

At the beginning of the Exposition of the Blessed Sacrament

1 Soul of my Saviour, sanctify my breast,
body of Christ, be thou my saving guest,
blood of my Saviour, bathe me in thy tide,
wash me with water flowing from thy side.

2 Strength and protection may thy Passion be,
O blessèd Jesu, hear and answer me;
deep in thy wounds, Lord, hide and shelter me,
so shall I never, never part from thee.

3 Guard and defend me from the foe malign,
in death's dread moments make me only thine;
call me and bid me come to thee on high
where I may praise thee with thy saints for ay.

INTRODUCTION

MEDITATIVE CHANT: Your Holy Spirit, Lord, pour on us tonight!

REFLECTION

Source: <https://aleteia.org/2017/04/27/want-to-learn-more-about-the-holy-spirit/>

When speaking to his apostles before his crucifixion, Jesus promised to send the Holy Spirit when his time on earth ended. "And I will pray the Father, and he will give you another Counsellor, to be with you for ever ... the Counsellor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you." (John 14:16,25)

This promise was fulfilled at Pentecost when the Holy Spirit was poured out upon the apostles. The Holy Spirit continues to be present and active in the world. However, we don't always turn to the Holy Spirit as much as we should. Frequently, perhaps, we address our prayers to the Father or to Jesus, but how often do we invoke the Holy Spirit?

One of the reasons may be on account of our unfamiliarity with the Third Person of the Holy Trinity. We simply do not know how the Holy Spirit can influence our lives and so we naturally turn to the persons of the Trinity that we are most familiar with, instead of turning to the Holy Spirit.

Without going into the depths of Trinitarian theology, a simple way to draw closer to the Holy Spirit is to pray the ancient Litany to the Holy Spirit. Besides giving various titles to the Holy Spirit, such as "Comforter," or "Sanctifier," it also describes the activity of the Holy Spirit. The Holy Spirit can be invoked to "inflame us with the flame of Thy love," or "enlighten us with Thy heavenly inspirations."

Hymn by Daniel Iverson (1926)

Spirit of the living God,
Fall afresh on me(us).
Spirit of the living God,
Fall afresh on me(us).

Break me(us), melt me(us),
Mold me(us), fill me(us),
Spirit of the living God,
Fall afresh on me(us)

LITANY

Source: <https://aleteia.org/2017/04/27/want-to-learn-more-about-the-holy-spirit/>
Let us pray the Litany to the Holy Spirit and learn more about the gift
God has given us on our pilgrimage to Heaven.

Lord, have mercy - **Lord, have mercy**

Christ, have mercy - **Christ, have mercy**

Lord, have mercy - **Lord, have mercy**

Father all-powerful, **have mercy on us**

Jesus, Eternal Son of the Father, Redeemer of the world, **save us.**

Spirit of the Father and the Son, boundless life of both, **sanctify us.**

Holy Trinity, **hear us.**

Holy Spirit, Who proceeds from the Father and the Son, **enter our hearts.**

Holy Spirit, Who art equal to the Father and the Son, **enter our hearts.**

Promise of God the Father, **have mercy on us.**

Ray of heavenly light, **have mercy on us.**

Author of all good, **[etc.]**

Source of heavenly water Consuming fire

Ardent charity

Spiritual unction

Spirit of love and truth

Spirit of wisdom and understanding

Spirit of counsel and fortitude

Spirit of knowledge and piety

Spirit of the fear of the Lord

Spirit of grace and prayer

Spirit of peace and meekness

Spirit of modesty and innocence

Holy Spirit, the Comforter

Holy Spirit, the Sanctifier

Holy Spirit, Who govern the Church

Gift of God, the Most High

Spirit Who fill the universe

Spirit of the adoption of the children of God

Holy Spirit, **inspire us with horror of sin.**
Holy Spirit, **come and renew the face of the earth.**
Holy Spirit, **shed Thy light in our souls.**
Holy Spirit, **engrave Thy law in our hearts.**
Holy Spirit, **in flame us with the flame of Thy love.**
Holy Spirit, **open to us the treasures of Thy graces.**
Holy Spirit, **teach us to pray well.**
Holy Spirit, **enlighten us with Thy heavenly inspirations.**
Holy Spirit, **lead us in the way of salvation.**
Holy Spirit, **grant us the only necessary knowledge.**
Holy Spirit, **inspire in us the practice of good.**
Holy Spirit, **grant us the merits of all virtues.**
Holy Spirit, **make us persevere in justice.**
Holy Spirit, **be Thou our everlasting reward.**

Lamb of God, Who take away the sins of the world,
Send us Thy Holy Spirit.

Lamb of God, Who take away the sins of the world,
pour down into our souls the gifts of the Holy Spirit.

Lamb of God, Who take away the sins of the world,
grant us the Spirit of wisdom and piety.

V. Come, Holy Spirit! Fill the hearts of Thy faithful,
R. And enkindle in them the fire of Thy love.

Let us pray. Grant, O merciful Father, that Thy Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, Thy Son, Who with Thee, in the unity of the same Spirit, live and reign, one God, forever and ever. **R. Amen.**

HYMNN *words and music by David J Evans (b1957)*

1. Be still for the presence of the
Lord,
The Holy One is here
Come bow before Him now,
With reverence and fear
In Him no sin is found
We stand on holy ground
Be still for the presence of the Lord,
The Holy One is here

2. Be still for the glory of the Lord,
Is shining all around
He burns with holy fire,
With splendor He is crowned
How awesome is the sight
Our radiant King of light
Be still for the glory of the Lord,
Is shining all around

3. Be still for the power of the Lord,
Is moving in this place
He comes to cleanse and heal,
To minister His grace
No work too hard for Him
In faith receive from Him

Be still for the power of the Lord
Is moving in this place
Be still for the power of the Lord
Is moving in this place

A PRAYER for a personal relationship with the Holy Spirit

Source: <https://gnm.org/holy-spirit/>

Dear Father, in the name of my Lord Jesus Christ, I ask you to stir up within me the fullness of Your Holy Spirit. Help me to grow in my relationship with the Third Person of Your Holy Trinity and to live in His power and use His gifts.

Lord Jesus, You promised, “The Counsellor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you” (John 14:26). Help me to remember that I don’t know everything, and that this is okay, because the Holy Spirit understands it all. Fill me with the Holy Spirit and His understanding of everything that is happening in my life.

O Holy Spirit, Jesus asked the Father to give me the Spirit of Truth (John 14:17). Help me to recognize You in the scriptures. Open my mind to understand Your truths, and open my heart to accept Your truths in faith even before I gain right understanding.

O Holy Spirit, Jesus said, “The one who receives the seed that falls on good soil hears the word and understands it. He produces an abundant crop” (Matt. 13:23). Be the gardener of my life. Nourish the seeds of heaven that You have already placed within me and make it grow so that Your love, Your ways, and Your kingdom will always grow within me and produce much good fruit for others.

O Holy Spirit, Jesus said, “Do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you what you should say” (Luke 12:11-12). Help me to trust in You always. Help me to remember that with You, nothing is impossible, and that You work everything according to what is good and right and timely, even if it doesn’t seem so to me.

O Holy Spirit, Jesus said, “Seek first his kingdom and his righteousness, and everything else you need will be given to you as well” (Matt. 6:33). Help me to let go of all my earthly attachments. First help me to recognize what I am attached to that is not of You, and then hold my hand as I walk away from the things of the world. Give me the determination and the strength to let go so that I have no other gods before me. I want only You.

O Holy Spirit, You are the Comforter. Help me to let go of the losses in my life. Heal my heart. And help me to face my sinfulness and to feel genuine sorrow for the damage ~ both intentional and unintentional ~ that I have inflicted on others and in so doing have inflicted on Jesus. Comfort me as I mourn my need for forgiveness, and give me Your spirit of rejoicing over this new growth in me.

O Holy Spirit, Jesus freely chose to suffer and die for me because of His tremendous love for me. I have pains in my life ~ hurts, wounds, sufferings, trials, difficulties ~ and I want to run from them. Strengthen me to follow in Jesus' footsteps so that I can walk my road to Calvary without fearing evil, and lead me into my new life of victory and resurrection.

O Holy Spirit, Jesus said that He would not leave us orphans, but would send You to us (John 14:18). How often I have wept or complained because it seemed like You were not with me in my sorrows and sufferings! Help me to recognize Your presence in ALL situations. Help me to turn to You and find You, for You never leave me nor abandon me. You care even more about me and my problems than I do. You are working a plan for my benefit, to make good come from everything that happens to me. Help me to discover Your presence in every moment of my life.

O Holy Spirit, by the cross of Jesus we are healed! By His resurrection we live in the new life of total, unconditional love. Help me to share that healing love with all those around me. Jesus commanded, "Go into all the world and preach the good news to all creation." Help me to declare with power the Good News of Jesus Christ. Send me to where You can use my gifts and talents to make a difference.

O Holy Spirit, You gave Yourself to the Virgin Mary and she said "yes" to becoming the mother of the Messiah. Help me to say "yes!" to whatever it is You are calling me to do. I want to serve the Father and make Jesus' love more evident in the world around me.

O Holy Spirit, I have my own expectations about what I should and should not do. I now surrender to You my ideas, my limitations, my preferences, and my goals. Fill me, Holy Spirit, with all Your supernatural gifts! Empower me to accept and grow in the supernatural life as much as the early disciples did. I want to be useful to You. I want to go where You lead me. Holy Spirit, send me forth gifted and empowered to make a difference spreading the Good News of God's forgiving love.

SONG

Oh living water, refresh my soul.

Oh living water, refresh my soul.

Spirit of joy, Lord of creation.

Spirit of hope, Spirit of peace.

1. Spirit of God. (2)

2. Oh set us free. (2)

3. Come, pray in us. (2)

Litany of the Blessed Virgin Mary

V: Lord have mercy. R: Lord have mercy.
V: Christ have mercy. R: Christ have mercy.
V: Lord have mercy. R: Lord have mercy.
V: Christ hear us. R: 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 Spirit, **have mercy on us.**
Holy Trinity, one God, **have mercy on us.**
Holy Mary, **pray for us.**

Holy Mother of God, , pray for us	Singular vessel of devotion,
Holy Virgin of virgins,	Mystical rose
Mother of Christ us.	Tower of David,
Mother of divine grace,	Tower of ivory,
Mother most pure,	House of gold,
Mother most chaste,	Ark of the covenant,
Mother inviolate,	Gate of Heaven,
Mother undefiled,	Morning star,
Mother most amiable,	Health of the sick,
Mother most admirable,	Refuge of sinners,
Mother of good counsel,	Comforter of the afflicted,
Mother of our Creator,	Help of Christians,
Mother of our Saviour,	Queen of angels,
Virgin most prudent,	Queen of patriarchs,
Virgin most venerable,	Queen of prophets,
Virgin most renowned,	Queen of apostles,
Virgin most powerful,	Queen of martyrs,
Virgin most merciful,	Queen of confessors,
Virgin most faithful,	Queen of virgins,
Mirror of justice,	Queen of all saints,
Seat of wisdom,	Queen conceived without original sin,
Cause of our joy,	Queen assumed into Heaven,
Spiritual vessel,	Queen of the most holy Rosary,
Vessel of honour, , -> ->->	Queen of peace,

Lamb of God, who take away the sins of the world, **spare us, O Lord.**
Lamb of God, who take away the sins of the world, **graciously hear us, O Lord.**
Lamb of God, who take away the sins of the world, **have mercy on us, O Lord.**

V: Pray for us O holy Mother of God.

R: That we may be made worthy of the promises of Christ.

Let us pray.

Grant unto us, your servants,
we beseech you, O Lord God,
at all times to enjoy health of soul and body;
and by the glorious intercession of Blessed Mary, ever Virgin,
when freed from the sorrows of this present life,
to enter into that joy which has no end.
We ask this through Christ our Lord. Amen.

HYMN

1. As I kneel before you,
As I bow my head in prayer,
Take this day, make it yours
And fill me with your love.

*Ave Maria,
Gratia plena,
Dominus tecum,
Benedicta tu.*

2. All I have I give you,
Every dream and wish are yours,
Mother of Christ,
Mother of mine, present them to
my Lord.

3. As I kneel before you,
And I see your smiling face,
Ev'ry thought, ev'ry word
Is lost in your embrace.

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, hide me.
Let me never be separated from you.
From the evil one, protect me.
At the hour of my death, call me and bid me come to you,
that with your saints, I may praise you forever and ever.
Amen.

HYMN

Of the gloriou-s Body te-lling,
O- my tongue, its mysterie-s sing,
And the Blood, all price excelleng,
Which the world's eternal Ki-ng,
In a noble womb once dwelling
Shed for the wo-rld's ra-nsoming.

Given for u-s, descendi-ng,
O-f a Virgin to procee-d,
Man with man in converse blending,
Scattered he the Gospel see-d,
Till his sojourn drew to ending,
Which he closed i-n wo-ndrous deed.

At the last grea-t Supper ly-ing
Ci-rcled by his brethren's ba-nd,
Meekly with the law complying,
First he finished its comma-nd
Then, immortal Food supplying,
Gave himself wi-th hi-s own hand.

Word made Flesh, by- word he ma-keth
Ve-ry bread his Fle-sh to be;
Man in wine Christ's Blood partaketh:
And if senses fail to see-,
Faith alone the true heart waketh
To behold the- my-stery.

Therefore we, be-fore him be-nding,
Thi-s great Sacrament reve-re;
Types and shadows have their ending,
For the newer rite is he-re;
Faith, our outward sense befriending,
Makes the inwa-rd vi-sion clear.

Glory let u-s give, and ble-ssing
To- the Father and the So-n;
Honour, might, and praise addressing,
While eternal ages ru-n;
Ever too his love confessing,
Who, from both, wi-th bo-th is one.
A-me-n.

R. Thou hast given them bread from heaven.

V. Having within it all sweetness.

Let us pray:

O God, who in this wonderful Sacrament left us a memorial of Thy Passion:
grant, we implore Thee,

that we may so venerate the sacred mysteries of Thy Body and Blood,
as always to be conscious of the fruit of Thy Redemption.

Thou who livest and reignest forever and ever.

R. Amen.

BLESSING

O Sacrament most Holy, O Sacrament Divine,
All praise and all thanksgiving, Be every moment Thine.