



ASH WEDNESDAY

TRINITY LUTHERAN CHURCH, MENASHA, WI
WEDNESDAY, FEBRUARY 17, 2020

LENT (ASH WEDNESDAY TO HOLY SATURDAY)

Forty Days excluding Sundays (which are in Lent, not of Lent)

Lent's overarching theme is the battle waged by Christ against Satan, in which we are not spectators but participants. The weekdays concentrate on the suffering of Christ, while the Sundays show various victories along the way to the final victory over Satan at Christ's Resurrection. Lent is about what Christ did and does for us, and then, secondarily, as we receive the forgiveness of our sins, we strive, in the power of the Holy Spirit, to overcome the sins which beset us.

The mood of Lent is deep penitence. While our eyes are fixed upon Christ and His suffering for us, we must at the same time see how we have been the cause of that suffering. Lent can be seen as Divine Drama, in which we are on the stage, both as the sinful members of the crowd shouting "Crucify Him!" and as the disciples who were weak of faith and despaired at His death. At the same time, we see the Cross as victory, not defeat.

To emphasize the penitential mood, certain changes are made in the liturgy. The Alleluias are removed; the Gloria in Excelsis is omitted, and no flowers are placed in the chancel. All crucifixes in the Church may be veiled. The veils indicate that Jesus hid His Divinity behind the veil of His Flesh in order to suffer and die for us.

Ash Wednesday is the first day of Lent. It began as the day that penitents who had been excommunicated from the Church came to be enrolled for reinstatement, which would take place on Holy Thursday. They would lie on the ground, wearing sack-cloth garments, and after an exhortation: from the Bishop, ashes would be sprinkled upon them. This Biblical gesture came to be embraced by all Christians as a sign of repentance. It is now administered by applying a Cross on the forehead with ashes accompanied by the sober reminder: "Remember, O man that dust thou art, and unto dust thou shalt return!"

Seeing, then, that Christ has taken our sin upon Himself, how are we to live? During Lent we look to Christ also for guidance and help to overcome our vices. The three Lenten disciplines recommended by our Lord are given in the Gospel and address the major sins of greed, spiritual apathy, and fleshly indulgence. The change in our lives is meant to be permanent, and not just a "giving up something for Lent." The "something" we give up is the vice which besets us. It may well be represented by some particular food or past-time. The object is to bring our flesh under control of our spirit. By saying "no" to those things which in themselves may not be sinful, we are strengthened to say "no" to those which are.

As St. Paul writes in 1 Corinthians 9:25-27: "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. Well, I do not run aimlessly, I do not box as beating the air; but I pommel my body and subdue it, lest after preaching to others I myself should be disqualified."

The color for most of Lent is a sober violet, to show the seriousness of sin.

IMPOSITION OF ASHES

Stand

P Dear brothers and sisters of our Lord Jesus Christ, on this day the Church begins a holy season of prayerful and penitential reflection. Our attention is especially directed to the holy sufferings and death of our Lord Jesus Christ. From ancient times the season of Lent has been kept as a time of special devotion, self-denial, and humble repentance born of a faithful heart that dwells confidently on His Word and draws from it life and hope. Let us pray that our dear Father in heaven, for the sake of His beloved Son and in the power of His Holy Spirit, might richly bless this Lenten tide for us so that we may come to Easter with glad hearts and keep the feast in sincerity and truth.

P O Lord,
C have mercy.

P O Christ,
C have mercy.

P O Lord,
C have mercy.

P O Christ,
C hear us.

P God the Father in heaven,
C have mercy.

P God the Son, Redeemer of the world,
C have mercy.

P God the Holy Spirit,
C have mercy.

P Be gracious to us.
C Spare us, good Lord.

P Be gracious to us.
C Help us, good Lord.

P By the mystery of your holy incarnation; by Your holy nativity; by Your baptism, fasting, and temptation; by Your agony and bloody sweat; by Your cross and passion; by Your precious death and burial; by Your glorious resurrection and ascension; and by the coming of the Holy Spirit, the Comforter:
C Help us, good Lord.

P In all time of our tribulation; in all time of our prosperity; in the hour of death; and in the day of judgment:

C **Help us, good Lord.**

P We poor sinners implore You

C **to hear us, O Lord.**

P To prosper the preaching of Your Word; to bless our prayer and meditation; to strengthen and preserve us in the true faith; and to give heart to our sorrow and strength to our repentance:

C **We implore You to hear us, good Lord.**

P To draw all to Yourself; to bless those who are instructed in the faith; to watch over and console the poor, the sick, the distressed, the lonely, the forsaken, the abandoned, and all who stand in need of our prayers; to give abundant blessing to all works of mercy; and to have mercy on us all:

C **We implore You to hear us, good Lord.**

P To turn our hearts to You; to turn the hearts of our enemies, persecutors, and slanderers; and graciously to hear our prayers:

C **We implore You to hear us, good Lord.**

P Lord Jesus Christ, Son of God,

C **we implore You to hear us.**

P Christ, the Lamb of God, who takes away the sin of the world,

C **have mercy.**

P Christ, the Lamb of God, who takes away the sin of the world,

C **have mercy.**

P Christ, the Lamb of God, who takes away the sin of the world,

C **grant us Your peace.**

P O Christ,

C **hear us.**

P O Lord,

C **have mercy.**

P O Christ,

C **have mercy.**

P O Lord,

C **have mercy. Amen.**

All may present themselves at the altar to receive ashes.



HYMN FOR IMPOSITION

430

My Song Is Love Unknown



1 My song is love un - known, My Sav - ior's love to
2 He came from His blest throne Sal - va - tion to be -
3 Some-times they strew His way And His sweet prais - es
4 Why, what hath my Lord done? What makes this rage and



me, Love to the love - less shown That they might love - ly
stow; But men made strange, and none The longed - for Christ would
sing; Re - sound - ing all the day Ho - san - nas to their
spite? He made the lame to run, He gave the blind their



be. Oh, who am I That for my sake
know. But, oh, my friend, My friend in - deed,
King. Then "Cru - ci - fy!" Is all their breath,
sight. Sweet in - ju - ries! Yet they at these



My Lord should take Frail flesh and die?
Who at my need His life did spend!
And for His death They thirst and cry.
Them-selves dis - please And 'gainst Him rise.

SERVICE OF THE WORD

INTROIT

Psalm 51:1–3, 10–12; antiphon: v. 17

- P** The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.
- C** **Have mercy on me, O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.**
- P** Wash me thoroughly from my iniquity,
and cleanse me from my sin!
- C** **For I know my transgressions,
and my sin is ever before me.**
- P** Create in me a clean heart, O God,
and renew a right spirit within me.
- C** **Cast me not away from your presence,
and take not your Holy Spirit from me.**
- P** Restore to me the joy of your salvation,
and uphold me with a willing spirit.
- ALL:** **Glory be to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning,
is now, and will be forever. Amen.**
- P** The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.

KYRIE ~ *Lord, Have Mercy*

The musical score is written for two voices, Soprano and Bass, in a two-part setting. The key signature has one flat (B-flat), and the time signature is common time (C). The melody is simple and homophonic, using mostly half and quarter notes. The lyrics are: "Lord, have mer - cy up - on us. Christ, have mer - cy up - on us. Lord, have mer - cy up - on us." The score is divided into two systems. The first system covers the first two lines of the text, and the second system covers the last line. The Soprano part is on the top staff, and the Bass part is on the bottom staff. The lyrics are placed below the corresponding staff.

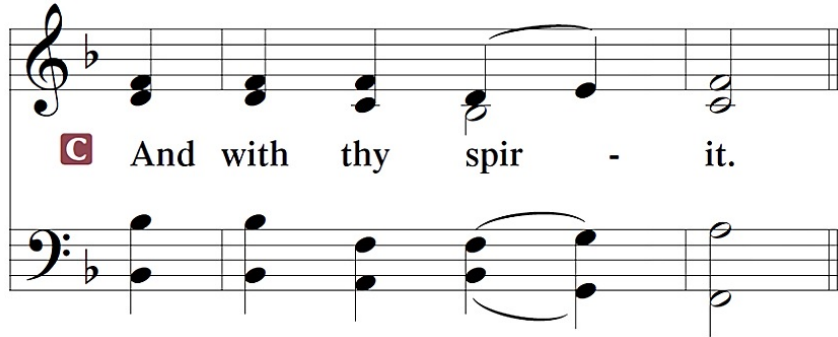
C Lord, have mer - cy up - on us. Christ, have mer - cy up -

on us. Lord, have mer - cy up - on us.

SALUTATION and COLLECT OF THE DAY



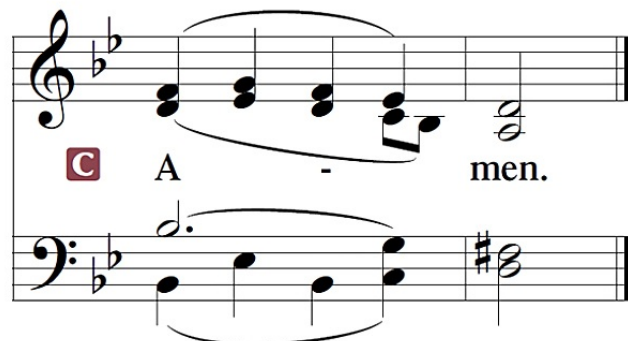
P The Lord be with you.



P Let us pray.

The COLLECT OF THE DAY is spoken or chanted.

P Almighty and everlasting God, You despise nothing You have made and forgive the sins of all who are penitent. Create in us new and contrite hearts that lamenting our sins and acknowledging our wretchedness we may receive from You full pardon and forgiveness; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



Sit

OLD TESTAMENT ~ *Joel 2:12–19*

¹² “Yet even now,” declares the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning; ¹³ and rend your hearts and not your garments.” Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. ¹⁴ Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God? ¹⁵ Blow the trumpet in Zion; consecrate a fast; call a solemn assembly; ¹⁶ gather the people. Consecrate the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber. ¹⁷ Between the vestibule and the altar let the priests, the ministers of the LORD, weep and say, “Spare your people, O LORD, and make not your heritage a reproach, a byword among the nations. Why should they say among the peoples, ‘Where is their God?’ ” ¹⁸ Then the LORD became jealous for his land and had pity on his people. ¹⁹ The LORD answered and said to his people, “Behold, I am sending to you grain, wine, and oil, and you will be satisfied; and I will no more make you a reproach among the nations.

A This is the Word of the Lord.

C Thanks be to God.

GRADUAL

A [O come, let us fix our eyes on] Jesus,
the founder and perfecter of our faith,
who for the joy that was set before him endured the cross, despising the shame,
and is seated at the right hand of the throne of God. *Hebrews 12:2*

EPISTLE ~ *2 Corinthians 5:20b—6:10*

²⁰ We implore you on behalf of Christ, be reconciled to God. ²¹ For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. ¹ Working together with him, then, we appeal to you not to receive the grace of God in vain. ² For he says, “In a favorable time I listened to you, and in a day of salvation I have helped you.” Behold, now is the favorable time; behold, now is the day of salvation. ³ We put no obstacle in anyone’s way, so that no fault may be found with our ministry, ⁴ but as servants of God we commend ourselves in every way: by great endurance, in afflictions, hardships, calamities, ⁵ beatings, imprisonments, riots, labors, sleepless nights, hunger; ⁶ by purity, knowledge, patience, kindness, the Holy Spirit, genuine love; ⁷ by truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; ⁸ through honor and dishonor, through slander and praise. We are treated as impostors, and yet are true; ⁹ as unknown, and yet well known; as dying, and behold, we live; as punished, and yet not killed; ¹⁰ as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, yet possessing everything.

A This is the Word of the Lord.

C Thanks be to God.

Stand

VERSE

P Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love. *Joel 2:13b*

HOLY GOSPEL ~ *Matthew 6:1–6, 16–21*

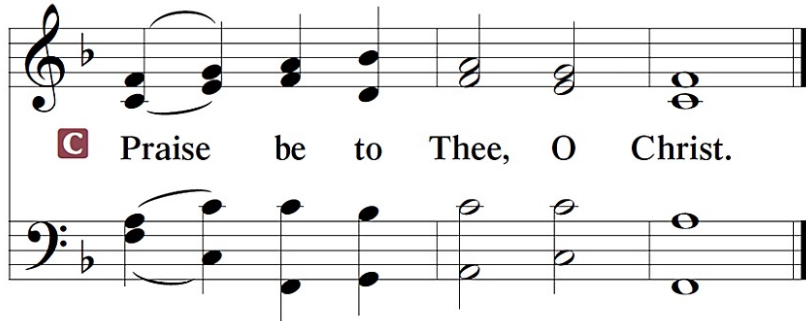
P The Holy Gospel according to St. Matthew, the sixth chapter.



¹ “Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. ² “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. ³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴ so that your giving may be in secret. And your Father who sees in secret will reward you. ⁵ “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

¹⁶ “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. ¹⁹ “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.”

P This is the Gospel of the Lord.



NICENE CREED

C I believe in one God,
the Father Almighty,
maker of heaven and earth
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of His Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation came down from heaven
and was incarnate by the Holy Spirit of the virgin Mary
and was made man;
and was crucified also for us under Pontius Pilate.
He suffered and was buried.
And the third day He rose again according to the Scriptures
and ascended into heaven
and sits at the right hand of the Father.
And He will come again with glory to judge both the living and the dead,
whose kingdom will have no end.

And I believe in the Holy Spirit,
the Lord and giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son together is worshiped and glorified,
who spoke by the prophets.
And I believe in one holy Christian and apostolic Church,
I acknowledge one Baptism for the remission of sins,
and I look for the resurrection of the dead
and the life **✝** of the world to come. Amen

Sit

HYMN OF THE DAY

430

My Song Is Love Unknown



5 They rise and needs will have My dear Lord made a -
 6 In life no house, no home My Lord on earth might
 7 Here might I stay and sing, No sto - ry so di -
 way; A mur - der - er they save, The Prince of Life they
 have; In death no friend - ly tomb But what a stran - ger
 vine! Nev - er was love, dear King, Nev - er was grief like
 slay. Yet cheer - ful He To suf - f'ring goes
 gave. What may I say? Heav'n was His home
 Thine. This is my friend, In whose sweet praise
 That He His foes From thence might free.
 But mine the tomb Where - in He lay.
 I all my days Could glad - - ly spend!

SERMON ~ "Fix Your Eyes on Jesus"

Joel 2:12-19; Matthew 6:1-6, 16-21

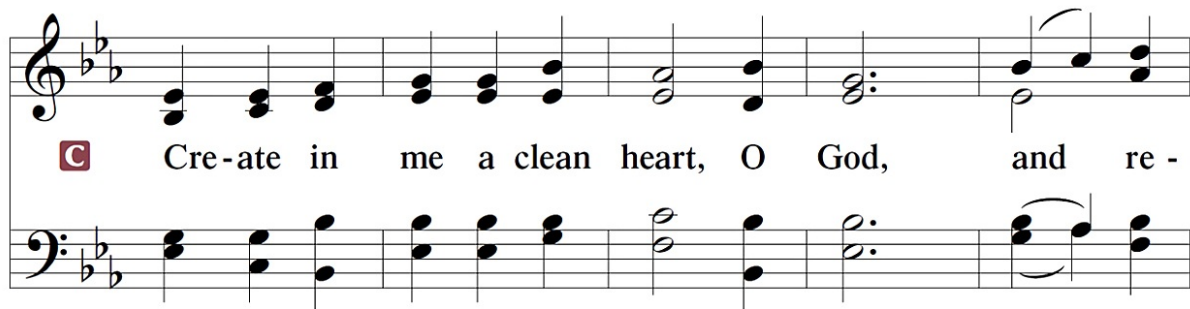
Stand

P The peace of God, which passes all understanding, keep your hearts and minds in Christ Jesus.

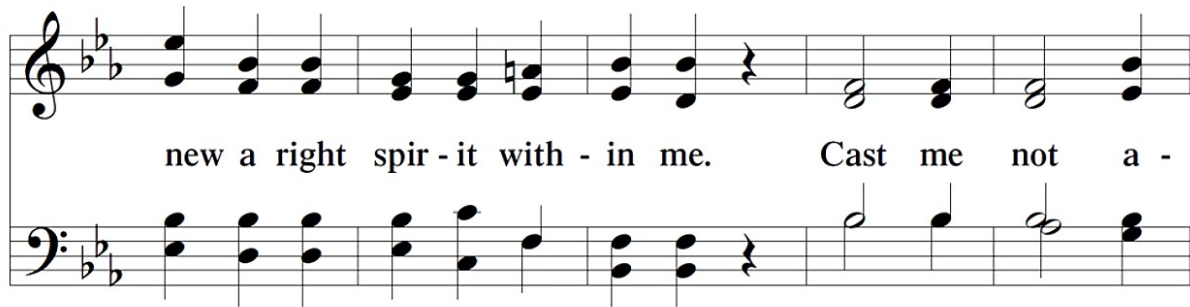
C Amen.

OFFERTORY

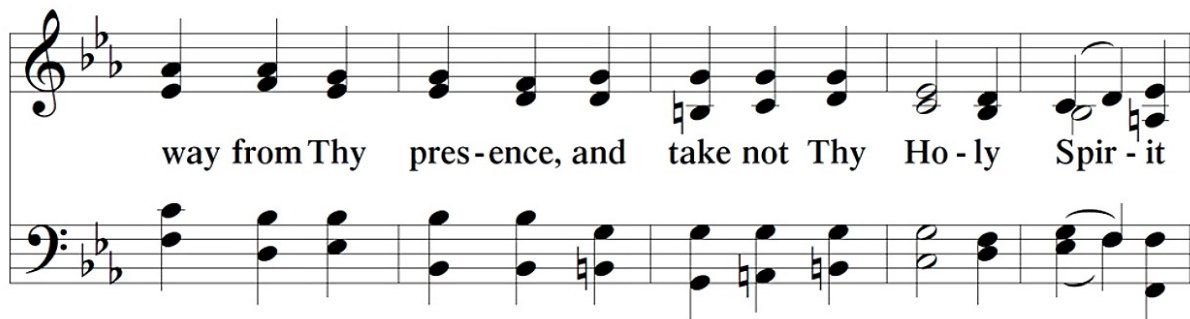
Psalm 51:10-12



C Cre-ate in me a clean heart, O God, and re -



new a right spir - it with - in me. Cast me not a -



way from Thy pres-ence, and take not Thy Ho - ly Spir - it



from me. Re - store un - to me the joy of Thy sal - va -




tion, and up - hold me with Thy free spir-it. A - men.

PRAYER OF THE CHURCH

[1 Timothy 2:1-4]

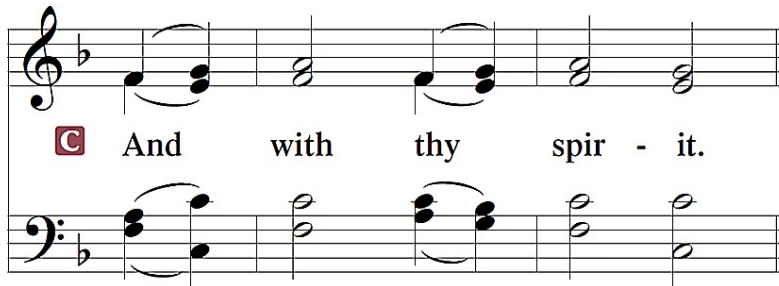
SERVICE OF THE SACRAMENT

PREFACE




P The Lord be with you.

2 Timothy 4:22

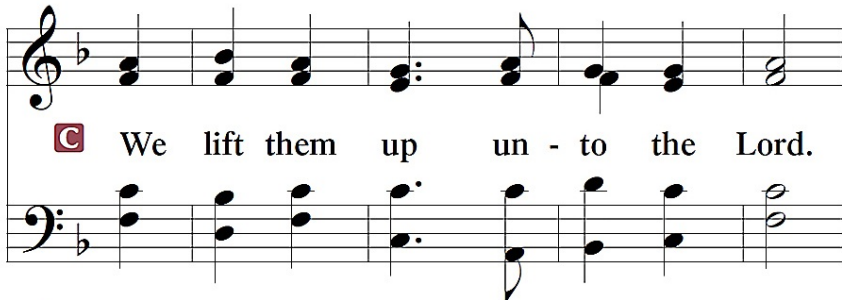


C And with thy spir - it.




P Lift up your hearts.

[Colossians 3:1]

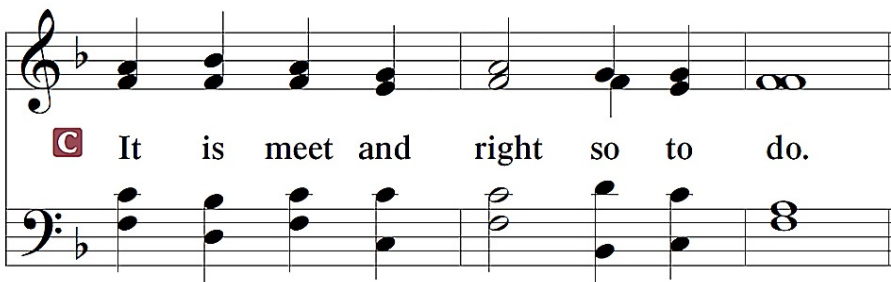


C We lift them up un - to the Lord.



P Let us give thanks un - to the Lord, our God.

[Psalm 136]



C It is meet and right so to do.

The Proper Preface appropriate to the day or season is spoken:

P It is truly good, right, and salutary . . . evermore praising You and saying:

SANCTUS ~ Holy, Holy, Holy

Isaiah 6:3; Matthew 21:9

Ho - ly, ho - ly, ho - ly Lord God of Sab - a - oth;

heav'n and earth are full of Thy glo - ry. Ho - san - na,

ho - san - na, ho - san - na in the high - est. Bless-ed is He,

bless-ed is He, bless-ed is He that com-eth in the name of the Lord.

Ho-san - na, ho - san - na, ho - san - na in the high - est.

Sabaoth (SAH-bay-oath) is Hebrew for “heavenly hosts.”
Hosanna is a Hebrew word of praise meaning “save us now.”

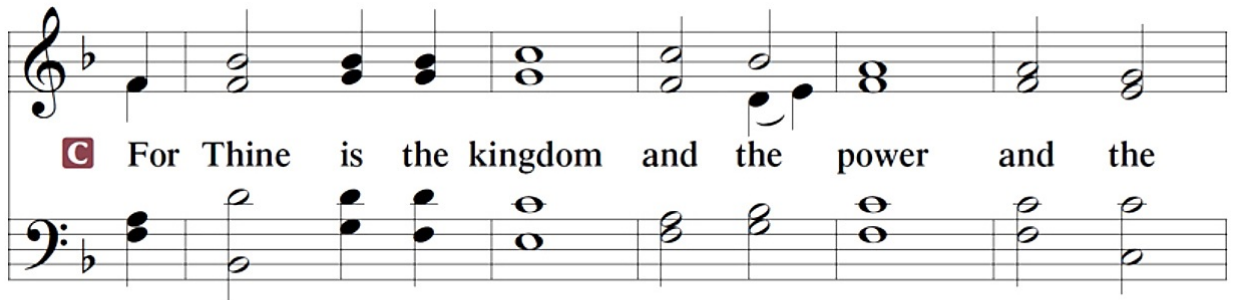
LORD'S PRAYER

Matthew 6:9-13

P Lord, remember us in Your kingdom and teach us to pray:

C 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.

Matthew 6:9-13



THE WORDS OF OUR LORD

*Matthew 26:26-28; Mark 14:22-24
Luke 22:19-20; 1 Corinthians 11:23-25*

- P** Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My ✝ body, which is given for you. This do in remembrance of Me."
- P** In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new testament in My ✝ blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

PAX DOMINI ~ *The Peace of the Lord*

John 20:19



AGNUS DEI ~ *Lamb of God*

John 1:29

O Christ, Thou Lamb of God, that tak - est a-way the sin of the

world, have mer - cy up - on us. O Christ, Thou Lamb of God, that

tak - est a-way the sin of the world, have mer - cy up - on us.

O Christ, Thou Lamb of God, that tak - est a-way the sin of the

world, grant us Thy peace. A - men.

Sit

P Take and eat, this is the true body of our Lord Jesus Christ, given into death for your sins.

C Amen

P Take and drink, this is the true blood of our Lord Jesus Christ, poured out for you for the forgiveness of your sins.

C Amen

DISTRIBUTION HYMNS

550

Lamb of God

1 Your on - ly Son, no sin to hide, But You have
2 Your Gift of love they cru - ci - fied, They laughed and
3 I was so lost, I should have died, But You have

sent Him from Your side To walk up - on this guilt - y
scorned Him as He died: The hum - ble King they named a
brought me to Your side To be led by Your staff and

Refrain
sod, And to be - come the Lamb of God.
fraud, And sac - ri - ficed the Lamb of God. O Lamb of
rod, And to be called a lamb of God.

God, sweet Lamb of God, I love the ho - ly Lamb of God! O wash me

in His pre - cious blood, My Je - sus Christ, the Lamb of God.

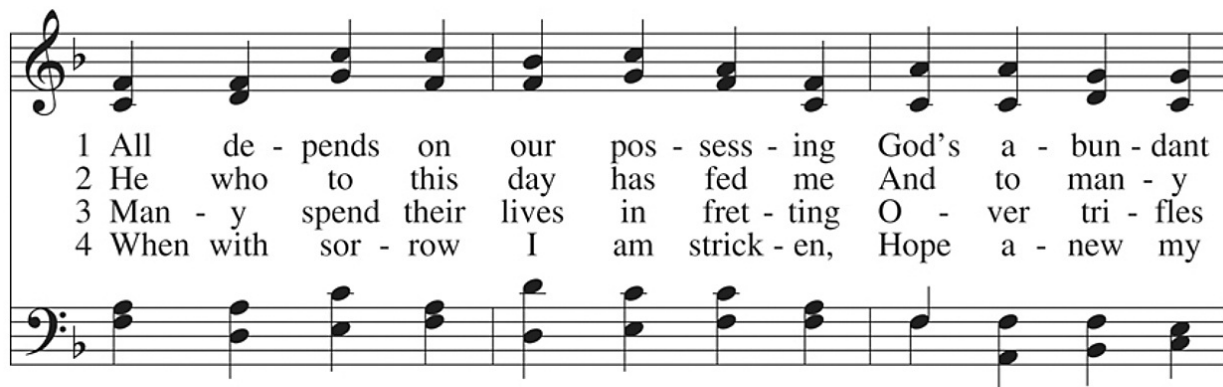
1 Je - sus, Thy blood and righ - teous - ness My beau - ty
 2 Bold shall I stand in that great day, Cleansed and re -
 3 Lord, I be - lieve Thy pre - cious blood, Which at the
 4 Lord, I be - lieve, were sin - ners more Than sands up -

are, my glo - rious dress; Midst flam - ing worlds, in
 deemed, no debt to pay; Ful - ly ab - solved through
 mer - cy seat of God Pleads for the cap - tives'
 on the o - cean shore, Thou hast for all a

these ar - rayed, With joy shall I lift up my head.
 these I am From sin and fear, from guilt and shame.
 lib - er - ty, Was al - so shed in love for me.
 ran - som paid, For all a full a - tone - ment made.

5 When from the dust of death I rise
 To claim my mansion in the skies,
 This then shall be my only plea:
 Jesus hath lived and died for me.

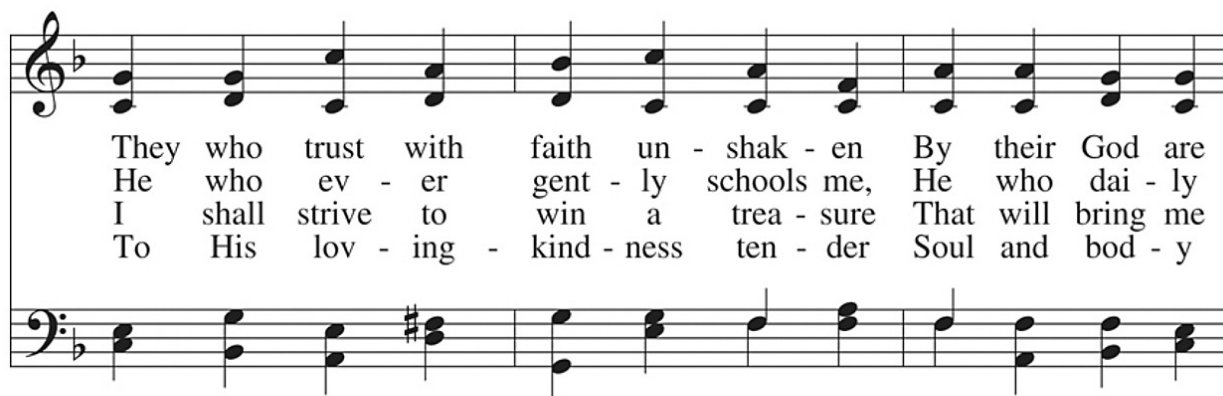
6 Jesus, be endless praise to Thee,
 Whose boundless mercy hath for me,
 For me, and all Thy hands have made,
 An everlasting ransom paid.



1 All de - pends on our pos - sess - ing God's a - bun - dant
 2 He who to this day has fed me And to man - y
 3 Man - y spend their lives in fret - ting O - ver tri - fles
 4 When with sor - row I am strick - en, Hope a - new my



grace and bless - ing, Though all earth - ly wealth de - part.
 joys has led me, Is and ev - er shall be mine.
 and in get - ting Things that have no sol - id ground.
 heart will quick - en; All my long - ing shall be stilled.



They who trust with faith un - shak - en By their God are
 He who ev - er gent - ly schools me, He who dai - ly
 I shall strive to win a trea - sure That will bring me
 To His lov - ing - kind - ness ten - der Soul and bod - y



not for - sak - en And will keep a daunt - less heart.
 guides and rules me Will re - main my help di - vine.
 last - ing plea - sure And that now is sel - dom found.
 I sur - ren - der, For on God a - lone I build.

5 Well He knows what best to grant me;
All the longing hopes that haunt me,
joy and sorrow, have their day.
I shall doubt His wisdom never;
As God wills, so be it ever;
I commit to Him my way.

6 If my days on earth He lengthen,
God my weary soul will strengthen;
All my trust in Him I place.
Earthly wealth is not abiding,
Like a stream away is gliding;
Safe I anchor in His grace.

Stand

In dismissing the communicants, the following is said:

P The true body and blood of our Lord Jesus Christ strengthen and preserve you steadfast in the one true Faith unto life everlasting. Depart ✠ in peace.

C Amen.

NUNC DIMITTIS ~ Song of Simeon

Luke 2:29-32

C Lord, now lettest Thou Thy servant de - part in peace ac -

cord-ing to Thy word, for mine eyes have seen Thy salvation,

which Thou hast pre - pared be - fore the face of all people,

a light to light - en the Gen - tiles and the glo - ry of Thy

peo - ple Is - ra - el. Glo - ry be to the Father and

to the Son and to the Ho - ly Ghost; as it was in the beginning,

is now, and ev - er shall be, world with - out end. A - men.

THANKSGIVING

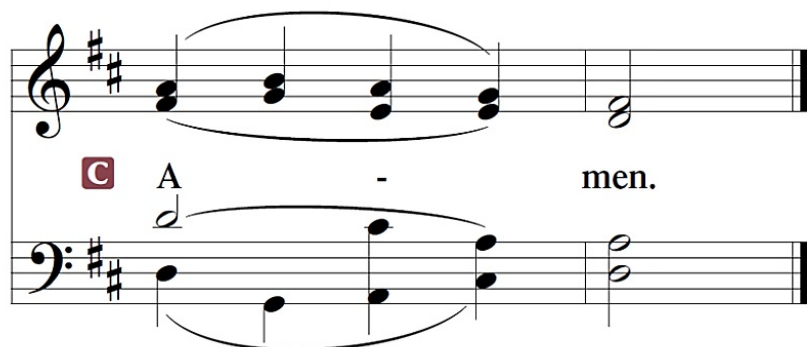
Psalms 107:1

A O give thanks unto the Lord, for He is good,

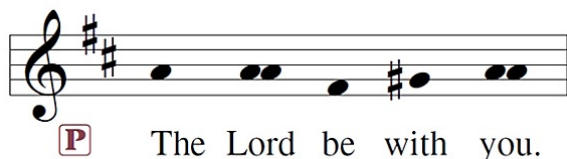
C and His mercy endureth for - ev - er.

The following collect is spoken or chanted:

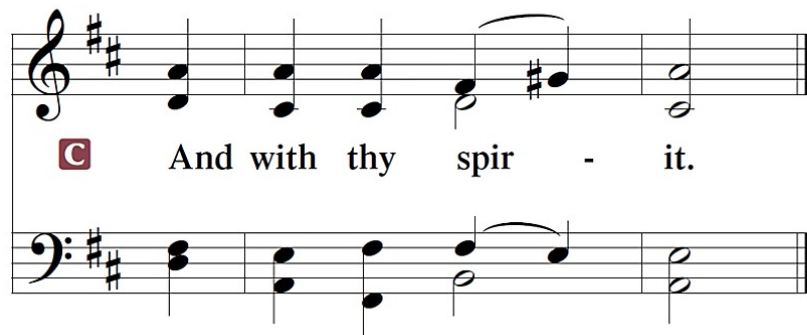
A O God the Father, the fountain and source of all goodness, who in loving-kindness sent Your only-begotten Son into the flesh, we thank You that for His sake You have given us pardon and peace in this Sacrament, and we ask You not to forsake Your children but always to rule our hearts and minds by Your Holy Spirit that we may be enabled constantly to serve You; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

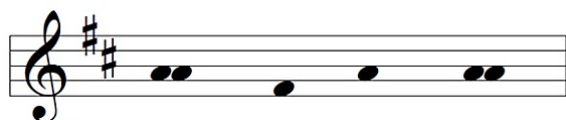


SALUTATION and BENEDICAMUS



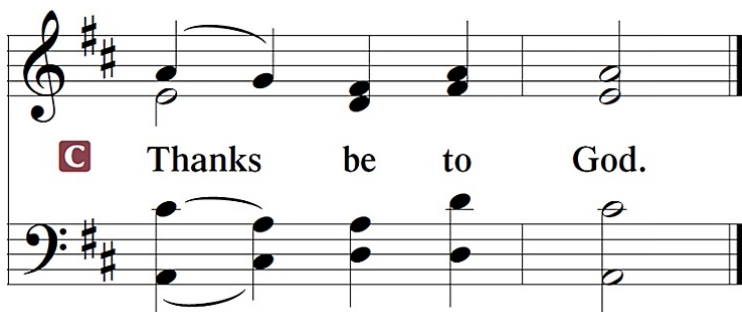
2 Timothy 4:22





A Bless we the Lord.

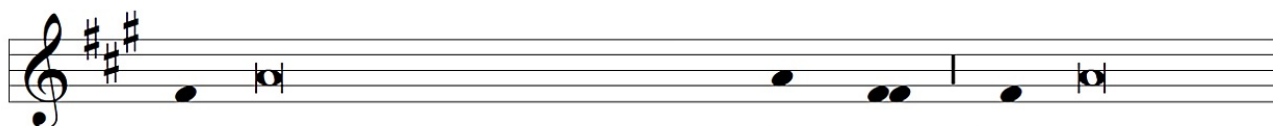
[Psalm 103:1]



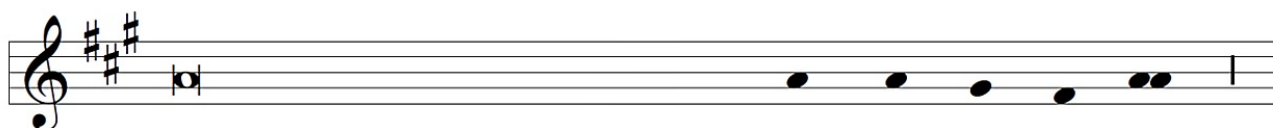
C Thanks be to God.

BENEDICTION

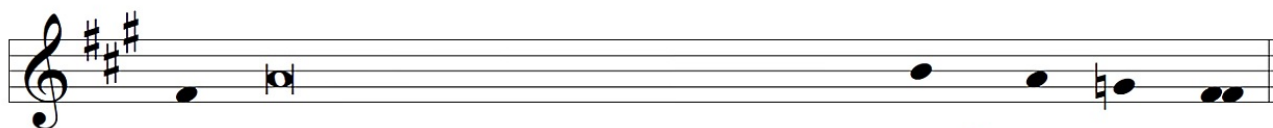
Numbers 6:24-26



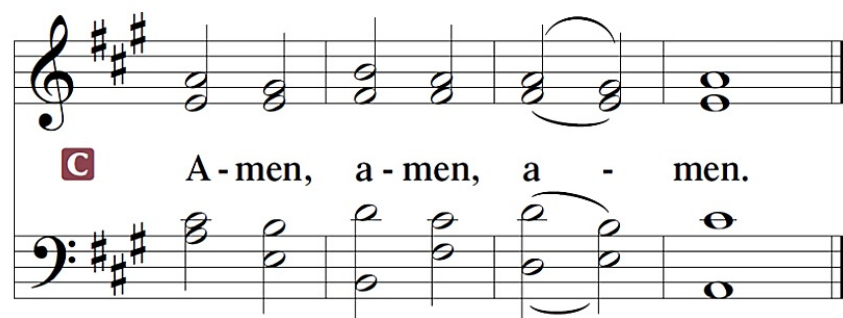
P The Lord bless you and keep you. The Lord make



His face shine upon you and be gra - cious un - to you.



The Lord lift up His countenance upon you and ✠ give you peace.

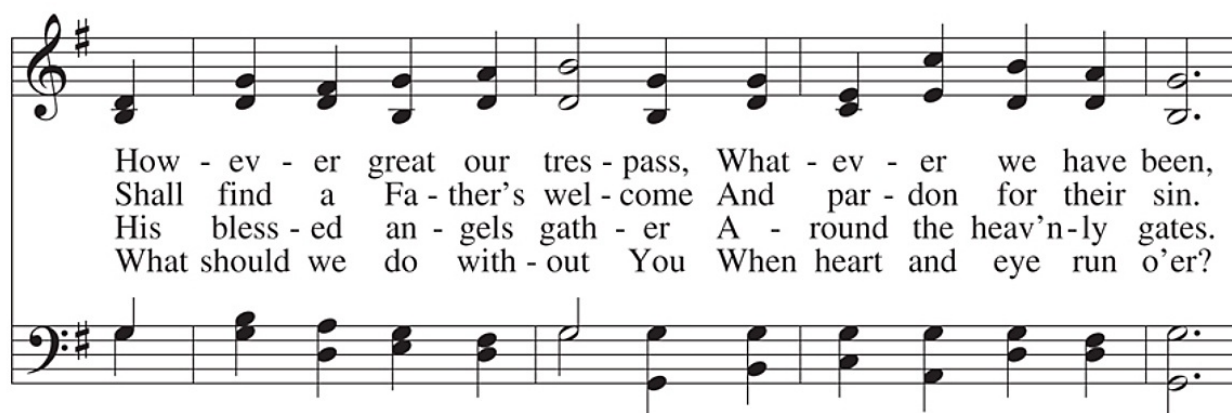


C A - men, a - men, a - men.

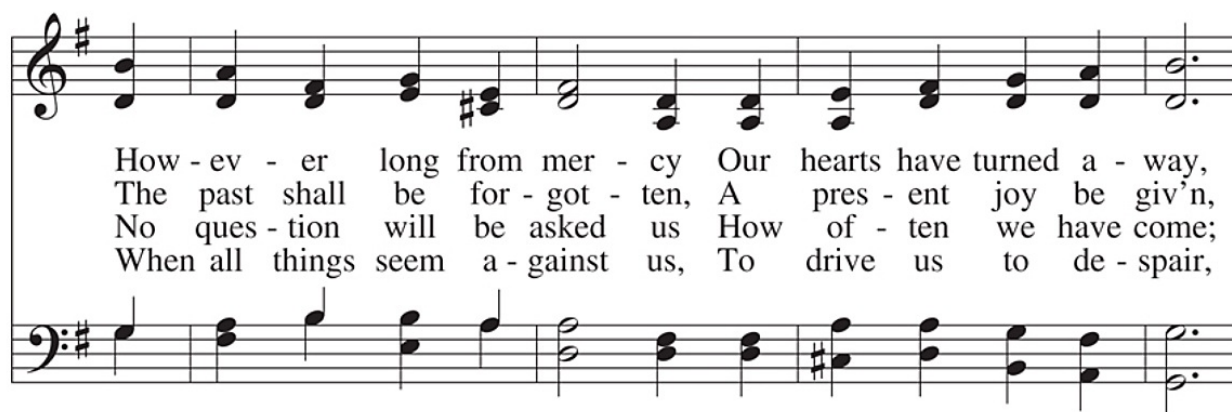
Sit



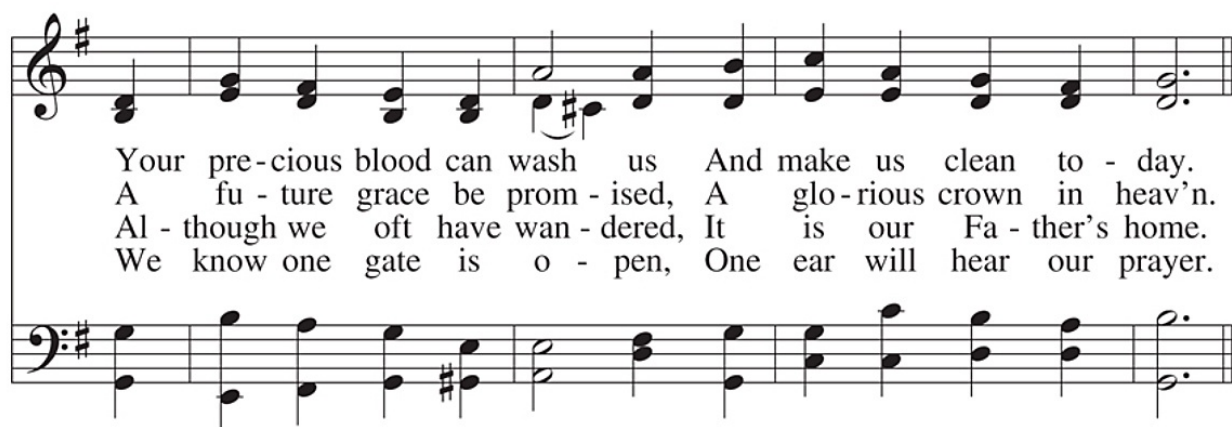
1 To - day Your mer - cy calls us To wash a - way our sin.
 2 To - day Your gate is o - pen, And all who en - ter in
 3 To - day our Fa - ther calls us; His Ho - ly Spir - it waits;
 4 O all - em - brac - ing Mer - cy, O ev - er - o - pen Door,



How - ev - er great our tres - pass, What - ev - er we have been,
 Shall find a Fa - ther's wel - come And par - don for their sin.
 His bless - ed an - gels gath - er A - round the heav'n - ly gates.
 What should we do with - out You When heart and eye run o'er?



How - ev - er long from mer - cy Our hearts have turned a - way,
 The past shall be for - got - ten, A pres - ent joy be giv'n,
 No ques - tion will be asked us How of - ten we have come;
 When all things seem a - gainst us, To drive us to de - spair,



Your pre - cious blood can wash us And make us clean to - day.
 A fu - ture grace be prom - ised, A glo - rious crown in heav'n.
 Al - though we oft have wan - dered, It is our Fa - ther's home.
 We know one gate is o - pen, One ear will hear our prayer.

✠ *Soli Deo Gloria* ✠

Acknowledgments

Divine Service, Setting Three and hymns, from Lutheran Service Book

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Prayer for Grace to Receive the Word

Blessed Lord, You have caused all Holy Scriptures to be written for our learning. Grant that we may so hear them, read, mark, learn, and inwardly digest them that, by patience and comfort of Your holy Word, we may embrace and ever hold fast the blessed hope of everlasting life; through Jesus Christ, our Lord. Amen.

Prayer for a Right Reception of the Lord's Supper

O Lord, our God, in Holy Baptism You have called me to be a Christian and granted me the remission of sins. Make me ready to receive the most holy body and blood of Christ for the forgiveness of all my sins, and grant me a grateful heart that I may give thanks to You, O Father, to Your Son, and to the Holy Spirit, one God, now and forever. Amen.

Thanksgiving after Receiving the Sacrament

Almighty and everlasting God, I thank and praise You for feeding me the life-giving body and blood of Your beloved Son, Jesus Christ. Send me Your Holy Spirit that, having with my mouth received the holy Sacrament, I may by faith obtain and eternally enjoy Your divine grace, the forgiveness of sins, unity with Christ, and life eternal; through Jesus Christ, our Lord. Amen.