

*Prayers Before
the
Blessed Sacrament*



Celebrating, Worshiping, Contemplating

There is a particular need to cultivate *a lively awareness of Christ's real presence*, both in the celebration of Mass and in the worship of the Eucharist outside Mass. Care should be taken to show that awareness through tone of voice, gestures, posture, and bearing. In this regard, liturgical law recalls—and I myself have recently reaffirmed—the importance of moments of silence both in the celebration of Mass and in Eucharistic adoration. The way that the ministers and the faithful treat the Eucharist should be marked by profound respect. The presence of Jesus in the tabernacle must be a kind of *magnetic pole* attracting an ever greater number of souls enamoured of him, ready to wait patiently to hear his voice and as it were, to sense the beating of his heart. “O taste and see that the Lord is good!” (Ps 34:8)

During this year *Eucharistic adoration outside Mass* should become a particular commitment for individual parish and religious communities. Let us take the time to kneel before Jesus present in the Eucharist, in order to make reparation by our faith and love for the acts of carelessness and neglect, and even the insults, which our Saviour must endure in many parts of the world. Let us deepen through adoration our personal and communal contemplation, drawing upon aids to prayer inspired by the word of God and the experience of so many mystics, old and new. The Rosary itself, when it is profoundly understood in the biblical and christocentric form, which I recommended in the Apostolic Letter *Rosarium Virginis Mariae*, will prove a particularly fitting introduction to Eucharistic contemplation, a contemplation carried out with Mary as our companion and guide.

This year let us also celebrate with particular devotion the Solemnity of *Corpus Christi*, with its traditional procession. Our faith in the God who took flesh in order to become our companion along the way needs to be everywhere proclaimed, especially in our streets and homes, as an expression of our grateful love and as an inexhaustible source of blessings.

Apostolic Letter *Mane Nobiscum Domine*
Pope John Paul II
October 7, 2004

Dedicated To Jesus

St. Ignatius Loyola (1491-1556)

Lord Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your love and your grace are wealth enough for me. Give me these Lord Jesus, and I ask for nothing more. Amen.

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Visit to the Blessed Sacrament Before Meditation

John Henry Cardinal Newman (1801-1890)

I place myself in the presence of Him, in whose Incarnate Presence I am before I place myself there. I adore You, O my Savior, present here as God and as man, in soul and in body, in true flesh and blood. I acknowledge and confess that I kneel before that Sacred Humanity, which was conceived in Mary's womb, and lay in Mary's bosom; which grew up to twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the cross, lay in the tomb, rose from the dead, and now reigns in heaven. I praise, and bless, and give myself wholly to Him, who is the true Bread of my soul, and my everlasting joy.

How Good It Is to Love You

Saint Jean-Baptiste Marie Vianney (1786-1859)

My Jesus, from all eternity you were pleased to give yourself to us in love. And you planted within us a deep spiritual desire that can only be satisfied by yourself. I may go from here to the other end of the world, from one country to another, from riches to greater riches, from pleasure to pleasure, and still I shall not be content. All the world cannot satisfy the immortal soul. It would be like trying to feed a starving man with a single grain of wheat. We can only be satisfied by setting our hearts, imperfect as they are, on you. We are made to love you; you created us as your lovers. It sometimes happens that the more we know a neighbor, the less we love him. But with you it is quite the opposite. The more we know you, the more we love you. Knowledge of you kindles such a fire in our souls that we have no energy left for worldly desires. My Jesus, how good it is to love you. Let me be like your disciples on Mount Tabor, seeing nothing else but you. Let us be like two bosom friends, neither of whom can ever bear to offend the other.

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Meaning of the Eucharist

Since it was the will of God's only-begotten Son that human beings should share in His Divinity, He assumed our nature in order that by becoming Human He might make humans gods. Moreover, when He took our flesh He dedicated the whole of its substance to our salvation.

He offered His Body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed His Blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin.

But to ensure that the memory of so great a gift would abide with us for ever, He left His Body as food and His Blood as drink for the faithful to consume in the form of bread and wine.

O precious and wonderful banquet, that brings us salvation and contains all sweetness! Could anything be of more intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ Himself, the true God, is set before us as our food. What could be more wonderful than this?

No other Sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may benefit all.

Yet, in the end, no one can fully express the sweetness of this Sacrament, in which spiritual delight is tasted at its source, and in which we renew the memory of that surpassing love for us, which Christ revealed in His passion.

It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this Sacrament at the Last Supper. As He was on the point of leaving the world to go to the Father, after celebrating the Passover with His disciples, He left it as a perpetual Memorial of His Passion.

It was the fulfillment of ancient figures and the greatest of all His miracles, while for those who were to experience the sorrow of His departure, it was destined to be a unique and abiding consolation.

St. Thomas Aquinas

Prayer for a Visit to the Blessed Sacrament

Saint Alphonsus Liguori (1696-1787)

My Lord Jesus Christ, who for the love which You bear us, remain night and day in this Sacrament full of compassion and love, awaiting, calling, and welcoming all who come to visit You, I believe that You are present in the Sacrament of the Altar. I adore You from the abyss of my nothingness, and I thank You for all the graces which You have bestowed upon me and in particular for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary as my Advocate, and for having called me to visit You in this church. I now salute Your most loving Heart; and this for three ends: first, in thanksgiving for this great gift; secondly, to make amends to You for all the outrages which You receive in this Sacrament from all Your enemies; thirdly, I intend by this visit to adore You in all the places on earth in which You are present in this Sacrament and in which You are the least reserved and the most abandoned. My Jesus, I love You with all my heart. I grieve for having hitherto so many times offended Your infinite goodness. I purpose by Your grace never more to offend You for the time to come. And now, miserable and unworthy though I be, I consecrate myself to You without reserve; I give You renounce my entire will, affections, my desires, and all that I possess. Henceforward, dispose of me and of all that I have as You please. All that I ask of You and desire is Your holy love, final perseverance and the perfect accomplishment of Your will. I recommend to You the souls in Purgatory, and especially those who had the greatest devotion to the most Blessed Sacrament, and to the most Blessed Virgin Mary. I also recommend to You all poor sinners. Finally, my dear Savior, I unite all my affections with the affections of Your most loving Heart, and I offer them, thus united, to Your Eternal Father, and beseech Him in Your name to vouchsafe for Your love, to accept and grant them. Amen.

Prayer Before the Reception of the Eucharist

O Lord Jesus Christ, Son of the Living God, who according to the will of the Father and with the cooperation of the Holy Spirit hast by Thy death given life unto the world, I adore and revere this Thy holy Body and this Thy holy Blood which was given over and poured forth for the many unto the remission of sins. O merciful Lord, I beg of Thy mercy that through the power of this sacrament Thou wilt make me one of that many. Through faith and love make me feel the power of these sacraments so I may experience their saving power. Absolve and free from all sin and punishment of sin Thy servants, Thy handmaidens, myself, all who have confessed their sins to me, those whom I have promised or am obliged to pray for, and so too those who themselves hope or beg to be helped by my prayers with Thee. Make our Church rejoice in Thy constant protection and consolation. Amen.

Saint Anselm

Support For Families

O Living Bread, that came down from heaven to give life to the world! O loving shepherd of our souls, from your throne of glory whence, a "hidden God", you pour out your grace upon families and peoples, we commend to you particularly the sick, the unhappy, the poor and all who beg for food and employment, imploring for all and every one the assistance of your providence; we commend to you the families, so that they may be fruitful centers of Christian life. May the abundance of your grace be poured over all.

Pope John XXIII

Food For Service

O Jesus, present in the Sacrament of the altar, teach all the nations to serve you with willing hearts, knowing that to serve God is to reign. May your sacrament, O Jesus, be light to the mind, strength to the will, joy to the heart. May it be the support of the weak, the comfort of the suffering, the wayfaring bread of salvation for the dying and for all the pledge of future glory. Amen.

Pope John XXIII

O Sacrum Convivium

Saint Thomas Aquinas (1225-1274)

*O sacrum convivium,
in quo Christus sumitur;
recolitur memoria passionis eius:
mens impletur gratia:
et futurae gloriae nobis pignus datur.*

O sacred Banquet, wherein Christ is received; the memory of His Passion is renewed, the mind is filled with grace, and the pledge of future glory is given unto us.

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus.
Blessed be His most Sacred Heart.
Blessed be His most Precious Blood.
Blessed be Jesus in the most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary, most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste Spouse.
Blessed be God in His angels and in His saints.

Aníma Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds conceal me.
Do not permit me to be parted from you.
From the evil foe protect me.
At the hour of my death call me.
And bid me come to you,
to praise you with all your saints
for ever and ever.
Amen.

En Ego, O Bone et Dulcissime Lesu

Here,
O good and gentle Jesus,
I kneel before you,
and with all the fervor of my soul
I pray that you engrave within my heart
lively sentiments of faith, hope, and love,
true repentance for my sins,
and a firm purpose of amendment.
While I see and I ponder your five wounds
with great affection and sorrow in my soul,
I have before my eyes those words of yours
that David prophesied about you:
"They have pierced my hands and feet;
I can count all my bones." (Ps 22, 17)
Amen.

Act of Adoration

We adore You, Most Holy Lord, Jesus Christ, here and in all the churches of the whole world, and we bless You because by Your Cross You have redeemed the world. Have mercy on us.

St. Francis of Assisi

Act of Faith in The Divine Eucharist

I believe in my heart and openly profess that the bread and wine which are placed upon the altar are by the mystery of the sacred prayer and the words of the Redeemer substantially changed into the true and life-giving Flesh and Blood of Jesus Christ Our Lord and after the Consecration there is present the true Body of Christ which was born of the Virgin Mary and offered up for the salvation of the world, hung upon the Cross, and now sits at the right hand of the Father and there is present the true Blood of Christ which flowed from his side. They are present not only by means of a sign and of the efficacy of the Sacrament, but also in the very reality and truth of their nature and substance. Amen.

Saint Gregory VII

Desire For Closer Union

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger and feed upon you so that my soul may be filled with the sweetness of your presence. May my soul thirst for you, who are the source of life, wisdom, knowledge, light and all the riches of God our Father. May I always seek and find you, think upon you, speak to you and do all things for honor and glory of your holy name. Be always my only hope, my peace, my refuge and my help in whom my heart is rooted so that I may never be separated from you.

Saint Bonaventure

Litany of the Most Precious Blood

Jesus, priest and victim	have mercy on us
Jesus, true Shepherd	have mercy on us
Jesus, true Light	have mercy on us
Jesus, bread of heaven	have mercy on us
Jesus, bread of life	have mercy on us
Jesus, bread of thanksgiving	have mercy on us
Jesus, life-giving bread	have mercy on us
Jesus, holy manna	have mercy on us
Jesus, new covenant	have mercy on us
Jesus, food for everlasting life	have mercy on us
Jesus, food for our journey	have mercy on us
Jesus, holy banquet	have mercy on us
Jesus, true sacrifice	have mercy on us
Jesus, perfect sacrifice	have mercy on us
Jesus, eternal sacrifice	have mercy on us
Jesus, divine Victim	have mercy on us
Jesus, Mediator of the new covenant	have mercy on us
Jesus, mystery of the altar	have mercy on us
Jesus, medicine of immortality	have mercy on us
Jesus, pledge of eternal glory	have mercy on us
Jesus, Lamb of God, you take away the sins of the world:	have mercy on us
Jesus, Bearer of our sins, you take away the sins of the world:	have mercy on us
Jesus, Redeemer of the world, you take away the sins of the world:	have mercy on us
Christ, hear us	Christ, hear us
Christ, graciously hear us	Christ, graciously hear us
Lord Jesus, hear our prayer	Lord Jesus, hear our prayer

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
God our Father in heaven	have mercy on us
God the Son, Redeemer of the world	have mercy on us
God the Holy Spirit	have mercy on us
Holy Trinity, one God	have mercy on us
Blood of Christ, only Son of the Father	be our salvation
Blood of Christ, incarnate Word	be our salvation
Blood of Christ, the new and eternal covenant	be our salvation
Blood of Christ, that spilled to the ground	be our salvation
Blood of Christ, that flowed at the scourging	be our salvation
Blood of Christ, dripping from the thorns	be our salvation
Blood of Christ, shed on the cross	be our salvation
Blood of Christ, the price of our redemption	be our salvation
Blood of Christ, our only claim to pardon	be our salvation
Blood of Christ, our blessing cup	be our salvation
Blood of Christ, in which we are washed	be our salvation
Blood of Christ, torrent of mercy	be our salvation
Blood of Christ, that overcomes evil	be our salvation
Blood of Christ, strength of the martyrs	be our salvation
Blood of Christ, endurance of the saints	be our salvation
Blood of Christ, that makes the barren fruitful	be our salvation
Blood of Christ, protection of the threatened	be our salvation
Blood of Christ, comfort of the weary	be our salvation
Blood of Christ, solace of the mourner	be our salvation
Blood of Christ, hope of the repentant	be our salvation
Blood of Christ, consolation of the dying	be our salvation
Blood of Christ, our peace and refreshment	be our salvation
Blood of Christ, our pledge of life	be our salvation
Blood of Christ, by which we pass to glory	be our salvation

Blood of Christ, most worthy of honor
Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world
Lord, you redeemed us by your blood

be our salvation
have mercy on us
have mercy on us
have mercy on us
You have made us
a Kingdom to serve
our God.

Let us pray.

Father, by the blood of your Son you have set us free and saved us from death. Continue your work of love within us, that by constantly celebrating the mystery of our salvation we may reach the eternal life it promises.

We ask this through Christ our Lord. Amen.

Litany of the Holy Name of Jesus

Lord, have mercy
Christ, have mercy
Lord, have mercy
God our Father in heaven
God the Son
Redeemer of the world
God the Holy Spirit
Holy Trinity, one God
Jesus, Son of the living God
Jesus, splendor of the Father
Jesus, brightness of everlasting light
Jesus, king of glory
Jesus, dawn of justice
Jesus, Son of the Virgin Mary
Jesus, worthy of our love
Jesus, worthy of our wonder
Jesus, mighty God

Lord, have mercy
Christ, have mercy
Lord, have mercy
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
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have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us

Litany of the Holy Eucharist

Lord, have mercy
Christ, have mercy
Lord, have mercy
Jesus, the Most High
Jesus, the holy One
Jesus, Word of God
Jesus, only Son of the Father
Jesus, Son of Mary
Jesus, crucified for us
Jesus, risen from the dead
Jesus, reigning in glory
Jesus, coming in glory
Jesus, our Lord
Jesus, our hope
Jesus, our peace
Jesus, our Savior
Jesus, our salvation
Jesus, our resurrection
Jesus, Judge of all
Jesus, Lord of the Church
Jesus, Lord of creation
Jesus, Lover of all
Jesus, life of the world
Jesus, freedom for the imprisoned
Jesus, joy of the sorrowing
Jesus, giver of the Spirit
Jesus, giver of good gifts
Jesus, source of new life
Jesus, Lord of life
Jesus, eternal high priest

Lord, have mercy
Christ, have mercy
Lord, have mercy
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
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have mercy on us
have mercy on us
have mercy on us
have mercy on us

Heart of Jesus, generous to all who turn to you	have mercy on us
Heart of Jesus, fountain of life and holiness	have mercy on us
Heart of Jesus, atonement for our sins	have mercy on us
Heart of Jesus, overwhelmed with insults	have mercy on us
Heart of Jesus, broken for our sins	have mercy on us
Heart of Jesus, obedient even to death	have mercy on us
Heart of Jesus, pierced by a lance	have mercy on us
Heart of Jesus, source of all consolation	have mercy on us
Heart of Jesus, our life and resurrection	have mercy on us
Heart of Jesus, our peace and reconciliation	have mercy on us
Heart of Jesus, victim of our sins	have mercy on us
Heart of Jesus, salvation of all who trust in you	have mercy on us
Heart of Jesus, hope of all who die in you	have mercy on us
Heart of Jesus, delight of all the saints	have mercy on us
Lamb of God, you take away the sins of the World	have mercy on us
Lamb of God, you take away the sins of the World	have mercy on us
Lamb of God, you take away the sins of the World	have mercy on us
Jesus, gentle and humble of heart.	Touch our hearts and make them like your own.

Let us pray.

Father, we rejoice in the gifts of love we have received from the heart of Jesus you Son. Open our hearts to share his life and continue to bless us with his love. We ask this in the name of Jesus the Lord. Amen.

Jesus, father of the world to come	have mercy on us
Jesus, prince of peace	have mercy on us
Jesus, all-powerful	have mercy on us
Jesus, pattern of patience	have mercy on us
Jesus, model of obedience	have mercy on us
Jesus, gentle and humble of heart	have mercy on us
Jesus, lover of chastity	have mercy on us
Jesus, lover of us all	have mercy on us
Jesus, God of peace	have mercy on us
Jesus, author of life	have mercy on us
Jesus, model of goodness	have mercy on us
Jesus, seeker of souls	have mercy on us
Jesus, our God	have mercy on us
Jesus, our refuge	have mercy on us
Jesus, father of the poor	have mercy on us
Jesus, treasure of the faithful	have mercy on us
Jesus, Good Shepherd	have mercy on us
Jesus, the true light	have mercy on us
Jesus, eternal wisdom	have mercy on us
Jesus, infinite goodness	have mercy on us
Jesus, our way and our life	have mercy on us
Jesus, joy of angels	have mercy on us
Jesus, king of patriarchs	have mercy on us
Jesus, teacher of apostles	have mercy on us
Jesus, master of evangelists	have mercy on us
Jesus, courage of martyrs	have mercy on us
Jesus, light of confessors	have mercy on us
Jesus, purity of virgins	have mercy on us
Jesus, crown of all saints	have mercy on us

Lord, be merciful
 From all evil
 From every sin
 From the snares of the devil
 From your anger
 From the spirit of infidelity
 From everlasting death
 From neglect of your Holy Spirit
 By the mystery of your incarnation
 By your birth
 By your childhood
 By your hidden life
 By your public ministry
 By your agony and crucifixion
 By your abandonment
 By your grief and sorrow
 By your death and burial
 By your rising to new life
 By your return in glory to the Father
 By your gift of the Holy Eucharist
 By your joy and glory
 Christ, hear us
 Lord Jesus, hear our prayer

 Lamb of God, you take away the sins
 of the world
 Lamb of God, you take away the sins
 of the world
 Lamb of God, you take away the sins
 of the world

Let us pray.

Lord, may we who honor the holy name of Jesus enjoy his friendship in
 this life and be filled with eternal joy in the kingdom where he lives and
 reigns for ever and ever. Amen.

Litany of the Sacred Heart of Jesus

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
God our Father in heaven	have mercy on us
God the Son, Redeemer of the world	have mercy on us
God the Holy Spirit	have mercy on us
Holy Trinity, one God	have mercy on us
Heart of Jesus, Son of the eternal Father	have mercy on us
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother	have mercy on us
Heart of Jesus, one with the eternal Word	have mercy on us
Heart of Jesus, holy temple of God	have mercy on us
Heart of Jesus, tabernacle of the Most High	have mercy on us
Heart of Jesus, house of God and gate of heaven	have mercy on us
Heart of Jesus, aflame with love for us	have mercy on us
Heart of Jesus, source of justice and love	have mercy on us
Heart of Jesus, full of goodness and love	have mercy on us
Heart of Jesus, well-spring of all virtue	have mercy on us
Heart of Jesus, worthy of all praise	have mercy on us
Heart of Jesus, king and center of all hearts	have mercy on us
Heart of Jesus, treasure-house of wisdom and knowledge	have mercy on us
Heart of Jesus, in whom there dwells the fullness of God	have mercy on us
Heart of Jesus, in whom the Father is well pleased	have mercy on us
Heart of Jesus, from whose fullness have all received	have mercy on us
Heart of Jesus, desire of the eternal hills	have mercy on us
Heart of Jesus, patient and full of mercy	have mercy on us