

Diocese of Rochester
as part of the
National Eucharistic Revival



Prayers Before the
Blessed Sacrament



Prayer for the Revival

Our Lady of Fatima

My God, I believe, I adore, I hope and I love you! I beg pardon for those who do not believe, nor adore, nor hope, nor love you.

Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world in reparation for the outrages, sacrileges and indifference by which He is offended. And, through the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg of You the conversion of sinners.

Additional resources can be found at:
eucharisticrevival.dor.org
or
eucharisticrevival.org

Table of Contents

Praying with the Blessed Sacrament	1
Our Father	2
Hail Mary	2
Glory Be	2
Apostles' Creed	2
O Sacrum Convivium	3
The Divine Praises	3
Anima Christi	3
Acts of Faith, Hope, and Love	4
Act of Adoration	4
Prayer Before the Reception of the Eucharist	4
Litany of the Holy Name of Jesus	6
Litany of the Holy Eucharist	7
The Real Presence of Jesus	8
Prayer before the Blessed Sacrament	8
Prayer in Full Faith	9
A Prayer for Deliverance	9
Prayer from the Coptic Liturgy	9
Hymn to the Sacred Heart of Jesus	10
Acts of Spiritual Communion	10
Eucharistic Exposition and Benediction	11

Praying with the Blessed Sacrament

From the very beginning of the Christian story, the Eucharist has been central. It has been called the Source and Summit of the Christian Life. Through the celebration of the Mass, we come to a deeper union with Christ, our Lord and Savior.

But our prayer with the Real Presence of Jesus Christ in the Blessed Sacrament does not have to end with the Mass. One true gift of our Church is that this meal for the journey is also the companion on our journey.

Through time spent in prayer with Christ we come to a deeper sense of ourselves. And yet, when one begins praying before the Blessed Sacrament it can be difficult to find a way. It can sometimes be a struggle to know what to say or how to present oneself to the Divine Creator.

This book of prayers is meant to help you find a place to start. It is in no way a definitive collection of prayers, nor is it meant to replace time spent in quiet. It is simply a tool to help you start your time with Jesus.

As St. Alphonsus Liguori observed, “Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day.”



Our Father

Our Father, who art in heaven,
hallowed by 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.
Amen.

Hail Mary

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now,
and ever shall be,
world without end.
Amen.

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, or Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

O Sacrum Convivium

St. Thomas Aquinas (1225-1274)

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

O sacred Banquet, wherein Christ is received; the memory of His Passion 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 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.

Anima 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.

Act of Hope

O My God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son and Holy Spirit. I believe that Your divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these truths and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

Act of Adoration

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

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 the many. Through faith and love make me feel the power of these sacraments so I may experience their saving power. Absolve and free all sin and punishment of sin Thy servants, Thy handmaidens, myself, and 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.

Litany of the Holy Name 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	have mercy on us
Redeemer of the World	have mercy on us
God the Holy Spirit	have mercy on us
Holy Trinity, one god	have mercy on us
Jesus, Son of the living God	have mercy on us
Jesus, splendor of the Father	have mercy on us
Jesus, brightness of everlasting light	have mercy on us
Jesus, king of glory	have mercy on us
Jesus, dawn of justice	have mercy on us
Jesus, Son of the Virgin Mary	have mercy on us
Jesus, worth of our love	have mercy on us
Jesus, worth of our wonder	have mercy on us
Jesus, mighty God	have mercy on us
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, 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

Litany of the Holy Eucharist

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

The Real Presence of Jesus

St. Francis of Assisi (1181-1226)

The whole world should tremble and heaven rejoice,
 when Christ, the Son of the living God,
 is present on the altar in the hands of the priest.
 What wonderful majesty! What stupendous condescension!
 O sublime humility! O humble sublimity!
 That the Lord of the whole universe, God and the
 Son of God,
 should humble himself like this
 and hide under the form of a little bread for our salvation.
 Look at God's condescension, my brothers,
 and pour out your hearts before him, humble
 yourselves that you may be exalted by him.

Prayer before the Blessed Sacrament

St. Pope John XXIII (1881-1963)

O Jesus, present in the Sacrament of the Altar,
 teach all nations to serve you with a willing heart,
 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 for the weak,
 the comfort for the suffering,
 the wayfaring bread of salvation for the dying,

and, for all, the pledge of future glory.

Prayer in Full Faith

St. Thomas More (1478-1535)

Give me, good Lord, a full and fervent charity,
a love of you, good Lord,
incomparable above the love of myself;
and that I love nothing to your displeasure
but everything in an order to you.

Take from me, good Lord, this lukewarm fashion,
or rather this cold manner of meditation
and this dullness in praying to you.
And give me warmth, delight, and life
in thinking about you.

And give me your grace to long for your hold sacraments
and specially to rejoice in the presence of your
blessed body,
sweet Savior, in the Holy Sacrament of the Altar,
and duly to thank you for your gracious coming.

A Prayer for Deliverance

St. Theresa of Calcutta (1910-1997)

Deliver me, O Jesus,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred,
From the desire of being consulted,
From the desire of being approved,
From the desire of being popular,
From the fear of being humiliated
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being culminated,
From the fear of being forgotten,
From the fear of being wronged,
From the fear of being ridiculed,
From the fear of being suspected.

Prayer from the Coptic Liturgy

We thank you, O Lord our God, the true Word, who has
loved us and thus gave us yourself as a sacrifice for our
redemption, who has granted us life from your holy body
and precious blood, and who has made us worthy to
9

partake of them. We confess our sins to you, O God, lover of your creatures, and send them up to you glory and honor and worship with the Father and the Holy Spirit, now and forever. Amen.

Hymn to the Sacred Heart of Jesus

Edward Caswall (1814-1878)

All you who seek a comfort sure
In trouble and distress,
Whatever sorrow vex the mind,
Or guilt the soul oppress,
Jesus, who gave himself for you
Upon the cross to die,
Opens to you his Sacred Heart;
Oh, to that heart draw nigh.

You hear how kindly he invites;
You hear his words so blest:
“All you that labor come to me,
And I will give you rest.”
Christ Jesus, joy of saints on high,
The hope of sinners here,
Attracted by those loving words
To you we lift our prayer.

Acts of Spiritual Communion

St. Alphonsus Liguori (1696-1787)

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

St. Francis of Assisi (1181-1226)

I believe that You, O Jesus, are in the most holy Sacrament. I love You and desire You. Come into my heart. I embrace You. Oh, never leave me. May the burning and most sweet power of your love, O Lord Jesus Christ, I beseech You, absorb my mind that I may die through love of Your love, who were graciously pleased to die through love of my love.

Eucharistic Exposition and Benediction

EXPOSITION—After the people have assembled, the following or another suitable song may be sung while the minister prepares the Holy Eucharist for adoration (Acc #381, CPC2 #353)

O saving Victim, open wide
The gate of heav'n to us below,
Our foes press on from ev'ry side;
Your aid supply, your strength bestow.
To your great name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land with thee.
Amen.

O salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna Gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

ADORATION—The Liturgy of the Hours may be celebrated during the period of exposition, or there may be prayers, songs, readings from Scripture and a brief homily to direct the attention of the faithful to the worship of the Lord. The following or another suitable Eucharistic song may be sung. (Acc #411 or 412, CPC2 #266, 267)

Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rights of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
To the everlasting Father,
And the son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.
Genitori Genitoque
Las et jubilation,
Salus, honor, virtus quoque
Sit et benediction:
Procedenti ab utroque
Compar sit laudation.
Amen.

BENEDICTION SONG—V. You have given them Bread from heaven
(Easter: alleluia)

R. Having within it all Sweetness (Easter: alleluia)

EUCCHARISTIC BLESSING—If the minister is a priest or deacon, there may be a blessing. Before the blessing, a prayer such as the following may be said.

Lord Jesus Christ,
you gave us the Eucharist
as a memorial of your suffering and death.
May our worship of this Sacrament of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, for ever and ever.
Amen.

REPOSITION—After the blessing, the minister places the Blessed Sacrament in the tabernacle.

ACCLAMATION OR SONG—The people may say an acclamation or sing another song such as the following.

Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
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.

or

Holy God, we praise thy name;	Hark, the loud celestial hymn;
Lord of all, we bow before thee;	Angel choirs above are raising;
All on earth thy scepter claim,	Cherubim and Seraphim,
All in heaven above adore thee.	In unceasing chorus praising,
Infinite thy vast domain,	Fill the heavens with sweet accord:
Everlasting is thy reign.	Holy, holy, holy, Lord!



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