

## **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**

*Jesus the Light of the World (John 8:12)*

<sup>12</sup>Jesus spoke to the Jews, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

*Salt and Light (Mt 5:13-19)*

<sup>13</sup>'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

<sup>14</sup>'You are the light of the world. A city built on a hill cannot be hidden. <sup>15</sup>No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup>In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

## **HYMN**

1 At the name of Jesus every knee shall bow,  
every tongue confess him king of glory now;  
this the Father's pleasure, that we call him Lord,  
who from the beginning was the mighty word.

2 At his voice creation sprang at once to sight,  
all the angel faces, all the hosts of light;  
thrones and dominations, stars upon their way,  
all the heavenly orders, in their great array.

3 Humbled for a season, to receive a name  
from the lips of sinners unto whom he came;  
faithfully he bore it spotless to the last,  
brought it back victorious when from death he passed.

4 Bore it up triumphant with its human light,  
through all ranks of creatures to the central height;  
to the eternal Godhead, to the Father's throne,  
filled it with the glory of his triumph won.

5 Name him, Christians, name him, with love strong as death,  
but with awe and wonder, and with bated breath;  
he is God the saviour, he is Christ the Lord,  
ever to be worshipped, trusted and adored.

6 In your hearts enthrone him; there let him subdue  
all that is not holy, all that is not true;  
crown him as your captain in temptation's hour,  
let his will enfold you in its light and power.

7 With his Father's glory Jesus comes again,  
angel hosts attend him and announce his reign;  
for all wreaths of empire meet upon his brow,  
and our hearts confess him king of glory now.

Jubilate Hymns version of 'At the name of Jesus', Caroline M Noel (1817 - 1877)

### **THE LITANY OF THE MOST BLESSED SACRAMENT**

Lord, have mercy.      *Response: Lord, have mercy.*

Christ, have mercy.      *R: Lord, have mercy.*

Lord, have mercy.      *R: Lord, have mercy.*

Christ hear us.      *R. Lord, have mercy.*

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.*

Jesus, Eternal High Priest of the Eucharistic Sacrifice, *have mercy on us.*

Jesus, Divine Victim on the altar for our salvation, *have mercy on us.*

Jesus, hidden under the appearance of bread, *have mercy on us.*

Jesus, dwelling in the tabernacles of the world, *have mercy on us.*

Jesus, really, truly, and substantially present in the Blesse Sacrament, *have mercy on us.*

Jesus, abiding in Your fullness, Body, Blood, Soul, and Divinity, *have mercy on us.*

Jesus, Bread of Angels, *have mercy on us.*

Jesus, with us always until the end of the world, *have mercy on us.*

Sacred Host, summit and source of all worship and Christian life, *have mercy on us.*

Sacred Host, sign and cause of the unity of the Church, *have mercy on us.*

Sacred Host, adored by countless angels, *have mercy on us.*  
Sacred Host, spiritual food, *have mercy on us.*  
Sacred Host, Sacrament of love, *have mercy on us.*  
Sacred Host, bond of charity, *have mercy on us.*  
Sacred Host, greatest aid to holiness, *have mercy on us.*  
Sacred Host, gift and glory of the priesthood, *have mercy on us.*  
Sacred Host, in which we partake of Christ, *have mercy on us.*  
Sacred Host, in which the soul is filled with grace, *have mercy on us.*  
Sacred Host, in which we are given a pledge of future glory, *have mercy on us.*  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.

For those who do not believe in Your Eucharistic presence, *have mercy, O Lord.*  
For those who are indifferent to the Sacrament of Your love, *have mercy, O Lord.*  
For those who have offended You in the Holy Sacrament of the Altar, *have mercy, O Lord.*  
That we may show fitting reverence when entering Your holy temple, *we beseech You, hear us.*  
That we may make suitable preparation before approaching the Altar, *we beseech You, hear us.*  
That we may receive You frequently in Holy Communion with real devotion and true humility, *we beseech You, hear us.*  
That we may never neglect to thank You for so wonderful a blessing, *we beseech You, hear us.*  
That we may cherish time spent in silent prayer before You, *we beseech You, hear us.*  
That we may grow in knowledge of this Sacrament of sacraments, *we beseech You, hear us.*  
That all priests may have a profound love of the Holy Eucharist, *we beseech You, hear us.*  
That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity, *we beseech You, hear us.*  
That we may be comforted and sanctified with Holy Viaticum at the hour of our death, *we beseech You, hear us.*  
That we may see You one day face to face in Heaven, *we beseech You, hear 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.*  
O Sacrament Most Holy, O Sacrament Divine, *all praise and all thanksgiving be every moment Thine.*

Let us pray: Most merciful Father, You continue to draw us to Yourself through the Eucharistic Mystery. Grant us fervent faith in this Sacrament of love, in which Christ the Lord Himself is contained, offered and received. We make this prayer through the same Christ our Lord. *Amen.*

**Hymn** by Tim Hughes2001

1. Light of the world  
You stepped down into darkness  
Opened my eyes, let me see  
Beauty that made this heart adore You  
Hope of a life spent with You

*Here I am to worship  
Here I am to bow down  
Here I am to say that You're my God*

*You're altogether lovely  
Altogether worthy  
Altogether wonderful to me*

2. King of all days  
Oh so highly exalted  
Glorious in heaven above  
Humbly You came to the earth You created  
All for love's sake became poor

*Here I am to worship  
Here I am to bow down  
Here I am to say that You're my God*

*You're altogether lovely  
Altogether worthy  
Altogether wonderful to me*

I'll never know how much it cost  
To see my sin upon that cross

I'll never know how much it cost  
To see my sin upon that cross

*Here I am to worship  
Here I am to bow down  
Here I am to say that You're my God*

*You're altogether lovely  
Altogether worthy  
Altogether wonderful to me*

**The Light of God**

*Prayer from Catholic online*

The light of God surrounds us,  
The love of God enfolds us,  
The power of God protects us,  
The presence of God watches over us,  
Wherever we are, God is,  
And where God is, all is well.  
St. Matthew, St. Mark, St. Luke, St. John,  
Like unto the prophet Jonas, as a type of Christ,  
Who was guarded for three days and  
Three nights in the belly of a whale,  
Thus shall the Almighty God,  
As a Father, guard and protect me from all evil.  
Grant me Protection  
Grant, O Lord, Thy protection  
And in protection, strength  
And in strength, understanding  
And in understanding, knowledge  
And in knowledge, the knowledge of justice  
And in the knowledge of justice, the love of it  
And in the love of it, the love of all existences  
And in that love, the love of spirit and all creation.

## **HYMN**

1. Longing for light, we wait in darkness  
Longing for truth, we turn to You.  
Make us Your own, Your holy people  
Light for the world to see.

***Christ, be our light!***

***Shine in our hearts.***

***Shine through the darkness.***

***Christ, be our light!***

***Shine in Your church gathered today.***

2. Longing for peace, our world is troubled  
Longing for hope, many despair.  
Your word alone has pow'r to save us.  
Make us your living voice.

3. Longing for food, many are hungry  
Longing for water, many still thirst.  
Make us Your bread, broken for others  
Shared until all are fed.

4. Longing for shelter, many are homeless  
Longing for warmth, many are cold.  
Make us Your building, sheltering others  
Walls made of living stone.

5. Many the gift, many the people  
Many the hearts that yearn to belong.  
Let us be servants to one another  
Making Your kingdom come.

## **Pope Benedict XVI's Prayer for Vocations**

O Father, raise up among Christians  
abundant and holy vocations to the priesthood,  
who keep the faith alive  
and guard the blessed memory of your Son Jesus  
through the preaching of his word  
and the administration of the Sacraments,  
with which you continually renew your faithful.

Grant us holy ministers of your altar,  
who are careful and fervent guardians of the Eucharist,  
the sacrament of the supreme gift of Christ  
for the redemption of the world.

Call ministers of your mercy,  
who, through the sacrament of Reconciliation,  
spread the joy of your forgiveness.

Grant, O Father, that the Church may welcome with joy  
the numerous inspirations of the Spirit of your Son  
and, docile to His teachings,  
may she care for vocations to the ministerial priesthood  
and to the consecrated life.

Sustain the Bishops, priests and deacons,  
consecrated men and women, and all the baptized in Christ,  
so that they may faithfully fulfill their mission  
at the service of the Gospel.

This we pray through Christ our Lord. Amen.  
Mary, Queen of Apostles, pray for us.

## HYMN

1. The Spirit lives to set us free,  
Walk, walk in the light;  
He binds us all in unity,  
Walk, walk in the light.

***Walk in the light,  
Walk in the light,  
Walk in the light,  
Walk in the light of the Lord.***

2. Jesus promised life to all,  
Walk, walk in the light;  
The dead were wakened by his call,  
Walk, walk in the light.

### **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,  
God the Son, Redeemer of the world,  
God the Holy Spirit,  
Holy Trinity, one God,

***have mercy on us.  
have mercy on us.  
have mercy on us.  
have mercy on us.***

Holy Mary,  
Holy Mother of God,  
Holy Virgin of virgins,

***pray for us.***

Mother of Christ, ***pray for us.***  
Mother of divine grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,  
Mother most admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Saviour,  
Virgin most prudent,  
Virgin most venerable, -> ->->

Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David  
Tower of ivory,

3. He died in pain on Calvary,  
Walk, walk in the light;  
To save the lost like you and me,  
Walk, walk in the light.

4 We know his death was not the end,  
Walk, walk in the light;  
He gave his Spirit to be our friend,  
Walk, walk in the light.

5. The Spirit lives in you and me,  
Walk, walk in the light;  
His light will shine for all to see,  
Walk, walk in the light.

House of gold, , **pray for us.**  
Ark of the covenant,  
Gate of Heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Comforter of the afflicted,  
Help of Christians,  
Queen of angels,  
Queen of patriarchs, -> ->->

Queen of prophets,  
Queen of apostles,  
Queen of martyrs,  
Queen of confessors,  
Queen of virgins,  
Queen of all saints,  
Queen conceived without original sin,  
Queen assumed into Heaven,  
Queen of the most holy Rosary,  
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.

### **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.

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 Your Passion:  
grant, we implore You,  
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.

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.