

Prayer After Receiving Holy Communion

My Jesus, I **love** and **adore** You. You have come to me; I am; one with you. I want You to remain with me **forever**, in this life and in the next. Thank You for allowing me to share Your **divine life**. May I become more like You through this **sacred Food**. Let me never take You for granted, but always pray for those whose lives are dark with sin and ignorance and selfishness. Let me remember, in the words of **St. Paul**, that “there, but for the grace of God, go I.” Each day, I can become more like You, O Lord. And each day I can pray for those who have never heard of Your presence in **the Eucharist**, or who have heard It and **rejected** It. Amen.