christ. I come sick to the doctor of Life (cf Mt 9:12-13), unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth.

Therefore, I ask in the abundance of Thy great generosity that Thou may heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness, so that I may receive the Bread of angels, the King of kings, the Lord of lords, with that purpose and intention which is expedient for the salvation of my soul.

Grant me, I beseech Thee, that I may not only receive the Sacrament of the Body and Blood of the Lord, but also its reality and power. O most kind God, grant that I may receive the Body of Thine only-begotten Son, our Lord Jesus Christ, which He received from the Virgin Mary, so that I may be worthy to be incorporated into His Mystical Body, and numbered among His members.

O most loving Father, grant that I may contemplate for all eternity the revealed face of Thy beloved Son, whom I intend to receive now under the veil of this Sacrament. Who liveth and reigneth with Thee, world without end. Amen.