



Heart Speaks to Heart

Book of
Holy Communion
Prayers



All Sessions

Prayer is a chance to have a conversation with God, a time to talk to Him and to listen to what He wants to say to you.

For each session there are two specific prayers.

The first prayer...

- *Sit Quietly*
- *Close Your Eyes*
 - *Be Still*

In the silence of your heart, slowly repeat the words of the prayer a few times.

The second prayer...

At the end of each session you will say the concluding prayer as a group.

God is always with us so we can pray at anytime and anywhere.

You can pray in church, at home, in school, in the park, on your own or with other people.

God is *always* ready to have a conversation with you.





Lord Jesus, You are the Bread of Life.

You love me;

You nourish me;

You strengthen me.

Help me to grow in love and friendship with You,
so that, day by day, I may become more like You.

Amen.

Session One



Jesus: my Lord and my God
Jesus: my Lord and my God
Jesus: my Lord and my God, etc.

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Amen.

Session Two



Lord, my eyes have seen Your Salvation
Lord, my eyes have seen Your Salvation
Lord, my eyes have seen Your Salvation, etc.

Hail, Holy Queen, Mother of Mercy;
Hail our life, our sweetness and our hope.

*Pray quietly for a few moments,
bringing your own prayers to Mary, Our Mother.
End this time of prayer by saying:*

Pray for us, O holy Mother of God,
that we may be made worthy of the promises of Christ.
Amen.

Session Three



Lord, Jesus Christ, Son of God,
have mercy on me

Lord, Jesus Christ, Son of God,
have mercy on me

Lord, Jesus Christ, Son of God,
have mercy on me, etc.

We turn to you for protection,
holy Mother of God.

Listen to our prayers and help us in our needs.

Save us from every danger,
Glorious and Blessed Virgin.

Amen.

Session Four



Speak, Lord: Your servant is listening
Speak, Lord: Your servant is listening
Speak, Lord: Your servant is listening, etc.

Our Father, who art in heaven,
hallowed be Thy Name;

Thy kingdom come,
Thy will be done, on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;

and lead us not into temptation,
but deliver us from evil.

Amen.

Session Five



Save us, Saviour of the world
Save us, Saviour of the world
Save us, Saviour of the world, etc.

O Sacrament most holy,
O Sacrament divine;
all praise and all thanksgiving
be every moment thine.

Session Six



Lamb of God, have mercy on us
Lamb of God, have mercy on us
Lamb of God, have mercy on us, etc.

My Jesus, I give You myself.
I give You my body and soul.
I give You all my thoughts,
all my desires, and all my actions.
I give You my senses, my eyes,
my ears, my lips, my hands.
Take me and make me all Yours.
Bless me and keep me from all sin.
Amen.


Session Seven



Here I am, Lord;
Ready to do Your will

Here I am, Lord;
Ready to do Your will

Here I am, Lord;
Ready to do Your will, etc.



Lord Jesus, thank you for the gift of Yourself.
Thank you for the gift of Your Body and Blood.
Help me this day and every day to welcome You
with reverence and love,
and to continue to grow in love
and friendship with You.
Amen.

