

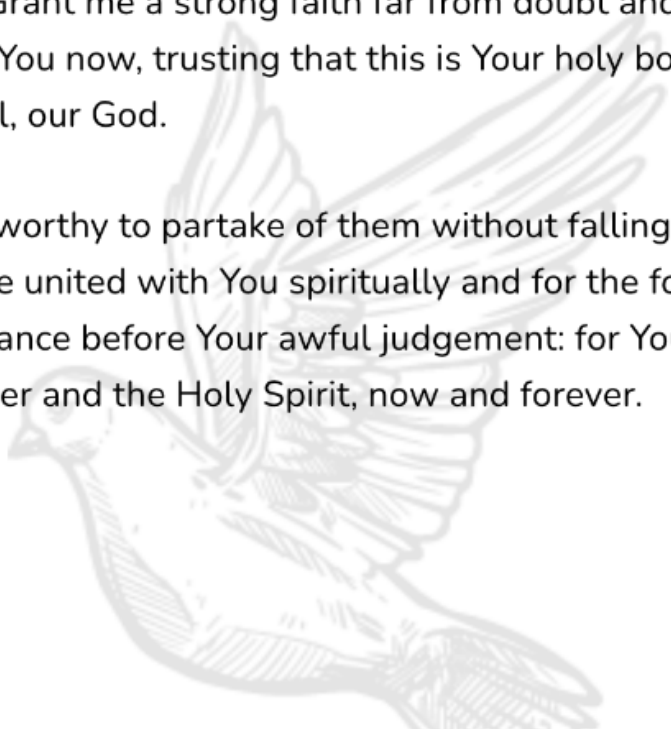
Prayer Before Communion

O Lord, Master Jesus Christ, the Prince of Life and the King of Ages, the Bread of Life which came down from heaven, Who granted life to those who partake of Your holy body and precious blood, grant Your servant Your heavenly blessings in order to be worthy to approach the mystery of Your holy body and blood in godliness and reverence.

Wake my heart to Your grace and visit me with Your salvation that I may taste the sweetness of Your heavenly grace hidden entirely in this all-holy mystery. Grant me a strong faith far from doubt and skepticism, that I may approach You now, trusting that this is Your holy body and precious blood, O Emmanuel, our God.

Make me worthy to partake of them without falling into condemnation, in order to be united with You spiritually and for the forgiveness of my sins and for acceptance before Your awful judgement: for Yours is the glory with Your good Father and the Holy Spirit, now and forever.

Amen.



Prayer After Communion

How great is Your generosity, O God, which You prepared for those who fear You! How sweet is Your grace and love for those who love You! I thank You, my Lord, Who cares for me and gave me this holy, mysterious and everlasting food by which You open for us the way to eternal life.

Keep me under the shadow of Your wings, and grant that, with pure conscience, even until my last breath, I may worthily partake of Your holy things, for the remission of my sins and for life eternal. Enflame in me the fire of Your love, and keep the gift of Your grace in me, neither for judgement nor for falling into condemnation, but for gaining glory and purity of soul and body in order to live in You and for You.

Guide me into Your righteousness. Fill my heart with Your grace. Sanctify my life with Your Holy Spirit, for Yours is the glory with Your gracious Father and the Holy Spirit, now and forever.

Amen.

1) ቅዱስ ቁርባን ከመቀበል በፊት የሚጸለይ ጸሎት

"እቤቱ ጌታዬ ኢየሱስ ክርስቶስ ሆይ! ርኩስነት ከሆነች ከቤቴ ጠፈር በታች ትገባ ዘንድ የሚገባኝ አይደለም።

እኔ አሳዝኜሃለሁና፤ በፊትህም ክፉ ሥራ ሠርቻለሁና፤ በእርዳህና በእምሳልህ የፈጠርኸው ሥጋዬንና ነፍሴን ትእዛዝህን በማፍረስ አሳድፌአለሁና ሥራም ምንም ምን የለኝምና። ነገር ግን ስለ መፍጠርህና እኔን ለማዳን ሰው ስለ መሆንህ፤ ስለ ክቡር መስቀልህም፤ ማሕየዌት ስለ ምትሆን ስለ ሞትህ፤ በሦስተኛው ቀን ስለ መነሣትህም ጌታዬ ሆይ ከበደልና ከመርገም ሁሉ፤ ከኃጢአትና ከርኩሰትም ሁሉ ታነጻኝ ዘንድ እለምንሃለሁ እማልድሃለሁም። የቅድስናህንም ምሥጢር በተቀበልኩ ጊዜ ለወቀሳ ለመፈራረጃ አይሁንብኝ ማረኝ ይቅርም በለኝ እንጂ።

የዓለም ሕይወት ሆይ! በእርሱ የኃጢአቴን ሥርየት የነፍሴንም ሕይወት ስጠኝ እንጂ። በሁለት ወገን ድንግል በምትሆን በወለደችህ በእመቤታችን በቅድስት ማርያም፤ በመጥምቁ በዮሐንስም አማላጅነት፤ ክቡራን በሚሆኑ በመላእክትም፤ በሰማዕታትና፤ ለበጎ ነገር በሚጋደሉ በጻድቃንም ሁሉ ጸሎት እስከ ዘላለሙ ድረስ አሜን። "

2) ቅዱስ ቁርባን ከተቀበልን በኋላ በአፍ ሳለ የሚጸለይ ጸሎት (በሕሊና)

"የማይነገር ቅዱስ ቅዱስ ቅዱስ ሦስት የምትሆን ይህን ሥጋና ደም ሕይወት ሊሆነኝ ሳይፈረድብኝ እቀበል ዘንድ ስጠኝ።
በጌትነትህ እንድገለጽ ደስ የሚያሰኝህን ፍሬ እሰራ ዘንድ ስጠኝ የአንተንም ፈቃድ እየሰራሁ እኖርልሁ ዘንድ ስጠኝ።
በማመን አባት ብዬ እጠራሃለሁ መንግሥትህንም እጠራለሁ።
አቤቱ ስምህ በእኛ ላይ ይመስገን ምስጉን ክቡር የምትሆን ኃያል አንተ ነህና ለአንተ ክብር ይገባሃል ለዘላለሙ!"