

Prayers before the Most Blessed Sacrament



Adoration Prayer

I adore you, Lord and Creator, hidden in the Most Blessed Sacrament. I adore you for all the works of your hands that reveal to me so much wisdom, goodness and mercy. O Lord, you have spread so much beauty over the earth and it tells me about your beauty, even though these beautiful things are but a faint reflection of you, incomprehensible beauty. And although you have hidden yourself and concealed your beauty, my eye, enlightened by faith, reaches you and my soul recognizes its Creator, its highest good, and my heart is completely immersed in prayer of adoration.

My Lord and Creator, your goodness encourages me to converse with you. Your mercy abolishes sin, which separates the Creator from the creature. To converse with you, O Lord, is the delight of my heart. In you I find everything that my heart could desire. Here, your light enlightens my mind, enabling it to know you more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws

eternal life. O my Lord and Creator, you alone, beyond all these gifts, give your own self to me and unite yourself intimately with me your creature.

O Christ, let my greatest delight be to see you loved and your praise and glory proclaimed, especially the honour of your mercy. O Christ let me glorify your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of you. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying your unfathomable mercy. **Amen.**

Another Adoration Prayer

I adore you, O Jesus, God of Love, truly present in the Most Holy Sacrament. I adore you who has come to your own but were not received by them. I adore you, whom the majority of mankind rejected and despised. I adore you, whom the impious incessantly offend you. I adore you, who are grieved by the coldness and indifference of a vast number of Christians. I adore you, O infinite goodness, who has wrought so many miracles, in order to reveal your love to us. I adore you, with all the angels and saints, and with those chosen souls that are now already the blessed of your Father and are all aglow with burning love for you. I adore you with all your friends, O Jesus! With them I prostrate myself at the foot of the altar, to offer you my most profound homage, to receive your divine inspiration, and to implore your grace. Oh, how good it is for me to be here with you! How sweet to hear the voice of my beloved! O Victim of divine love! A piercing cry breaks forth from your heart here on the altar, as it once did on Calvary; it is the cry of love; "I thirst," your call to your children, "I thirst for your love! Come all, whom I love as my Father has loved me; come and quench the thirst that consumes me!

Lord Jesus, behold I come. My heart is small, but it is all yours. You are a prisoner in our tabernacles, you the Lord of Lords! And love it is, that holds you here as such! You leave the tabernacle only to come to us, to unite yourself with the faithful soul and allow your divine love to reign within. O King of Love! Come, live and reign in me. I want no other law but the law of your love! No, no, I henceforth desire to know nothing, neither of this world nor of what is in it, nor of myself; your Love alone shall rule in me eternally.

O Jesus, grant me this grace! Break all my fetters, strip me of all that is not of yourself, in order that your love may be my life here below, and my happiness and delight in eternity. **Amen.**

Litany of the Blessed Sacrament

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

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 Holy Spirit, **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, **have mercy on us**

Perpetual Sacrifice, **have mercy on us**

Perfect oblation, **have mercy on us**

Lamb without spot, **have mercy on us**

Most pure Feast, **have mercy on us**

Food of Angels, **have mercy on us**

Hidden Manna, **have mercy on us**

Memorial of the wonders of God, **have mercy on us**

Word made flesh, **have mercy on us**

Sacred Host, **have mercy on us**

Mystery of faith, **have mercy on us**

Most high and adorable Sacrament, **have mercy on us**

Most holy of all sacrifices, **have mercy on us**

True joy for the living and the dead, **have mercy on us**

Heavenly destruction of sin, **have mercy on us**

Most wonderful of all miracles, **have mercy on us**

Most holy commemoration of the passion of Christ, **have mercy on us**

Gift transcending all fullness, **have mercy on us**

Special memorial of divine love, **have mercy on us**

Affluence of divine bounty, **have mercy on us**

Most august and holy mystery, **have mercy on us**

Food of eternal life, **have mercy on us**

Life-giving sacrament, **have mercy on us**

Our feast and our fellow-guest, **have mercy on us**

Sweetest banquet, **have mercy on us**

Sacrament of goodness, **have mercy on us**

Bond of charity, **have mercy on us**

Priest and victim, **have mercy on us**

Refreshment of holy souls, **have mercy on us**

Viaticum* of those who die in the Lord, **have mercy on us**

Pledge of future glory, **have mercy on us**

Lamb of God, You take away the sins of the world: **spare us, O Lord.**

Lamb of God, You take away the sins of the world: **graciously hear us, O Lord.**

Lamb of God, You take away the sins of the world: **Have mercy on us, O Lord.**

Christ, hear us. **Christ, graciously hear us.**

You gave them bread from heaven, **containing in itself all sweetness.**

Let us pray. O God, in this wonderful sacrament you left us a memorial of your passion. Grant us so to venerate the sacred mysteries of your body and blood that we may ever continue to feel within us the fruit of your redemption who lives and reigns forever and ever. **Amen.**

* Viaticum means food for the journey.

The "Jesus Prayer"

Say "Lord Jesus, have mercy on me, a sinner", *repeatedly as you quiet your heart and mind.*

Prayer to Jesus in the Blessed Sacrament

by St. Alphonsus Liguori

My Lord Jesus Christ, who, through the love which you bear toward men, does remain with them day and night in this Sacrament, full of mercy and love, awaiting, inviting and receiving all who come to visit you, I believe that you are present in the Sacrament of the Altar. From the abyss of my nothingness, I adore you. I thank you for all the graces which you have bestowed upon me, particularly for having given me yourself in this Sacrament, for having given my your most holy mother Mary for my advocate, and for having called me to visit you in this church. I pay my homage to your most loving Heart for these three ends: 1) in thanksgiving for this great gift; 2) to make amends to you for all the outrages which you do receive in this Sacrament from all your enemies; 3) 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 honoured and the most abandoned.

My Jesus, I love you with my whole heart. I am sorry for having offended your infinite goodness so many times. I purpose, with the help of your grace, never more to offend you; and, at this moment, miserable as I am, I consecrate my whole being to you. I give you my entire will, all my affections and desires and all that I have. From this day forward, do what you will with me and with everything that belongs to me. I ask and desire only your holy love, the gift of final perseverance and the perfect fulfilment of your will. I commend to you the souls in Purgatory, particularly those who were most devoted to the Most Blessed Sacrament and to the Blessed Virgin Mary; and I also commend to you all poor sinners. Finally, my dear Saviour, I unite all my affections with the affections of your most loving Heart; and thus united, I offer them to your Eternal Father, and I entreat Him, in your name and for your sake, to accept and answer them. **Amen.**

Prayer of Adoration

Lord Jesus Christ, I adore you. I adore you for what you are – my Saviour. I adore you for what you will – my Sacrifice. I adore you for what you intend – my Food. Truly God, truly Man, you are present, risen and glorious beneath this veil of Bread. I adore you in your humility, eternal Son of the Father, involved in our world, enfleshed in our time, coming to us now under this simple form of Bread. I adore you in your power, risen Lord, King and Master of matter, space and time, the Victor who has liberated your People from the dominion of Satan and death. I adore you, above all for your love, and I see this love in your humility and your power, hidden in this Blessed Sacrament, this generous gift of your love to us, your love to the Father. Lord Jesus Christ, I adore you. **Amen.**

Prayer of Adoration

by Blessed Mother Teresa of Calcutta

O God, we believe you are here. We adore you and love you with our whole heart and soul because you are most worthy of all our love. We desire to love you as the blessed do in heaven. Flood our souls with your spirit and life. Penetrate and possess our whole being utterly, that our lives may only be a radiance of yours. Shine through us, and be so in us, that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus!

Prayer of Adoration

by St John Mary Vianney

I love You, O my God, and my only desire is to love You until the last breath of my life. I love You, O my infinitely lovable God, and I would rather die loving You, than live without loving You. I love You, Lord and the only grace I ask is to love You eternally. My God, if my tongue cannot say in every moment that I love You, I want my heart to repeat it to You as often as I draw breath.

Adoration of the Most Holy Face of Jesus

by St Therese of Lisieux, Virgin and Doctor

O Jesus, who in Thy bitter Passion didst become "the most abject of men, a man of sorrows", I venerate Thy Sacred Face whereon there once did shine the beauty and sweetness of the Godhead; but now it has become for me as if it were the face of a leper! Nevertheless, under those disfigured features, I recognize Thy infinite Love and I am consumed with the desire to love Thee and make Thee loved by all men. O Jesus, I implore Thee to fix deep within me Thy divine image and to set me on fire with Thy Love, that I may be found worthy to come to the contemplation of Thy glorious Face in Heaven. **Amen.**

Devotion towards the Divine Mercy of Jesus

This is a devotion that is now established in the universal Church. It focuses on the Divine Mercy given to us by Jesus. In front of the Blessed Sacrament we are urged to give thanks for Jesus and for the constant mercy he offers us. We can say these prayers using rosary beads.

1. Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.

2. Then on the Our Father Beads say the following:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

3. On the 10 Hail Mary Beads say the following:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

(Repeat step 2 and 3 for all five decades).

4. Conclude with (three times):

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.