

Adoration of the Blessed Sacrament (Hymns presented under One License no 332 9594 79)

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 blessed 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 The words are written by Jimmy Owens and first appeared in a Christian Musical called "The Witness"

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| 1. This is my body broken for you bringing you wholeness, making you free Take it and eat it and when you do Do it in love for me. | I am still with you, and you will know you're very close to me. |
| 2. This is my blood poured out for you bringing forgiveness, making you free Take it and eat it and when you do do it in love for me. | 4. Filled wit my Spirit, how you will grow You are my branches, I am the tree If you are faithful, others will know you are alive in me. |
| 3. Back to my Father soon I sall go Do not forget me, then you will see | 5. Love one another, I have loved you and I have shown you how to be free serve one another, and when you do do it in love for me. |

Meditation

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THE EUCHARISTIC MEDITATION OF JOHN MARY VIANNEY TITLED: JESUS CHRIST IS PRESENT IN THE EUCHARIST

At the moment when the Mother of St. Alexis recognised her son in the dead body of the beggar, who had lived for thirty years under the stairs in her palace, she exclaimed: "O my son! too late have I known thee!" The soul leaving this life will see at last Him, whom it possessed in the Eucharist, and at the sight of the consolations, beauties and riches that she had ignored, she will likewise cry out: "O Jesus! O my Life! O my Treasure! O my Love! too late have I known Thee!" Divine Saviour, while I meditate on the proofs of your presence under the sacramental veils, enlighten my mind, influence my heart, inspire me with the lively, ardent faith, which is already a vision of your eternal beauty. Jesus Christ is present in the Eucharist with His Body and Blood, His Soul and Divinity. Do you wish for proofs clear and convincing?

1. OUR LORD HAS SAID IT.

The evening of the Last Supper, He took bread, blessed it, broke it and gave it to the Apostles, and said: "Take and eat. This is My Body." Then He took the chalice containing wine, and said: "Drink ye all of this. This is My Blood. Do this in memory of Me." "This is My Body" - then it is no longer bread. "This is My Blood" - then it is no longer wine. Jesus Christ has said it. I believe because He is the Truth, who does not deceive, the Power that all things obey. But why reason, O my soul? Believe and adore. Believe that Jesus Christ is in this sacrament as truly as He was nine months in the womb of Mary, as really as He was nailed to the Cross. Adore in humility and gratitude.

2. IT IS A FACT THAT IS IN ACCORD WITH REASON.

Our Lord has said: "All that you ask the Father in My Name He will give it to you." Never would we have thought of asking God to give us His own Son. But what man could not have even imagined, God has done. What man could not say or think, and what he could not have dared to desire, God, in His love has said it, planned it and carried His design into execution. Would we have dared to ask God to deliver His Son to death for us: to give us His Flesh to eat and His Blood to drink? If all this is not true, then man has been able to imagine things greater than God can do. He would have gone further than God in the inventions of love. This is not possible. In other words, what man could not even conceive, God has executed. If the Eucharist, mystery of an infinite love, was an invention of the human spirit we would have a greater idea of the love of God for men than that which God has realized. But God does not let Himself be outdone in love, and we are compelled to say with St. Ambrose, who applies to the Eucharist the words of St. Paul, "Eye hath not seen nor ear heard, neither hath it entered into the heart of man what God has prepared for those who love Him." May He be blessed forever.

3. IT IS A FACT MADE EVIDENT BY A KIND OF INTUITION.

There is no room for doubting that Our Lord is in the Holy Eucharist. One knows well that He is there. One feels it. In receiving Holy Communion one feels something extraordinary, a sense of well-being which pervades his whole body. What is this sense of well-being? It is Our Lord who communicates Himself to all parts of our bodies, and makes them thrill with joy. We are compelled to cry out with St. John: "It is the Lord." 4 O Jesus, without wishing to aspire after the favours granted to your saints, give me, I pray, the proof of your presence in Holy Communion by the unction of your grace, by the spiritual joy and generous enthusiasm in the practice of virtue.

4. IT IS A FACT ATTESTED BY HISTORY.

A priest was saying Mass in a church of Bolsene and after pronouncing the words of Consecration doubted the Host. At that instant the Sacred Host was quite covered with Blood. Jesus Christ seemed to wish to reproach His minister for his infidelity, and to make him ashamed, and at the same time to show us by this great miracle how convinced we ought to be of His holy Presence in the Eucharist. This holy Host poured forth blood in such abundance that the corporal, altar cloth and even the altar itself were covered. The Pope, who was informed of the miracle, ordered that the corporal all saturated with blood should be brought to him. When it reached the town of Orvieto it was received with the greatest ceremony, and exposed in the church. Each year, this precious relic is carried in procession on Corpus Christi.

ANOTHER PROOF, THIS TIME PERSONAL.

"Do you believe that a piece of bread could detach itself and go on its own and place itself on the tongue of one who was coming to receive it?" I asked this one day of two Protestant ministers who did not believe in the Real Presence of Our Lord. "No." Then it is not bread. Here is a story of which I myself am a witness. A man had temptations against faith in the Real Presence. How does one know it? It is not certain. The Consecration, what is it? What happens on the altar at that moment? But he wished to be delivered from these temptations, and he prayed to the Blessed Virgin to obtain for him a faith simple and peaceful. Listen now. I do not say that this happened somewhere. I say that it happened to me. At the moment when this man came to receive Communion, the Sacred Host left my fingers while I was yet a good distance away. It went of Itsself and placed Itsself on the tongue of this man. See how that ought to strengthen our faith! But, my God, what need have we of proofs after the words of Jesus Christ Himself.

5. HOW DOES OUR LORD DWELL IN THE EUCHARIST?

In an invisible manner, hidden under the species of bread. He accommodates Himself to our weakness. In heaven, when we will be triumphant and glorious,

we shall see Him in His glory. If He showed Himself now before us with this glory, we would not dare to approach Him, but He hides Himself as someone in prison and says to us: You do not see Me, but this does not matter: ask Me all that you wish, I will give it to you. Oh! if we had the faith . . . if we were really persuaded of the Real Presence of Him who thus hides Himself out of love, and who is there, His hands full of graces, longing to distribute them, with what reverence we would come before Him, with what confidence we should invoke Him.

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

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

The Litany of the Blessed Sacrament

Source: <https://www.catholicculture.org/culture/liturgicalyear/prayers/view.cfm?id=1192>

Lord, have mercy. R. **Lord, have mercy.**
Christ, have mercy. R. **Christ, have mercy.**
Lord, have mercy. R. **Lord, have mercy.**
Christ, hear us. R. **Christ, graciously hear us.**
God the Father of Heaven, R. **have mercy on us.**
God the Son, Redeemer of the world, R. **have mercy on us.**
God the Holy Spirit, R. **have mercy on us.**
Holy Trinity, one God, R. **have mercy on us.**

Jesus, Eternal High Priest of the Eucharistic Sacrifice, R. **have mercy on us.**
Jesus, Divine Victim on the Altar for our salvation, R. **have mercy on us.**
Jesus, hidden under the appearance of bread, R. **have mercy on us.**

Jesus, dwelling in the tabernacles of the world, R. **have mercy on us.**
Jesus, really, truly and substantially present in the Blessed Sacrament,
R. **have mercy on us.**
Jesus, abiding in Your fulness, Body, Blood, Soul and Divinity, R. **have mercy on us.**
Jesus, Bread of Life, R. **have mercy on us.**
Jesus, Bread of Angels, R. **have mercy on us.**
Jesus, with us always until the end of the world, R. **have mercy on us.**
Sacred Host, summit and source of all worship and Christian life,
R. **have mercy on us.**
Sacred Host, sign and cause of the unity of the Church, R. **have mercy on us.**
Sacred Host, adored by countless angels, R. **have mercy on us.**
Sacred Host, spiritual food, R. **have mercy on us.**
Sacred Host, Sacrament of love, R. **have mercy on us.**
Sacred Host, bond of charity, R. **have mercy on us.**
Sacred Host, greatest aid to holiness, R. **have mercy on us.**
Sacred Host, gift and glory of the priesthood, R. **have mercy on us.**
Sacred Host, in which we partake of Christ, R. **have mercy on us.**
Sacred Host, in which the soul is filled with grace, R. **have mercy on us.**
Sacred Host, in which we are given a pledge of future glory, R. **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, R. **have mercy, O Lord.**
For those who are indifferent to the Sacrament of Your love, R. **have mercy on us.**
For those who have offended You in the Holy Sacrament of the Altar,
R. **have mercy on us.**
That we may show fitting reverence when entering Your holy temple,
R. **we beseech You, hear us.**
That we may make suitable preparation before approaching the Altar,
R. **we beseech You, hear us.**
That we may receive You frequently in Holy Communion with real devotion
and true humility, R. **we beseech You, hear us.**
That we may never neglect to thank You for so wonderful a blessing,
R. **we beseech You, hear us.**
That we may cherish time spent in silent prayer before You,
R. **we beseech You, hear us.**
That we may grow in knowledge of this Sacrament of sacraments,

R. we beseech You, hear us.

That all priests may have a profound love of the Holy Eucharist,

R. we beseech You, hear us.

That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity, **R. we beseech You, hear us.**

That we may be comforted and sanctified with Holy Viaticum at the hour of our death, **R. we beseech You, hear us.**

That we may see You one day face to face in Heaven, **R. we beseech You, hear us.**

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

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

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

V. O Sacrament Most Holy, O Sacrament Divine,

R. 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. R. Amen.

Nihil Obstat: Very Reverend Peter J. Kenny, D.D., Diocesan Censor

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HYMN words and music © 1976 Rocksmith Music

Majesty, Worship His Majesty

Unto Jesus

Be Glory Honour And Praise

Majesty, Kingdom, Authority

Flows From His Throne

Unto His Own

His Anthem Raise

So Exalt, Lift Upon High

The Name Of Jesus

Magnify Come Glorify

Christ, Jesus The King

Majesty, Worship His Majesty

Jesus Who Died, Now Glorified

King Of All Kings.

EUCCHARISTIC PRAYER by St Alphonsus Liguori

Source: <https://mycatholic.life/catholic-prayers/prayer-to-the-most-blessed-sacrament/>

My Lord Jesus Christ, who for the love you bear us,
remain night and day in this Sacrament, full of compassion and of love,
awaiting, calling and welcoming all who come to visit you.

I believe that you are present in the Sacrament of the Altar.

I adore you from the abyss of my nothingness

and I thank you for all the graces you have given me until now,

and in particular, for having given me your Most Holy Mother Mary

as my advocate and for having called me to visit you in this church.

I now salute your Most Loving Heart, and this for three ends:

first, in thanksgiving for this great gift;

second, to make amends to you for all the outrages

which you receive in this Sacrament from all your enemies;

third, 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 revered and the most abandoned.

My Jesus, I love you with my heart.

I grieve for having until now so many times offended your infinite goodness.

I purpose by your grace never more to offend you for the time to come;

and now, miserable and unworthy though I am,

I consecrate myself to you without reserve.

I give you and renounce my entire will,

my affections, my desires, and all that I possess.

From now on, use me and all that I have as you wish.

All I ask of you and desire is your holy love,

final perseverance and the perfect accomplishment of your will.

I recommend to you the souls in Purgatory;

but especially those who had the greatest devotion

to the Most Blessed Sacrament and to the Most Blessed Virgin Mary.

I also recommend to you all poor sinners.

And finally, my dear Saviour,

I unite all my affections with the affections of your most loving Heart,

and I offer them with you to your Eternal Father and beg him for your sake

and for love of you, graciously to accept and grant them. Amen.

SONG Traditional hymn

1 Sweet Sacrament divine,
hid in thine earthly home,
lo, round thy lowly shrine,
with suppliant hearts we come;
Jesus, to thee our voice we raise
in songs of love and heartfelt praise:
sweet Sacrament divine.

2 Sweet Sacrament of peace,
dear home for every heart,
where restless yearnings cease
and sorrows all depart;
there in thine ear all trustfully
we tell our tale of misery:
sweet Sacrament of peace.

3 Sweet Sacrament of rest,
ark from the ocean's roar,
within thy shelter blest
soon may we reach the shore;
save us, for still the tempest raves,
save, lest we sink beneath the waves:
sweet Sacrament of rest.

4 Sweet Sacrament divine,
earth's light and jubilee,
in thy far depths doth shine
thy Godhead's majesty;
sweet light, so shine on us, we pray,
that earthly joys may fade away:
sweet Sacrament divine.

LITANY OF The Most Precious Blood of Jesus Christ

Source: <https://www.ewtn.co.uk/devotionals/prayer/litany-most-precious-blood-jesus>

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

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

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

Jesus, hear us. Jesus, **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.**

Blood of Christ, only-begotten Son of the Eternal Father, **Save us.**

Blood of Christ, Incarnate Word of God, **Save us.**

Blood of Christ, of the New and Eternal Testament, **Save us.**

Blood of Christ, falling upon the earth in the Agony, **Save us.**

Blood of Christ, shed profusely in the Scourging, **Save us.**

Blood of Christ, flowing forth in the Crowning with Thorns, **Save us.**

Blood of Christ, poured out on the Cross, **Save us.**

Blood of Christ, price of our salvation, **Save us.**

Blood of Christ, without which there is no forgiveness. **Save us.**

Blood of Christ, Eucharistic drink and refreshment of souls, **Save us.**

Blood of Christ, stream of mercy, **Save us.**

Blood of Christ, victor over demons, **Save us.**

Blood of Christ, courage of Martyrs, **Save us.**

Blood of Christ, strength of Confessors, **Save us.**
 Blood of Christ, bringing forth Virgins, **Save us.**
 Blood of Christ, help of those in peril, **Save us.**
 Blood of Christ, relief of the burdened, **Save us.**
 Blood of Christ, solace in sorrow, **Save us.**
 Blood of Christ, hope of the penitent, **Save us.**
 Blood of Christ, consolation of the dying, **Save us.**
 Blood of Christ, peace and tenderness of hearts, **Save us.**
 Blood of Christ, pledge of eternal life, **Save us.**
 Blood of Christ, freeing souls from purgatory, **Save us.**
 Blood of Christ, most worthy of all glory and honor, **Save us.**
 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.**
 You have redeemed us, O Lord, in your Blood.

And made us, for our God, a kingdom.

Let us pray: Almighty and eternal God, you have appointed your only-begotten Son the Redeemer of the world, and willed to be appeased by his Blood. Grant we beg of you, that we may worthily adore this price of our salvation, and through its power be safeguarded from the evils of the present life, so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. **Amen.**

HYMN:

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| <p>1. 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.</p> | <p>4. 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.</p> |
| <p>2. 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.</p> | <p>5. 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.</p> |
| <p>3. 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.</p> | <p>6. 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.</p> |

Let us pray:
Lord, Our God...
R. Amen.

BLESSING

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