

PRAYERS FOR VISITS TO THE BLESSED SACRAMENT

"I will now turn aside and see this great sight." EXODUS 3:3.

I HEAR thy voice, O Lord Jesus, saying: Come unto me, all ye that travail and are heavy-laden, and I will refresh you. I come unto thee weary and laden with my sins and with the cares and distractions of the world. Let me rest awhile in thy sacred presence; let my heart find rest in thy most Sacred Heart. Let me lie safe there and be at rest. Let nothing separate me from thee, here in this world or in the world to come. Amen.

An Act of Adoration

JESUS my Lord and my God, Son of the living God and Son of the Virgin Mary, I believe that thou art here, and I adore thee. Behind the whiteness of the Sacred Host I believe that thou art present, in all the perfection of thy Manhood and Divinity, and I adore thee. With the Angels of thy court, with thy holy Mother Mary, and with all thy Saints, I kneel in humble adoration. Jesus, my Lord, I thee adore, O make me love thee more and more. Amen.

A Prayer for Faith

I COME to thee, dear Lord, like the Apostles, saying, Increase my faith. Give me a firm and lively faith in thy real presence on the altar. Give me the faith of the beloved disciple to recognize thee and say, It is the Lord! Give me the faith of Peter to confess thee and say, Thou art the Christ, the Son of the living God! Give me the faith of Thomas, who in the end believed and said, My Lord and my God! Give me the faith of all thy Saints to whom this Sacrament has been heaven on earth. In every Communion, at every Mass, and at every visit to thee in this Sacrament, make me to increase in faith and love, and all good things will come to me. O dearest Lord, increase my faith. Amen.

A Prayer for Greater Devotion to Our Lord in the Blessed Sacrament

I BESEECH thee, O Lord, to have compassion upon me, and to inflame my heart with ardent love and zeal for thine honour and glory; make me through thy grace always so to believe and understand, to feel and firmly hold, to speak and think of the exceeding mystery of this Blessed Sacrament, as shall be well pleasing to thee and profitable to my soul. May thy Priests

continually offer up the Holy Sacrifice in the beauty of holiness, and thy people more and more with devotion and delight throng thine altars. And grant unto thy people that, worthily adoring and receiving thee upon earth, we may all finally by thy mercy be admitted to the heavenly Banquet, where thou, the Lamb which is in the midst of the throne, in unveiled majesty art perfectly worshipped and glorified by countless angels and saints for ever and ever. Amen.

Acts of Reparation

O LORD Jesus Christ, who hast willed to abide with us always in this wonderful Sacrament, thus ever glorifying thy Father by the memorial of thy Passion, and giving unto us the food of life; grant me grace to grieve with a hearty sorrow for the insults offered this holy mystery, and to repair so far as lies in my power, with sincere love, the many dishonours thou still continuest to receive in this holy Sacrament. Who livest and reignest, world without end. Amen.

O MOST patient Jesus, who for our sakes didst endure the outrages of those who crucified thee, and who still dost expose thyself in this Sacrament to the irreverence of sinful men: I bewail all the

insults which thou hast endured and dost endure and I beseech thee that thou wilt be both for me and for all men, a Propitiation with thine Almighty Father. Kindle within me and in the hearts of all thy people, such burning zeal, fervent devotion and deep reverence, that thou mayest be honoured by men everywhere in this Sacrament of love. Amen.

Prayer of Saint Alphonsus before the Blessed Sacrament

MY Lord Jesus Christ, who for the love which thou bearest to men dost remain day and night in this Sacrament, full of mercy and of love, inviting, expecting, receiving all those who come to visit thee, I believe that thou art present in the Blessed Sacrament of the altar. I adore thee, confessing my own misery and nothingness; and I thank thee for all the mercies which thou hast bestowed upon me, especially for having given me thyself in this Sacrament, for having given me thy most holy Mother Mary for my intercessor, and for having called me to visit thee at this time. I salute thy most loving Heart, and I desire to do so for three ends: 1. In thanksgiving for this great gift; 2. To atone for all the injuries thou hast received from thy enemies in this Sacrament;

3. To adore thee in all places in which thou art least honoured and most neglected in the Holy Sacrament. O my Jesus, I love thee with all my heart; I am sorry for having hitherto displeased thine infinite goodness; I resolve, with the assistance of thy grace, nevermore to offend thee; and at this moment miserable as I am, I desire to consecrate my whole being to thee. I give thee my will, my affections, my desires, and all that I have. From this day forward do with me, and whatever belongs to me, what thou pleasest; I ask and desire only thy love, the gift of final perseverance, and the perfect accomplishment of thy holy will. I recommend to thee the souls in purgatory, and I recommend to thee all poor sinners. Finally, my dear Saviour, I unite all my affections with those of thy most loving Heart; and thus united I offer them to thy eternal Father, and I beseech him, in thy Name, and for thy sake, to accept them. Amen.

Act of Desire

O MOST dear Lord Jesus Christ, graciously fill me with true, calm, holiest charity, that I may ever hunger after thee the Bread of Angels, the refreshment of holy souls. Grant that I may ever long to feed upon thee, and that my inmost soul

may be filled with the sweetness of thy savour. Grant that my soul may ever thirst for thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, and the richness of the house of God. Amen.

Acts of Praise

✠ Blessed, praised, worshipped and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar.

✠ May the Heart of Jesus in the most Blessed Sacrament be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

See Holy Hour, p. 324.



AN EVENING VISIT

For those who find it helpful to say their evening prayers before the Blessed Sacrament.

HAIL, most glorious Body and most precious Blood of my Lord and Saviour Jesus Christ, here truly present in this Sacrament. I would adore thee with that devotion and awe wherewith the choirs of angels worship and adore thee. I prostrate myself before thee in the spirit of humility, believing and professing that thou thyself, true God and true Man, art really present in the Blessed Sacrament of the Altar.

O good Jesu, I am come into thy presence. Help me to realize it. Grant me thy grace that I may worship thee in spirit and in truth. Give me faith to discern thee, hope to trust thee, and charity to love thee all the days of my life.

Act of Praise

PRAISE, honour and glory be unto thee, most blessed Lord Jesus Christ, for that thou didst institute the Sacrament of thy Body and Blood, and in a wonderful and unspeakable manner dost ever abide with thy people. May Angels and men unite to

Act of Commendation

O MY Crucified Saviour, O Blessed Jesu,
 My only hope and refuge,
 Bathe me with thy Blood,
 Clothe me with thy merit,
 Bless me with thy grace.
 By all that which is near and dear
 Unto thee, in heaven and in earth,
 O blessed Jesu Christ, bestow on me
 A happy departure of my soul
 Out of this world;
 With thy Holy Sacrament to strengthen me,
 With thy Holy Mother to pray for me,
 With thy holy Angels to guard and protect
 me.
 And thyself, O dear Jesus, to comfort me,
 And to receive me into life everlasting.
 Amen.

✠ JOY with peace, amendment of life,
 time for true repentance, the grace and
 consolation of the Holy Spirit, perseverance
 in good works, a contrite and humble heart,
 and a happy consummation of my life, grant
 me, O Almighty and merciful Lord. Amen.

SWEET Sacrament of Jesus!
 Our day of praise is done,
 And now the shadows lengthen
 As sinks the setting sun.

Refrain

O Jesus keep us safely
 Until the morning light,
 Farewell until tomorrow—
 Sweet Sacrament, good night!

Grant that we may remember
 The blessings of today;
 May nights of peaceful slumber
 Give us more power to pray.

May Angels watch and guard us
 According to thy will,
 The prayers of Mother Mary
 Preserve our souls from ill.

Sweet Sacrament of Jesus!
 Be with us to the end,
 Our Saviour and our Brother,
 Our God, and dearest Friend.

The Night Litany (p. 22) is especially appropriate for use in an evening visit to the Blessed Sacrament.

sing thy praise, and give unceasing thanks for thy great goodness.

O all ye works of the Lord, bless ye the Lord, praise him and magnify him for ever.

O ye angels of the Lord, O ye Spirits and Souls of the Righteous, O ye Priests of the Lord, Praise him and exalt him and magnify him for ever. Amen.

Prayer for Light and Guidance

O MOST blessed Light and Lamp of Souls, who dwellest in the light that no man can approach, and who lighteth every man that cometh into the world: send forth thy light from the everlasting hills that I may see my whole self truly in thy light.

Let me not shrink from seeing anything in me now, that so I may be purified to see thy face with joy hereafter; who livest and reignest, world without end.

Now go over the day just past. Receive each thing, small or great, which has brought you joy, from the hand of Jesus and lift your heart to him in thanksgiving. Try to understand each sorrow and pain and ask Jesus to show you how to use it as part of his Cross for your own advancement and for the redemption of the world. Confess each failure and sin humbly and honestly and ask Jesus to forgive you.

Act of Contrition

O MERCIFUL Jesus, ever present on our altars and with a Heart open to receive all who travail and are heavy laden; O Sacred Heart of Jesus, source of true contrition, give to my heart the spirit of sincere repentance, and to my eyes a fountain of tears, that I may bewail my own sins, and the sins of the world, especially those committed against thee in the Sacrament of the altar, since its first institution until now.

OUR Father.

HAIL, Mary.

An Act of Intercession

DEAR Lord Jesus,
 I believe that thou art here
 In thy holy Sacrament.
 Make me to love thee and believe in thee
 All the days of my life.
 Bless my father and my mother,
 My relations and my friends,
 My teachers and my priests,
 The sick and the suffering,
 And all the holy dead;
 For thy dear sake. Amen.

LITANY OF THE BLESSED SACRAMENT

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Christ, hear us.

Christ, graciously hear us.

God the Father,

God the Son,

God the Holy Ghost,

Holy Trinity, One God,

Blessed Jesus, God and Man,

Jesu, whom the heavens cannot contain,
yet art really present on our altars,

Jesu, adored by the heavenly hosts, yet
accepting our praises,

Jesu, veiling thy majesty, that we may
draw nigh to thee,

Jesu, Bread of Life, whom whoso eateth
lives for ever,

Jesu, Good Shepherd, laying down thy life
for thy sheep,

Jesu, giving us thine own Flesh and
Blood, under the forms of bread and
wine,

Jesu, becoming one with us in this Holy
Sacrament,

Jesu, thyself both Priest and Sacrifice,

Have mercy, O Lord,

And pardon our sins.

Have mercy, O Lord,

And renew our souls.

Have mercy upon us.

From measuring thy omnipotence by our
weak understanding,
From doubts, distractions, and irreverence,
From unworthy and unfruitful receiving,
From coldness, hardness of heart, and in-
gratitude,
By thy blessed Body, really present in the
Holy Communion,
By thy Precious Blood, really present in
the Cup of Blessing,

Good Lord, deliver us.

We sinners beseech thee to hear us, that
we may believe all thy truths revealed
to us,
That we may acknowledge our absolute
subjection to thy will,
That we may thankfully adore thy good-
ness,
That we may gratefully respond to thy
gracious invitations,
That we may approach this ineffable
mystery in perfect charity with all the
world,
That receiving thy most sacred Body and
Blood, our souls may dissolve in rever-
ence and love,
That returning from this great sacrament,
our hearts may continue recollected in
thee,
That we may be healed of all infirmities,
and strengthened against all relapses,
That as we now adore thee veiled in
Mystery, we may hereafter see thee
face to face,

Hear us, O Lord.

Lamb of God, that takest away the sins of the
world,

Spare us, O Lord.

Lamb of God, that takest away the sins of the world,

Hear us, O Lord.

Lamb of God, that takest away the sins of the world,

Have mercy upon us.

Let us pray.

O God, who under a wonderful Sacrament hast left us a Memorial of Thy Passion; grant us, we beseech thee, so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption. Who livest and reignest, world without end. Amen.

LITANY OF REPARATION TO THE BLESSED SACRAMENT

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

God the Father, of heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

Sacred Victim, offered for the sins of the world,

Sacred Victim, consumed on the altar by us and for us,

Sacred Victim, outraged by the blasphemies of sinful men,

Sacred Victim, neglected and abandoned in thine own dear sacrament,

Have mercy upon us.

Be merciful.

Spare us, O Lord.

Be merciful.

Hear us, O Lord.

For so many unworthy Communions,
For the great irreverence of Christians,
For the continual blasphemies of the im-
pious,
For the carelessness and neglect of priests
and people,
For the unbelief of those who discern
thee not,

*We offer our re-
paration, O Lord.*

We beseech thee to hear us, Good Lord,
that thou wouldest have mercy upon
us, and spare us,
That thou wouldest accept our sorrow and
humility,
That thou wouldest increase faith and rev-
erence in all people,
That thou wouldest endue all with zeal for
thy honour and glory,
That thou wouldest incline all hearts to
worship and receive thee worthily,
That thou wouldest make known to all thy
love in this holy sacrament,

We beseech thee to hear us.

Lamb of God, that takest away the sins of the
world,

Spare us, O Lord.

Lamb of God, that takest away the sins of the
world,

Hear us, O Lord.

Lamb of God, that takest away the sins of the
world,

Have mercy upon us.

Let us pray.

O Lord Jesus Christ, who for our salvation
didst endure the outrages of those who crucified

thee, and now endurest the irreverence of those who discern thee not, rather than withhold thy sacred presence from our altars; grant us grace to bewail the indignities committed against thee; and to repair, as far as lies in our power, and with devout love, the many dishonours thou still continuest to receive in this adorable mystery. Who livest and reignest, world without end. Amen.

THE STATIONS OF THE CROSS

From the earliest times Christians flocked to the Holy Land to visit the places sanctified by the events in our Lord's earthly life. Especially popular was the pilgrimage along the path our Lord took on the first Good Friday. This pilgrimage was made with great devotion, the procession stopping (or making "stations") for prayer and meditation at the various traditional points where special events took place. For those who were unable to visit the Holy Land, the custom arose throughout Europe of setting up replicas of the different incidents along the Way of Sorrow, so that the faithful could make spiritual pilgrimages. After a long development, these little shrines became restricted to fourteen and it is now customary to set them up along the walls of Christian churches.

This devotion is primarily a private one for the use of individuals, but it is customary in Lent, and at other times, for the people to make the Stations in common. No official prayers have ever been prescribed for this devotion, whether in private or in public. It is only necessary that there be a movement from one Station to another and that the people meditate, however briefly, on each particular incident. Many unofficial devotions have been written, however.