

Preparation before Holy Communion



and

Thanksgiving after Holy Communion

Orthodox Christian Prayers  
for each day of the week

# PRAYERS OF PREPARATION AND THANKSGIVING FOR HOLY COMMUNION.

## ON THURSDAY BEFORE SUNDAY COMMUNION.

*A prayer of Saint John of Damascus*

**M**aster, Lord Jesus Christ our God, Who alone have authority to forgive men their sins, in Your goodness and love for men overlook all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification, and as a pledge of the life and Kingdom to come, as a protection and help, for the destruction of spiritual enemies, and for the blotting out of my many transgressions.

For You are a God of mercy and compassion and love for men, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

## ON FRIDAY BEFORE SUNDAY COMMUNION.

*The Prayer of St Simeon the Translator.*

**B**ehold, I approach for divine Communion;

Creator, burn me not as I partake;

For You are Fire, which burns the unworthy.

But, rather, cleanse me from every impurity.

*Then the following Troparion:*

**M**aster, Who loves mankind, Lord Jesus Christ my God, do not let the Holy Things be to me for judgment because of my unworthiness, but rather may they be for the purification and sanctification of soul and body, and as a pledge of the life and Kingdom to come. For it is good for me to cleave to God, to put my hope of salvation in the Lord

**O**f Your Mystical Supper, Son of God, receive me as a communicant; for I will not speak of the Mystery to Your enemies; nor will I give You a kiss, as did Judas, but like the thief I confess You: Remember me, Lord, when You come into Your Kingdom.

## ON SATURDAY BEFORE SUNDAY COMMUNION

*Another Prayer of Saint John of Damascus*

I stand before the doors of Your sanctuary, yet I do not put away my terrible thoughts.

But ,O Christ our God, Who justified the Publican, and Who had mercy on the Canaanite woman, and opened the gates of Paradise to the Thief, open to me the depths of Your love for mankind, and as I approach and touch You, receive me like the Harlot and the woman with an issue of blood.

For the one easily received healing by touching the hem of Your garment, and the other obtained release from her sins by clasping Your sacred feet.

And I, deplorable as I am, dare to receive Your whole Body; may I not be burnt, but receive me even as You did these.

And enlighten the senses of my soul, and burn up the indictments of my sins, by the intercessions of her who bore You without seed, and of the Heavenly Hosts, for You are blessed to the ages of ages.  
Amen.

## **THANKSGIVING ON MONDAY AFTER HOLY COMMUNION.**

I thank You, Lord my God, that You have not rejected me, a sinner, but have made me worthy to partake of Your holy Mysteries.

I thank You that You have granted me, although I am unworthy, to partake of Your most-pure and heavenly Gifts.

Master Who loves mankind, Who died and rose for our sake, and granted to us these awesome and life-giving Mysteries for the well-being and sanctification of our souls and bodies, let these Gifts be for the healing of both soul and body, for the averting of every evil, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the observing of Your commandments, for an increase of Your divine grace, and for the attainment of Your kingdom.

For You are the true joy and inexpressible gladness of those who love You, Christ our God, and all creation hymns You to the ages. Amen.

## PRAYER OF THANKSGIVING ON TUESDAY AFTER SUNDAY COMMUNION.

*Of Saint Basil the Great*

**M**aster Christ our God, King of the ages and Creator of all things, I thank You for all the good gifts You have given me, and especially for the Communion of Your pure and life-giving Mysteries.

I therefore pray to You good Lord Who loves mankind: keep me under the protection and in the shadow of Your wings; grant that even to my last breath I may with a pure conscience partake worthily of Your Holy Gifts for the remission of sins and for eternal life.

For You are the Bread of life, the Source of holiness, the Giver of good things, and to You we send up glory, together with the Father and the Holy Spirit, now and ever and to the ages of ages.  
Amen.

## **A THANKSGIVING PRAYER ON WEDNESDAY AFTER SUNDAY COMMUNION.**

*Of Saint Symeon Metafrastes (Saint Symeon the  
Translator)*

**Y**ou Who have willingly given me Your Flesh as food, Who are a burning fire to the unworthy, do not consume me.

Burn all my iniquities like thorns; cleanse my soul, make holy my thoughts, make firm my knees and my bones as well.

Illumine my five senses and make vigilant my entire being with the fear of You.

Watch over me always; shield and protect me from every deed and word which corrupts the soul.

Cleanse me, purify me, and put me in order; adorn me, give me understanding, and illumine me.

For in Your goodness You alone sanctify and enlighten our souls, and to You, our God and Master, as is right we send up glory every day of our lives. Amen.