

## Communion Prayers

- ❖ Before you receive Holy Communion
  - Participate in the Divine Liturgy with reverence but do not talk
  - Say the following prayer:

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore I pray to You, have mercy upon me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure mysteries for forgiveness of sins and for life eternal. Amen

- ❖ Leave your seat quietly and approach the Altar with great respect, hands at your sides or one over the other in front of you;
- ❖ Make the sign of the Cross
- ❖ Hold the red linen cloth directly under your chin
- ❖ Say your Baptismal name
- ❖ Open your mouth wide to receive Holy Communion
- ❖ After you receive Holy Communion, wipe your lips with the red linen cloth
- ❖ Make the sign of the Cross
- ❖ Return to your seat quietly
  
- ❖ After you are seated, say the following prayer:

Glory to You, O God. Glory to You, O God. Glory to You, O God. I thank You, loving Master, benefactor of my soul, that on this day You have again made me worthy of Your heavenly and immortal mysteries. Direct my way on the right path. Establish me firmly in Your fear. Guard my life. And make my endeavors safe, through the prayers of the glorious Theotokos and ever-virgin Mary and of all Your Saints. Amen

Lord Jesus Christ, my God, let Your sacred Body be unto me for eternal life and Your precious Blood for forgiveness of sins. Let this Eucharist be unto me for joy, health and gladness. And in Your awesome Second Coming make me, a sinner, worthy to stand at the right hand of Your glory; through the intercessions of Your pure Mother and of all Your Saints. Amen

- ❖ Continue to follow along and pray until the end of the Divine Liturgy