

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!

Miracle Prayer

Prayer by Fr. Peter M. Rookey, O.S.M.

Lord Jesus, I come before you just as I am. I am sorry for my sins, I repent of my sins, please forgive me. In your Name, I forgive all others for what they have done against me. I renounce Satan, the evil spirits and all their works. I give you my entire self, Lord Jesus, now and forever. I invite you into my life, Jesus. I accept you as my Lord, God and Saviour. Heal me, change me, and strengthen me in body, soul and spirit.

Come Lord Jesus, cover me with your Precious Blood, and fill me with your Holy Spirit. I love you Lord Jesus. I praise you Jesus. I thank you Jesus. I shall follow you every day of my life. Amen.

Mary, my Mother, Queen of Peace, all the Angels and Saints, please help me. Amen.

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)

Putting on the Amour of God

Prayer by Dom Benedict Heron, O.S.B. (see Eph. 6:11-17)

Lord, I place upon my head the helmet of salvation as a protection against all thinking, speaking, seeing, hearing, and feeling, which is not of you.

I place upon my chest the breastplate of righteousness as a protection against all unrighteous thoughts, all fear and anxiety, all sickness and all harm to the body.

I place round my waist the belt of Truth that I may be truthful at every level of my being.

I place on my feet the sandals of the gospel of peace that I may be the messenger of your Good News to others.

I take in my left hand the shield of faith with which to quench all the flaming darts of the enemy.

I take in my right hand the sword of the Spirit, which is the Word of God, with which to attack the strongholds of the enemy.

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

Litany of Compassion for the Sick

prayer by Fr. Peter John Cameron, O.P.

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.

[Repeat Lord, be close to give your comfort after each phrase.]

When the healing process goes slower than hoped,
When terrified by treatments or therapy,
When it is hard to let go of long-held plans,
When the feeling of alienation arises,
When worn out and weary,
When troubled by impatience and negativity,
When loneliness adds to anxiety,
When sickness makes it difficult to communicate,
When discouragement or despondency sets in,
When fear makes it impossible to face the future,
When the ravages of disease attack self-esteem,
When anger and resentment assail,
When beset by worry or fretfulness,
When it is hard to rely on others for care,
When envy arises towards those who are healthy,
When pessimism or cynicism holds sway,
When anguish is intensified by the need for reconciliation,
When sickness is mistaken for punishment,
When loved ones are far away,
When financial hardship from illness leads to worry or despair,
When afflicted by the feeling of nothing to hope for,
When weakness makes it impossible to even think,
When friends draw back fearful of disease,
When illness makes those who are suffering moody or irritable,
When haunted by regret and the shame of past sins,
When it is difficult to sleep,
When there is a loss of appetite,
When there is resistance to necessary change,
When tempted by denial,
When nobody seems to understand,
When bound to home or restricted in movement,
When listlessness and apathy threaten,
When medication seems to make things worse,
When all that is needed is a caring touch,

When it is impossible to maintain familiar routines,
When it is hard to find the strength to go on,
When it becomes difficult to pray,
When suffering of any sort becomes hard to bear,
When death draws near,

Let us pray:

Most merciful Father,
your beloved Son showed special compassion to lepers,
tenderness to those long sick, and healing to the infirm.
We place before you all those who are ill
and in need of your healing grace.
May the love and mercy of the Divine Physician
raise up all who suffer from sickness
and restore them to health and peace.
We ask this through Christ our Lord. Amen.

HYMN *by CJM Music | from the album Age to Age*

Refrain: Lay your hands gently upon us.
Let their touch render your peace.
Let them bring your forgiveness and healing.
Lay your hands gently, lay your hands.

1. You were sent to free the broken-hearted.
You were sent to give sight to the blind.
You desire to heal all our illnesses.
Lay your hands gently, lay your hands. **Refrain**

2. Lord, we come to you through one another.
Lord, we come to you in our need.
Lord, we come to you seeking wholeness.
Lay your hands gently, lay your hands. **Refrain**

Prayer for Inner Healing

Lord Jesus, you came to heal our wounded and troubled hearts. I beg you to heal the torments that cause anxiety in my heart. I beg you, in a particular way, to heal all who are the cause of sin. I beg you to come into my life and heal me of the psychological harms that struck me in my early years and from the injuries that they caused throughout my life.

Lord Jesus, you know my burdens. I lay them all on your Good Shepherd's heart. I beseech you, by the merits of the great, open wound in your heart, to heal the small wounds that are in mine. Heal the pain of my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety.

Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You, who came to forgive the afflicted of heart, please, heal my heart.

Heal, O Lord, those intimate wounds that cause me physical illness. I offer you my heart, accept it, purify it and give me the sentiments of your divine heart. Help me to be meek and humble.

Heal me, O Lord, from the pain caused by the death of my loved ones, which is oppressing me. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your resurrection, your victory over sin and death, and your living presence among us. Amen.

SONG *Writer/s: Jonas Myrin, Matt Redman (2012) based on Psalms 103:1-5*

Refrain: Bless the Lord, Oh my soul
Oh my soul, worship his holy name
Sing like never before, Oh my soul
I'll worship your holy name

1. The sun comes up, it's a new day dawning
It's time to sing your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes **Refrain**

2. You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness, I will keep on singing
Ten thousand reasons for my heart to find **Refrain**

3. And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore **Refrain**
I'll worship Your holy name

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,
Holy Virgin of virgins,

Mother of Christ, <i>pray for us.</i>	Tower of David, <i>pray for us.</i>
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
Cause of our joy,	sin,
Spiritual vessel,	Queen assumed into Heaven,
Vessel of honour,	Queen of the most holy Rosary,
Singular vessel of devotion,	Queen of peace,
Mystical rose, -> ->->	

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.

SONG

by Michael W. Smith, Awesome God Lyrics © Universal Music Publishing Group, Capitol Christian Music Group

Our God is an awesome God
He reigns from heaven above
With wisdom, power, and love
Our God is an awesome God

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.