

Devotions to the Blessed Sacrament

Act of Spiritual Communion

By St. Alphonsus de Liguori

MY Jesus, I believe that Thou art truly present in the Most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there, and unite myself wholly to Thee; never, never permit me to be separated from Thee.

Jesus, my sweet love, wound, inflame this heart of mine, so that it may be always and all on fire for Thee.

Visits to the Blessed Sacrament

When entering the church, genuflect before the tabernacle and say:

DOWN in adoration falling,
Lo! the Sacred Host we hail!

When genuflecting on leaving the church, say:

WE adore and praise Thee, most holy Lord Jesus Christ,
because by Thy holy Cross Thou hast redeemed the world.

Prayer to Jesus in the Tabernacle

DEAR Jesus, present in the Sacrament of the altar, be forever thanked and praised. Love, worthy of all celestial and terrestrial love, Who, out of infinite love for me, ungrateful sinner, didst assume our human nature, shed Thy most precious Blood in the cruel scourging, and didst expire on a shameful Cross for our eternal welfare!

Now, illumined with lively faith, with the outpouring of my whole soul and the fervour of my heart, I humbly beseech Thee, through the infinite merits of Thy painful sufferings, give me strength and courage to destroy every evil passion which sways my heart, to bless Thee in my greatest afflictions, to glorify Thee by the exact fulfilment of all my duties, supremely to hate all sin, and thus to become a saint.

Prayer of St. Therese

VEILED in the white Host, O my Well-beloved, how weak and humble of heart dost Thou show Thyself to me! Thou couldst not stoop lower to teach me humility, and I, to respond to Thy love, desire to put myself in the lowest place and share Thy humiliations, that I may have part with Thee in the kingdom of Heaven.

I beseech Thee, my Jesus, to send me some humiliations each time that I shall attempt to put myself above others.

Hymn of St. Thomas Aquinas

Our Lord in the Tabernacle

HUMBLY I adore Thee, hidden Deity,
Which beneath these figures art concealed from me;
Wholly in submission Thee my spirit hails,
For in contemplating Thee it wholly fails.

Taste and touch and vision in Thee are deceived:
But the hearing only may be well believed:
I believe whatever God's own Son declared:
Nothing can be truer than Truth's very Word.

On the Cross lay hidden but Thy Deity:
Here is also hidden Thy Humanity:
But in both believing and confessing, Lord,
Ask I what the dying thief of Thee implored.

Though Thy Wounds, like Thomas, I behold not now,
Thee my Lord confessing, and my God, I bow:
Let my spirit ever eat of Thee and live,
And the blest fruition of Thy sweetness give!

O most sweet memorial of His death and woe,
Living Bread, which givest life to man below,
Let my spirit every eat of Thee and live,
And the blest fruition of Thy sweetness give!

Pelican of mercy, Jesus, Lord and God,
Cleanse me, wretched sinner, in Thy Precious Blood:
Blood, whereof one drop for humankind outpoured
Might from all transgression have the world restored.

Jesus, Thou, Whom thus veil'd, I must see below,
When shall that be given which I long for so,
That at last beholding Thy uncover'd Face,
Thou wouldst satisfy me with Thy fullest grace.
Amen.

Prayer Before the Blessed Sacrament

By St. Alphonsus de Liguori

OLORD Jesus Christ, Who, through the love which Thou bearest to men, dost remain with them day and night in this Sacrament, full of mercy and of love, expecting, inviting, and receiving all who come to visit Thee; I believe that Thou art present in the Sacrament of the altar. From the abyss of my nothingness I adore Thee; and I thank Thee for the favours which Thou hast bestowed upon me, particularly for having given me Thyself in this Sacrament, for having given me for my advocate Thy most holy Mother Mary, and for having called me to visit Thee in this church.

I, this day, salute Thy most loving Heart, and I wish to salute it for three ends: first, in thanks-giving for this great gift; secondly, in reparation for all the injuries Thou hast received from Thine enemies in this Sacrament; thirdly, I wish, by this visit, to adore Thee in all places in which Thou art least honoured and most abandoned in the Holy Sacrament.

My Jesus, I love Thee with my whole heart. I am sorry for having hitherto offended Thine infinite goodness. I purpose, with the assistance of Thy grace, nevermore to offend Thee; and, at this moment, miserable as I am, I consecrate my whole being to Thee. I give Thee my entire will, all my affections and desires, and all I have. I ask and desire only Thy holy love, the gift of final perseverance, and the perfect accomplishment of Thy will. I recommend to Thee the souls in Purgatory, particularly those who were most devoted to the Blessed Sacrament and to most Holy Mary; and I also recommend to Thee all poor sinners. Finally, my dear Saviour, I unite all my affections with the affections of Thy most loving Heart; and, thus united, I offer them to Thy Eternal Father; and I entreat Him, in Thy Name, and for Thy sake, to accept them. Amen.

Invocations

JESUS, my God, here present in the Sacrament of Thy love, I adore Thee.

WE adore Thee, Thou true Bread of angels.

PRAISED and adored forever be the most holy Sacrament.

O JESUS, in the most holy Sacrament, have mercy on us.

THOU art Christ, the Son of the living God.

Prayer of Reparation to the Eucharistic Heart of Jesus

(Bp. Athanasius Schneider)

My God, I believe, I adore, I trust, and I love You! I ask pardon for those who do not believe, do not adore, do not trust and do not love You. (3 times)

O Divine Eucharistic Heart of Jesus, behold us prostrate with a contrite and adoring heart before the majesty of Your redeeming love in the Most Blessed Sacrament. We declare our readiness to atone by voluntary expiation, not only for our own personal offenses, but in particular for the unspeakable outrages, sacrileges, and indifferences by which You are offended in the Most Blessed Sacrament of Your Divine love in this our time, especially through the practice of Communion in the hand and the reception of Holy Communion in a state of unbelief and mortal sin.

The more unbelief attacks Your Divinity and Your Real Presence in the Eucharist, the more we believe in You and adore You, O Eucharistic Heart of Jesus, in Whom dwells all the fullness of the divinity!

The more Your sacraments are outraged, the more firmly we believe in them and the more reverently we want to receive them, O Eucharistic Heart of Jesus, fountain of life and holiness!

The more Your Most Blessed Sacrament is denigrated and blasphemed, the more we proclaim solemnly: "My God, I believe, I adore, I trust, and I love You! I ask pardon for

for those who do not believe, do not adore, do not trust and do not love You," O Eucharistic Heart of Jesus, most worthy of all praise!

The more You are abandoned and forgotten in Your churches, the more we want to visit You, who are dwelling amongst us in the tabernacles of our churches, O Eucharistic Heart of Jesus, House of God and Gate of Heaven!

The more the celebration of the Eucharistic Sacrifice is deprived of its sacredness, the more we want to support a reverent celebration of Holy Mass, exteriorly and interiorly oriented towards You, O Eucharistic Heart of Jesus, Tabernacle of the Most High!

The more You are received in the hand of standing communicants, in a manner lacking a sign of humility and adoration, the more we want to receive You kneeling and on the tongue, with the lowliness of the publican and the simplicity of an infant, O Eucharistic Heart of Jesus, of infinite majesty!

The more You are received in Holy Communion by uncleansed hearts in the state of mortal sin, the more we want to do acts of contrition and cleanse our heart with a frequent reception of the Sacrament of Penance, O Eucharistic Heart of Jesus, our Peace and Reconciliation!

The more hell works for the perdition of souls, the more may our zeal for their salvation burn by the fire of Your love, O Eucharistic Heart of Jesus, salvation of those who hope in You!

The more the diversity of religions is declared as the positive will of God and as a right based in human nature, and the more doctrinal relativism grows, the more we intrepidly confess that You are the only Saviour of mankind and the only way to God the Father, O Eucharistic Heart of Jesus, King and centre of all hearts!

The more Church authorities continue to be unrepentant about the display of pagan idols in churches, and even in Rome, the more we will confess the truth: "What agreement has the temple of God with idols?" (2 Cor. 6:16), the more we will condemn with You "the abomination of desolation, standing in the holy place" (Matt. 24:15), O Eucharistic Heart of Jesus, holy Temple of God!

The more Your holy commandments are forgotten and transgressed, the more we want to observe them with the help of Your grace, O Eucharistic Heart of Jesus, abyss of all virtues!

The more sensuality, selfishness, and pride reign amongst men, the more we want to dedicate our lives to You in the spirit of sacrifice and self-abnegation, O Eucharistic Heart of Jesus, overwhelmed with reproaches!

The more violently the gates of hell storm against Your Church and the rock of Peter in Rome, the more we believe in the indestructibility of Your Church, O Eucharistic Heart of Jesus, source of all consolation, who do not abandon Your church and the rock of Peter even in the heaviest storms!

The more people separate from each other in hatred, violence, and selfishness, the more intimately we as members of the one family of God in the Church want to love each other in You, O Eucharistic Heart of Jesus, full of goodness and love!

O Divine Eucharistic Heart of Jesus, grant us Your grace, that we may be faithful and humble adorers, lovers, defenders, and consolers of Your Eucharistic Heart in this life, and come to receive the glories of Your love in the beatific vision for all eternity.

Amen.

My God, I believe, I adore, I trust, and I love You! I ask pardon for those who do not believe, do not adore, do not trust and do not love You. (3 times)

Our Lady of the Blessed Sacrament, pray for us!

St. Thomas Aquinas, St. Peter Julian Eymard, St. Francisco Marto, St. Padre Pio, and all Eucharistic Saints, pray for us!

Litany of the Most Blessed Sacrament

(Private use only)

Lord, have mercy on us. (Lord have mercy on us.)

Christ, have mercy on us. (Christ have mercy on us.)

Lord, have mercy on us. (Lord, have mercy on us.)

Christ, hear us. (Christ, hear us.)

Christ, graciously hear us. (Christ, graciously hear us.)

God the Father of heaven, (have mercy on us.)

God the Son, Redeemer of the world, (have mercy on us.)

God the Holy Ghost, (have mercy on us.)

Holy Trinity, one God, (have mercy on us.)

Living Bread, that came down from Heaven, (* have mercy on us.)

Hidden God and Saviour, (*)

Wheat of the elect, (*)

Wine of which virgins are the fruit, (*)

Bread of fatness and royal dainties, (*)

Perpetual Sacrifice, (*)

Clean oblation, (*)

Lamb without spot, (*)

Most pure feast, (*)

Food of angels, (*)

Hidden manna, (*)

Memorial of the wonders of God, (*)

Super-substantial Bread, (*)

Word made Flesh, dwelling in us, (*)

Sacred Host, (*)

Chalice of benediction, (*)

Mystery of Faith, (*)

Most high and adorable Sacrament, (*)

Most holy of all sacrifices, (*)

True Propitiation for the living and the dead, (*)

Heavenly antidote against the poison of sin, (*)

Most wonderful of all miracles, (*)

Most holy Commemoration of the Passion of Christ, (*)

Gift transcending all fullness, (*)

Special Memorial of divine love, (*)

Affluence of divine bounty, (*)

Most august and holy Mystery, (*)

Medicine of immortality, (*)

Tremendous and life-giving Sacrament, (*)

Bread made Flesh by the omnipotence of the Word, (*)

Unbloody Sacrifice, (*)

At once our Feast and our Guest, (*)

Sweetest Banquet, at which angels minister, (*)

Sacrament of piety, (*)

Bond of charity, (*)

Priest and Victim, (*)

Spiritual Sweetness tasted in its proper source, (*)

Refreshment of holy souls, (*)

Viaticum of such as die in the Lord, (*)

Pledge of future glory, (*)

Be merciful, (Spare us, O Lord.)

Be merciful, (Graciously hear us, O Lord.)

From an unworthy reception of Thy Body and Blood, (^ O Lord, deliver us.)

From the lust of the flesh, (^)

From the lust of the eyes, (^)

From the pride of life, (^)

From every occasion of sin, (^)

Through the desire with which Thou didst long to eat this Passover with Thy disciples,
(^)

Through that profound humility with which Thou didst wash their feet, (^)

Through that ardent charity by which Thou didst institute this Divine Sacrament, (^)

Through Thy Precious Blood, which Thou didst leave us on our altars, (^)

Through the five wounds of this Thy most holy Body, which Thou didst receive for us,
(^)

We sinners, (~ we beseech Thee, hear us.)

That Thou wilt preserve and increase our faith, reverence, and devotion toward this
admirable Sacrament, (~)

That Thou wilt conduct us, through a true confession of our sins, to a frequent reception of the Holy Eucharist, (~)

That Thou wilt deliver us from all heresy, perfidy, and blindness of heart,

That Thou wilt impart to us the precious and heavenly fruits of this most holy Sacrament, (~)

That at the hour of death Thou wilt strengthen and defend us by this heavenly Viaticum, (~)

Son of God, (~)

Lamb of God, Who takest away the sins of the world, (spare us, O Lord.)

Lamb of God, Who takest away the sins of the world, (graciously hear us. O Lord.)

Lamb of God, Who takest away the sins of the world, (have mercy on us.)

V/. Christ, hear us.

R/. Christ, graciously hear us.

V/. Thou didst give them Bread from Heaven, Alleluia.

R/. Containing in Itself all sweetness. Alleluia.

Let us pray.

O God, Who in this wonderful Sacrament hast left us a memorial of Thy Passion, grant us the grace, we beseech Thee, so to venerate the Sacred Mysteries of Thy Body and Blood, that we may ever continue to feel within ourselves the blessed fruit of Thy Redemption, Who livest and reignest, God forever and ever. Amen.