

The prayer of St. Ambrose before Mass

O gracious Lord Jesus Christ, I, a sinner, nothing presuming on my own deserts,
but trusting in Thy mercy and goodness,
with fear and trembling approach to the Table of Thy most sweet Feast.
For my heart and body are stained with many sins;
my thoughts and lips not diligently guarded.
Wherefore, O gracious God, O awful Majesty, in my extremity I turn to Thee, the
Fount of Mercy;
to Thee I hasten to be healed, and take refuge under Thy protection;
and Thee, before whom as my Judge I cannot stand, I long for as my Saviour.
To Thee, O Lord, I show my wounds, to Thee I lay bare my shame.
I know my sins are many and great, for which I am afraid.
My trust is in Thy mercies, of which there is no end.
Look therefore upon me with the eyes of Thy mercy, O Lord Jesus Christ,
God and Man, crucified for man;
hearken unto me, whose trust is in Thee;
have mercy upon me, who am full of sin and misery,
O Thou fount of mercy, that wilt never cease to flow.
Hail, saving Victim, offered for me and all mankind on the Cross of suffering and
shame.
Hail, noble and precious Blood, flowing from the wounds of my crucified Lord and
Saviour Jesus Christ,
and washing away the sins of the whole world.
Be mindful, O Lord, of Thy creature, whom Thou hast redeemed with Thine own Blood.
I repent that I have sinned; I desire to amend what I have done.
Take therefore away from me, O most merciful Father, all my iniquities and sins:
that, being cleansed both in body and soul, I may worthily taste the Holy of Holies;
and grant that this holy feeding on Thy Body and Blood,
of which, unworthy as I am, I purpose to partake,
may be for the remission of my sins, and the perfect cleansing of all my offences,
for the driving away of all evil thoughts and the renewal of all holy desires,
for the healthful bringing forth of fruit well-pleasing unto Thee,
and the most sure protection of my soul and body against the wiles of all my
enemies. Amen.

Text and its source: saintsencyclopedia.com/prayers/prayer-before-mass/

saintsencyclopedia.com