

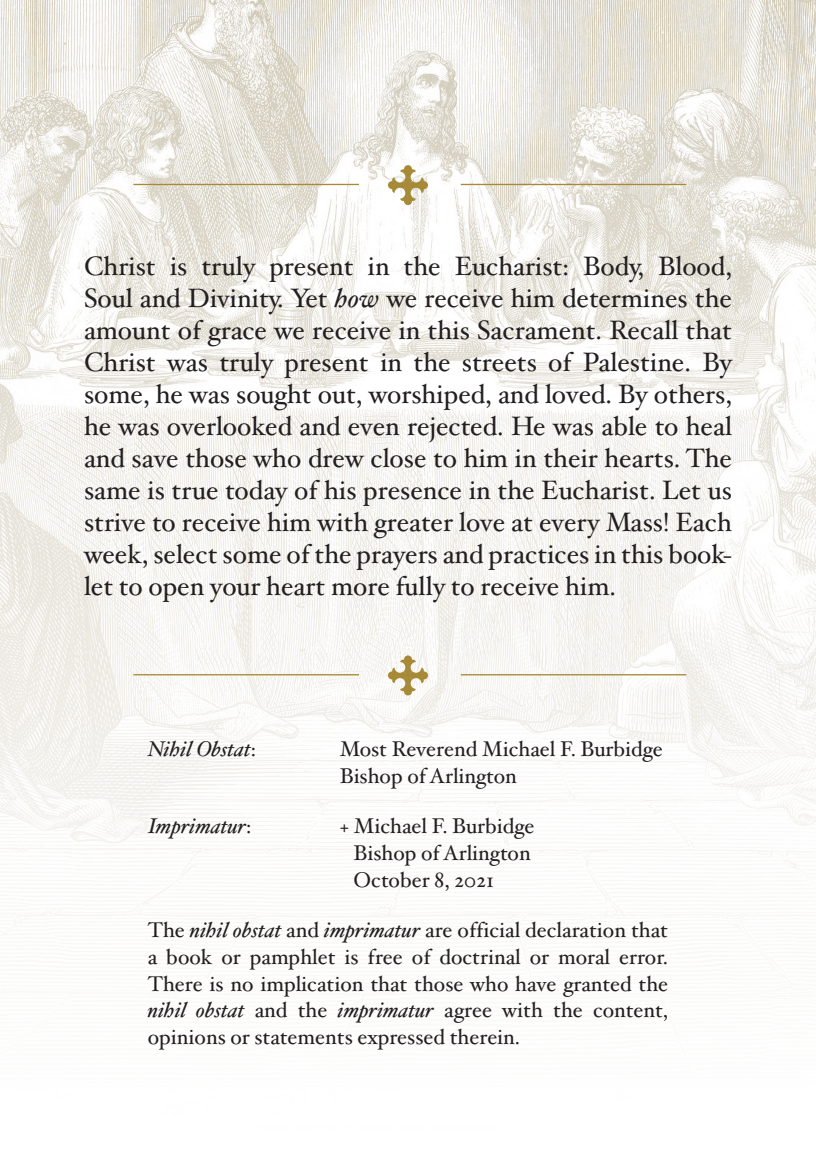
# LIFT UP YOUR HEARTS

*Prayers of the Heart for the*

HOLY SACRIFICE OF THE MASS



COMPILED BY WOMEN RELIGIOUS  
IN THE DIOCESE OF ARLINGTON



---

Christ is truly present in the Eucharist: Body, Blood, Soul and Divinity. Yet *how* we receive him determines the amount of grace we receive in this Sacrament. Recall that Christ was truly present in the streets of Palestine. By some, he was sought out, worshiped, and loved. By others, he was overlooked and even rejected. He was able to heal and save those who drew close to him in their hearts. The same is true today of his presence in the Eucharist. Let us strive to receive him with greater love at every Mass! Each week, select some of the prayers and practices in this booklet to open your heart more fully to receive him.

---

*Nihil Obstat:*

Most Reverend Michael F. Burbidge  
Bishop of Arlington

*Imprimatur:*

+ Michael F. Burbidge  
Bishop of Arlington  
October 8, 2021

The *nihil obstat* and *imprimatur* are official declaration that a book or pamphlet is free of doctrinal or moral error. There is no implication that those who have granted the *nihil obstat* and the *imprimatur* agree with the content, opinions or statements expressed therein.

---

---

## BEFORE MASS

---

---

- If your soul is burdened with serious sin, be reconciled to God through the Sacrament of Penance before approaching him in Holy Communion.
- Dress with modesty and reverence for the One who calls you to a privileged meeting.
- Fast for one hour from food and drink (except water). Do not chew gum once you arrive at the church.
- If possible, take time to meditate upon the readings.
- Arrive in time to pray before Mass begins.
- Take a moment to “shift gears.” Silence your cell phone, silence your thoughts, and make an act of faith: look at the tabernacle and pray “Lord, I believe that you are God and that you are present here.”
- Say a prayer to prepare your heart, such as one of these:

### *Prayer Before Mass*

by Saint Thomas Aquinas

Almighty and ever-living God, I draw near to the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the physician of life, unclean to the fountain of mercy, blind to the light of eternal brightness, poor and needy to the Lord of heaven and earth. So I ask you, most generous Lord: graciously heal my infirmity, wash me clean, illumine my blindness, enrich my poverty and clothe my nakedness. May I receive the Bread of angels, the King of kings and Lord of lords, with such

reverence and humility, such contrition and devotion, such purity and faith and such resolve and determination as may secure my soul's salvation. Grant as I may receive not only the visible sign of the Lord's Body and Blood, but also all the reality and the power of the sacrament. Grant, most kind God, that I may receive the Body of your only begotten Son, our Lord Jesus Christ, which he received from the Virgin Mary, and may receive it in such a way that I become a living part of his Mystical Body and counted among his members. O most loving Father, grant me your beloved Son. While on this earthly pilgrimage, I receive him under the veil of this sacrament; so may I come at last to see him face to face for all eternity. For he lives and reigns with you forever and ever. *Amen.*

### *Offering of the Holy Mass*

by Blessed James Alberione, founder of the Daughters of St. Paul

Accept, Most Holy Trinity,  
this Sacrifice fulfilled at one time  
by the divine Word and now renewed  
on this altar through the hands of your priest.  
I unite myself to the intentions of Jesus Christ,  
Priest and Victim,  
that I may be entirely offered for your glory  
and for the salvation of all people.  
Through Jesus Christ,  
with Jesus Christ  
and in Jesus Christ,  
I intend to adore your eternal majesty,  
to thank your immense goodness,  
to satisfy your offended justice,  
and to beseech your mercy

for the Church,  
for my dear ones,  
and for myself.

*Amen.*

---

---

## INTRODUCTORY RITES

---

---

### ENTRANCE ANTIPHON/OPENING HYMN, GREETING

Be attentive to the words; say or sing them as a prayer.

### PENITENTIAL ACT

If you are attentive, calling to mind your sins and truly asking God from your heart for forgiveness, your venial sins are forgiven during this part of the Mass. (In order to receive special graces to overcome specific sins, it is healthy to go to the Sacrament of Penance about once per month.) Ask forgiveness for yourself and for all those present.

### GLORIA

The first lines of this prayer were sung by the angels when Christ was born (Lk 2:14). Join with the angels and sing this prayer with a spirit of worship, praising the majesty and power of God.

### COLLECT

Pause to unite in prayer with all those present, interceding for all the world.

---

---

## LITURGY OF THE WORD

---

---

### FIRST READING, RESPONSORIAL PSALM, (SECOND READING)

Ask the Holy Spirit to speak to your heart through the readings. What lines stand out to you?

### GOSPEL, ACCLAMATION

The acclamation “Alleluia” reminds us of Easter. When you sing *Alleluia*, rejoice in your heart that Jesus has risen from the dead.

As we pray *Glory to you, O Lord*, use your thumb to trace a small cross on your forehead, lips and chest, silently praying *May your Word be in my mind, on my lips and in my heart.*

### HOMILY

Ask the Holy Spirit to inspire the homilist and speak through him. What lines stand out to you?

### CREED

Pray the words of the Creed with conviction. Pray in union with the saints who died for their beliefs. Ask God to make your faith as certain and strong as theirs. When we bow our heads at “*and by the Holy Spirit was incarnate of the Virgin Mary and became man*” consider with awe that God, the Creator of all, lowered himself to enter his own creation for our sake.

### UNIVERSAL PRAYER

Be attentive to the intentions offered in the petitions. Truly call upon the Lord in your heart when you say *Lord, hear our prayer.*

---

# LITURGY OF THE EUCHARIST

---

## PRESENTATION AND PREPARATION OF THE GIFTS

As the bread and wine are offered, offer your very self to God. Offer him your blessings, your struggles and your needs. Remember your loved ones and offer their needs to God. If there is a collection, give sacrificially, remembering that all you have is from God and belongs to God. Show that you rely on his care and want to help him to care for others.

## PREFACE, ACCLAMATION

- The terms “priest” and “altar” indicate that a sacrifice is about to take place.
- Lift up your heart to God!
- “Holy, holy, holy” is sung by the angels in the heavenly liturgy (Rev 4:8). “Blessed is he who comes in the name of the Lord—Hosanna in the highest!” (Mt 21:9) is the cry of the people when Christ enters, on Palm Sunday, into Jerusalem.
- As you sing this prayer, unite your praise to that of the angels, acclaim Jesus as the Messiah... and remember that while he is hailed as the Messiah, he knows that he will soon celebrate the Last Supper and die on the Cross.

## EUCHARISTIC PRAYER

In union with Our Lady, all the angels and saints, all the holy souls in Purgatory and in heaven, and with all those present, we become present at the Last Supper and at the Cross. As the priest invokes the Holy Spirit and says

the words of Jesus, the bread and wine become the Body, Blood, Soul and Divinity of Jesus Christ.

When the priest raises the Host, recognize that we are present at Christ's sacrifice when he was raised upon the Cross. In your heart, pray

*Lord, I believe, help my unbelief!* (Mk 9:24)

When the priest kneels down, bow low in your heart.

When the priest raises the chalice, remember how Christ's blood flowed down from the Cross to redeem the world. In your heart, pray

*My Lord and my God!* (Jn 20:28)

When the priest kneels down, bow low in your heart.

---

## THE COMMUNION RITE

---

- **OUR FATHER** Unite with Christ in prayer to the Father.
- **SIGN OF PEACE** Open your heart to all present, recognizing them as your brothers and sisters in Christ, and offer them a sign of his peace.
- **LORD, I AM NOT WORTHY...**Humble your heart before God as you pray.
- **PROCESSION TOWARD THE ALTAR** Remember Mary Magdalene going to the stone tomb to touch the Body of Christ after his death on the Cross.
- **AS EACH PERSON BEFORE YOU RECEIVES**, pray for each of them, one by one.
- **WHEN THE MINISTER RAISES THE EUCHARIST BEFORE YOU**, remember how Christ rose from the



dead and appeared to Mary Magdalene, alive! When we receive Jesus in the Eucharist, we receive him as he is now, risen and glorified.

- **WHEN YOU SAY AMEN**, proclaim your faith in the resurrection and in Christ's Presence in the Eucharist.
- **AS YOU RETURN TO YOUR PLACE**, focus your attention upon the Presence of Christ within you. Christ is sacramentally present within you as long as the appearance of bread remains, about 15 minutes. Speak to Christ in your heart.
  - ✦ **Worship Him.** Reverence him, now present all around you, within all those who received Holy Communion.
  - ✦ **Offer your life to Him.**
  - ✦ **Renew your vows**--of baptism, of marriage, of religious life or ordination--and ask him for the strength to remain faithful.
  - ✦ **Tell Christ** the intentions dearest to your heart.
  - ✦ **Ask him** what he calls you to do to grow closer to him and fulfill his will.
  - ✦ **Ask him** to remain with you throughout the day.
  - ✦ If it is helpful, **pray a traditional prayer** such as:

### *Anima Christi*

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. In your wounds, hide me. Apart from you

let me never be. From the enemy, defend me. At the hour of my death, call me. And close to you bid me, that with your saints I may always be praising you eternally. *Amen.*

---

---

## CONCLUDING RITES

---

---

Bow your head and receive the power of the priestly blessing, making the Sign of the Cross. Consider remaining in the church for a time of thanksgiving. Kneel and thank Jesus for coming to you in Holy Communion. Offer a prayer, such as one of these:

### *Act of Resolution (said after Communion)*

by Blessed James Alberione, founder of the Daughters of St. Paul

Jesus, you are the Way that I must follow,  
the perfect model that I must imitate.  
When I come before you at the judgment  
I want to be found similar to you.  
O divine model of humility and obedience,  
make me similar to you.  
O perfect example of mortification and purity,  
make me similar to you.  
O Jesus, poor and patient,  
make me similar to you.  
O model of charity and ardent zeal,  
make me similar to you. *Amen.*

### *Prayer After Mass*

by Saint Bonaventure

Most sweet Lord Jesus, pierce my inmost heart with the most dear and most bracing wound of your love. Pierce

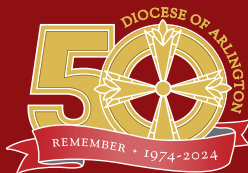
it with true, serene, apostolic and most holy charity, that my soul may ever yearn and melt with love for you and the desire to possess you. May my soul be drawn toward you and overwhelmed with the hope of entering your courts. May it long to be dissolved and to be with you. Grant that my soul may hunger for you, the bread of angels and the food of holy souls, our supersubstantial Bread, having in itself every sweetness and good taste, having the delightfulness of all that charms my heart. May my heart always long for you, and find its nourishment in you, on whom the angels long to gaze, and may my inmost heart be filled with the sweetness of your savor. May my heart thirst for you, the fountain of life and of wisdom and of knowledge and of eternal life, the torrent of pleasure and the richness of the house of God. May my heart always draw near to you, seek you, catch sight of you, be drawn to you and arrive at your presence. May my heart think of you, speak of you, and do all things that it does for the glory of your name, with humility and care and affection and delight, with eagerness and with deep feeling and with perseverance to the end. Thus may you alone always be my hope, all my confidence, my joy, my rest and my tranquility, my peace, all that charms me; my fragrance, my sweetness, my food, my nourishment, my refuge, my help, my wisdom, my portion, my possession, my treasure. In you may my mind and my heart be fixed and secure and rooted forever without any change. *Amen.*



If it is Sunday, rest and rejoice in the Lord!

(CCC#2185)

Made in commemoration of the  
50<sup>TH</sup> JUBILEE of the  
DIOCESE OF ARLINGTON



JUBILEE.ARLINGTONDIOCESE.ORG



CATHOLIC DIOCESE OF  
ARLINGTON

Sources:

Cover image: The Last Supper stained glass window in the church of Santa Croce in Gerusalemme (Rome, Italy). Introduction: See *Catechism of the Catholic Church* #1128, 1131, 1072; 1 Corinthians 11:29; Saint Thomas Aquinas, *Summa Theologiae* III q.79, a. 2 ad 2.

Offering of the Holy Mass and Act of Resolution from *Prayers of the Pauline Family* by Blessed James Alberione, Copyright © 2020. Prayer Before Mass by Saint Thomas Aquinas, *Anima Christi* and Prayer After Mass by Saint Bonaventure from *Daily Roman Missal, Seventh Edition* by Rev. James Socias, Copyright © 1993–2011. Texts of the *Roman Missal, Third Edition* by International Committee on English in the Liturgy, Inc., Copyright © 2010, All rights reserved.