

Preborn Christ Communion Healing Prayer

By Patrick O'Donnell, SFO April 27, 2011

Jesus said, "He who does the will of the Father is My brother, and mother."¹



Offered before Mass and receiving Communion:

Blessed Virgin Mary, the Immaculate Conception,
Mother of God, our Mother, my Mother,
I beg for your intercession,
in asking that the Holy Spirit, your spouse,
to come upon me and overshadow me
with the power of the Most High, Almighty God,²
that, through you and in you,
I may (in liturgy and sacrament) conceive of Christ,
be pregnant with Christ,
that we may labor until Christ is formed within me,³ and
that I can birth Christ into others and the world.

Offered after receiving Communion:

Jesus Christ, Word⁴, seed that can save souls,
I humbly welcome You into my body.⁵
My body is not mine, it is Yours.
You have purchased this body
at the price of Your blood.⁶
Through the mercy of God,
I surrender this body to You
as my holy and living sacrifice,⁷
as a temple of the Holy Spirit⁸
that was not built by human hands.⁹
I am God's building¹⁰.
May I glorify God in my body and
in the bodies of others.¹¹

Jesus, You are in the Father
and I am in You and, You, Christ, are in me.¹²
You have emptied Yourself and
taken the form of a slave.¹³
yet, You who are in me
are greater than the one who is in the world.¹⁴
and with You, all things are possible.¹⁵

¹ Matthew 12:50

² Cf. Luke 35

³ Gal 4:19

⁴ "indestructible seed" 1 Peter 1:23

⁵ Cf. James 2:21

⁶ Cf. Acts 21:21 and 1 Cor 6:20

⁷ Cf. Romans 12:1

⁸ Cf. 1 Cor 19

⁹ See Acts 7:48 and Acts 17:24

¹⁰ 1 Cor 3:9

¹¹ Cf. 2 Cor 20

¹² Cf. John 14:20

¹³ Phil 2:7

¹⁴ Cf. 1 John 4:4

I believe, help me in my unbelief.¹⁶
I am pregnant with You, Jesus; and
I ask that You now implant Yourself into
my body;
my inner chamber¹⁷, my spiritual womb;
my words, thoughts and actions;
my desires, memories, and imagination;
my passions, intellect, and will;
my joys, my sadnesses, my angers, my fears,
my guilt and shames; and
all my undue anxiety and grief.

Implant Yourself into
my wounds and my tendency,
temptation and desire to sin.

Implant Yourself in my (name your wound(s)) and
in my tendency, temptation and
desire to (name your sin(s)).

You who did not know sin were made sin for our sake¹⁸;
implant Yourself within my very sin (name sin(s)).
Implant Yourself in all the aspects and circumstances of
my life, the choices I make, the habits I hold onto and
the relationships I keep.
May we two become one in this flesh.¹⁹
May You increase and I decrease.²⁰

And when we are crucified in this body,
by the nails of obedience, chastity, poverty and solidarity;
it is no longer I who is living,
but it is (You) Christ living within me.
In so far as I live my human life in the flesh,
I live a life of faith in You, Jesus, the Son of God
who loved me and died for me.²¹

You have rescued me and call me to a life of holiness;
not according to my desires or works, but
according to Your own designs and
grace bestowed on me.²²
Help me to be cooperative
with Your designs and graces, and
may I remember that in pursuing righteousness,
the reproaches and insults of those who insult me
fall upon You.²³

¹⁵ Cf. Matt 17:20b; Matt 19:26

¹⁶ Mark 9:24

¹⁷ Cf. James 1:21 and Cf. Matthew 6:6

¹⁸ 2 Cor 5:21

¹⁹ Eph 5:31

²⁰ Cf. John 3:30

²¹ Cf. Galatians 2:19-20

²² 2 Tim 1:9

²³ Cf. Romans 15:3

Because of the increase of evildoing,
my love has grown cold.²⁴
Replace my stony heart with a natural heart²⁵,
a humble and contrite heart,²⁶ and
renew in me a steadfast spirit²⁷
that I may love the Lord (my) God with all my being,²⁸ and
that I may love my neighbor as You have loved me;²⁹
to pray for my enemies and³⁰
to lay my life down for my friends.³¹

My body is a member of the (Mystical) Body of Christ³²
and I am uniting my spirit to You,³³
Jesus, who is our head, ³⁴to become one with You.³⁵

More than Your brother, sister, or mother,
I desire to be Your true disciple;
who hears and keeps the word of God.³⁶

May I become like a child³⁷
that with the help of Thy grace,
I may obey Your commands, Jesus, in order that
I may know and do the will of the Father;³⁸
that my soul may magnify the greatness of the Lord;³⁹
and that I may, in my body,
complete what is lacking in the sufferings of Christ
on behalf of His body, the Church,⁴⁰
for my salvation and the salvation of others.
And all for the glory of the Father, Son, and
the Holy Spirit
in the most Blessed Holy Trinity. Amen.

²⁴ Matthew 24:12

²⁵ Cf. Ezekiel 11:19, 36:26

²⁶ Cf. Isaiah 66:2 See Psalm 51:12, 20

²⁷ Psalm 51:10

²⁸ Cf. Deut. 6:4; Mark 12:30

²⁹ Cf. John 13:34

³⁰ Cf. Matthew 5:44

³¹ John 15:3

³² Cf. 1 Cor 12:27

³³ See Footnote # 29

³⁴ Col 1:18 and Rms 12:5; 1 Cor 12:27; Eph 1:22-23

³⁵ Cf. 1 Cor 6:17

³⁶ Psalm 51:10

³⁷ Matt 18:3

³⁸ Cf. Matt 12:50

³⁹ Luke 1:46

⁴⁰ Col 1:24