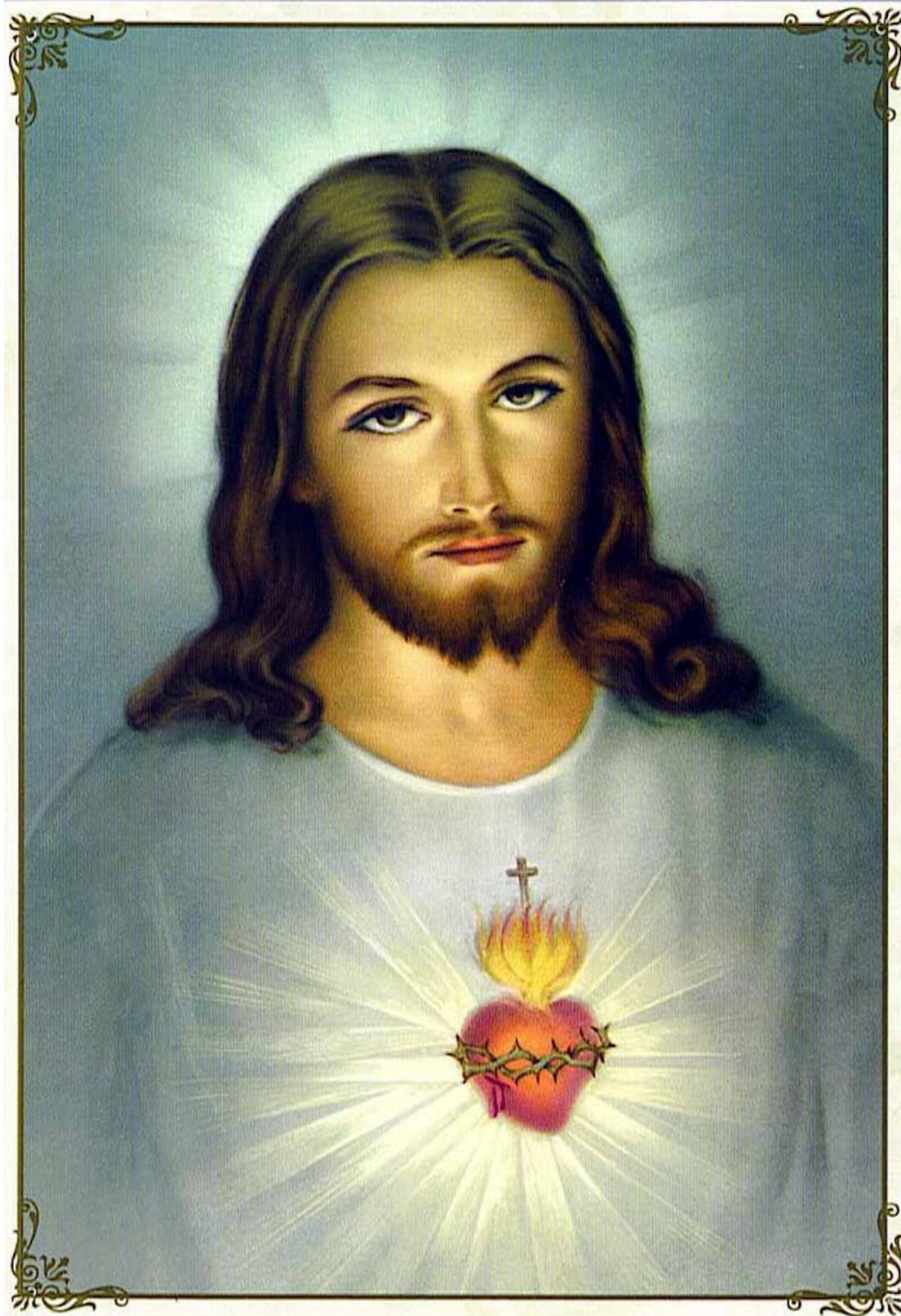


†
J.M.J.

FIRST FRIDAY EUCCHARISTIC HOLY HOUR



†
Salus
Animarum
Lex
Suprema

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Version 05



EXPOSITION OF MOST BLESSED SACRAMENT

See back cover.

"Behold the Heart which has so loved men that it has spared nothing, even to exhausting and consuming Itself, in order to testify Its love; and in return, I receive from the greater part only ingratitude, by their irreverence and sacrilege, and by the coldness and contempt they have for Me in this Sacrament of Love. . . . I promise you that My Heart shall expand Itself to shed in abundance the influence of Its Divine Love upon those who shall thus honor It, and cause It to be honored."

OPENING PRAYER

ALL: Lord Jesus Christ,
we are here to worship You present
in the Blessed Sacrament
of the altar.

Through this act of adoration,
we want to reaffirm our love for You.
May our prayers of thanksgiving
tell You how grateful we are
for all that You have done for us
and for our loved ones.

May our presence, in some way,
make amends to You for our past
indifference and our neglect of You
in our daily lives.

Give us the ability to see
our need of You and of each other.

Through this encounter with You,
help us to live together
as You want us to live, united
by love,

by understanding,
by mutual concern.

We ask You to bless
Your chosen ones among us,
the poor,
the sick
and the lonely.

Finally, Savior of us all, help us
to use these minutes here with You
as a time of rededication.

Make our love for You
and for all men
the driving force of our lives
so that others may see You
through us. Amen.

***Most Sacred Heart of Jesus
burning with love for us,
in flame our hearts
with love of Thee.***



LITANY OF THE MOST SACRED HEART OF JESUS

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven
**Have mercy on us*
God, the Son, Redeemer
of the World,
**Have mercy on us.*
(repeat after each invocation)
God, the Holy Spirit,*
Holy Trinity, one God,*



Heart of Jesus, Son of the Eternal Father,
**Have mercy on us.*

Heart of Jesus, formed by the Holy Spirit
in the Virgin Mother's womb,*

Heart of Jesus, united substantially
with the Word of God,*

Heart of Jesus, of infinite majesty,*

Heart of Jesus, holy Temple of God,*

Heart of Jesus, Tabernacle of the Most High,*

Heart of Jesus, House of God and
Gate of heaven,*

Heart of Jesus, Burning Furnace of Charity,*

Heart of Jesus, Vessel of Justice and Love,*

Heart of Jesus, Full of Goodness and Love,*

Heart of Jesus, Perfection of all Virtues,*

Heart of Jesus, most Worthy of all Praise,*

Heart of Jesus, King and Center of all hearts,*

Heart of Jesus, in Whom are all
the treasures of wisdom and knowledge,*

Heart of Jesus, in Whom dwells
all the fullness of the Divinity,*

Heart of Jesus, in Whom the Father
is well pleased,*

Heart of Jesus, of Whose fullness
we have all received,*

Heart of Jesus, desire of the everlasting hills,*

Heart of Jesus, Patient and Rich in Mercy,*

Heart of Jesus, enriching to all who invoke Thee,*

Heart of Jesus, Fount of Life and Holiness,*
Heart of Jesus, sacrificed for our sin,*
Heart of Jesus, saturated with reproaches,*
Heart of Jesus, crushed

for our iniquities,*

Heart of Jesus, obedient unto death,*

Heart of Jesus, pierced with a lance,*

Heart of Jesus, Source of all Consolation,*

Heart of Jesus, our Life and Resurrection,*

Heart of Jesus, our Peace and
Reconciliation,*

Heart of Jesus, Victim for our sins,*

Heart of Jesus, Salvation of those
who hope in Thee,*

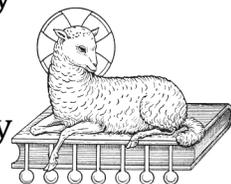
Heart of Jesus, Hope of those
who die in Thee,*

Heart of Jesus, Delight of all Saints,*

Lamb of God, Who takes away
the sins of the world,
Spare us, O Lord.

Lamb of God, Who takes away
the sins of the world,
Graciously hear us, O Lord.

Lamb of God, Who takes away
the sins of the world,
Have mercy on us.



Jesus, meek and humble of Heart,
Make our hearts like unto Thine.

Let us pray:

Almighty everlasting God, look upon the
Heart of Thy dearly beloved Son, and upon
the praise and satisfaction He offers Thee
in the name of sinners and for those who
seek Thy mercy. Be appeased, and grant us
pardon in the name of Jesus Christ,
Thy Son, who lives and reigns with Thee
forever and ever. *Amen.*

Adoration for approximately 15 minutes.
See back pages for resources for private
prayers.

④ Hymn to the Blessed Sacrament

JESUS! my Lord, my God, my all!

How can I love Thee as I ought?

And how revere this wondrous gift

So far surpassing hope or thought?

Sweet Sacrament! we thee adore!

Oh, make us love thee more and more!

Had I but Mary's sinless heart

To love Thee with, my dearest King,

Oh, with what bursts of fervent praise

Thy goodness, Jesus, would I sing

Sweet Sacrament, &c.

Oh, see! within a creature's hand

The vast Creator deigns to be,

Reposing infant-like, as though

On Joseph's arm, or Mary's knee.

Sweet Sacrament, &c.

Thy Body, Soul, and Godhead, all!

Oh, mystery of love divine!

I cannot compass all I have;

For all Thou hast and art are mine!

Sweet Sacrament, &c.

He comes! He comes! the Lord of Hosts,

Borne on His throne triumphantly!

We see Thee, and we know Thee, Lord;

And yearn to shed our blood for Thee

Sweet Sacrament, &c.

⊕ Sacrament Most Holy

1. O Sacrament most holy,

O Sacrament divine!

All praise and all thanksgiving

Be every moment thine.

2. Now come, all you who labor

In sorrow and in pain,

Come, eat this bread from heav-
en;

Thy peace and strength regain.

3. Lord Jesus, we adore thee,

our Victim and our priest,

Whose precious Blood and Body

Become our sacred feast.

4. O sacrament most holy,

O Sacrament divine

All praise and all thanksgiving

Be every moment thine.



ACT OF CONSECRATION TO THE MOST SACRED HEART OF JESUS

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Thine Altar. We are Thine, and Thine we wish to be; but to be more surely united to Thee, behold, each one of us this day freely dedicates himself to Thy Most Sacred Heart. Many, indeed, have never known Thee; many, too, despising Thy precepts have rejected Thee. Have mercy on them all, most merciful Jesus, and draw them to Thy Sacred Heart.

Be Thou King, O Lord not only of the faithful who have never forsaken Thee, but also of the prodigal sons who have abandoned Thee; grant that they may quickly return to their Father's house, lest they perish of wretchedness and hunger.

Be Thou King of those whom heresy holds in error or discord keeps aloof; call them back to the harbor of truth and the unity of faith, so that soon there may be but one fold and one Shepherd.

Be Thou King of all those who even now sit in the shadow of idolatry or Islam, and refuse not Thou to bring them into the light of Thy kingdom.

Look, finally, with eyes of pity upon the children of that race, which was for so long a time Thy chosen people; and let Thy Blood, which was once invoked upon them in vengeance, now descend upon them also in a cleansing flood of redemption and eternal life.

Grant, O Lord, to Thy Church assurance of freedom and immunity from harm; unto all nations give an ordered tranquility; bring it to pass that from pole to pole the earth may resound with one cry: Praise to the divine Heart that wrought our salvation; to It be honor and glory for ever and ever. Amen.

HOLY FATHER'S PRAYER FOR FAMILIES

Lord God, from you every family in Heaven and earth takes its name. Father you are love and life. Through your Son, Jesus Christ, born of woman, and through the Holy Spirit, Fountain of the Divine Charity, grant that each family on earth may become for each successive generation a true shrine of love and life.

Grant that Your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families in the world. Grant that the young may find in the family solid support for their human dignity and for their growth in truth and love. Grant that love, strengthened by the grace of the Sacrament of marriage, may prove mightier than all the weaknesses and trials through which our families sometimes pass.

Through the intercession of the Holy Family of Nazareth, grant that the Church may fruitfully carry out her worldwide mission in the family and through the family. Through Christ our Lord who is the Way, the Truth and the Life forever and ever. Amen.



Immaculate Mary

The 'Lourdes Hymn'
written by Abbe Gagnet

Immaculate Mary,
thy praises we sing,
who reignest in splendor
with Jesus our King.

(Chorus)

**Ave, ave, ave, Maria!
Ave, ave, Maria!**

In heaven, the blessed
thy glory proclaim;
On earth, we thy children
invoke thy fair name.

(Chorus)

Thy name is our power,
thy virtues our light,
Thy love is our comfort,
thy pleading our might.

(Chorus)

We pray for our mother,
the Church upon earth;
And bless, dearest Lady,
the land of our birth.

(Chorus)

Immaculate Mary
Our Hearts are on fire
That title so wondrous
Fills all our desire.

(Chorus)

Adoration for approximately 10 minutes.



Anima Christi Sanctissima

Most Holy Soul of Christ,
sanctify me.
Most Sacred Body of Christ,
protect me.
Most Precious Blood of Christ,
inebriate me.
Purest Water from the Side of Christ.
wash me.
Most Bitter Passion of Christ
strengthen me.
O Good Jesus,
hear me:
Within Thy Wounds
hide me.
Suffer me not to be separated
from Thee.
From the malignant enemy
defend me.
In the hour of my death
call me.
And bid me come
unto Thee.
That with Thy Saints and Angels
I may praise Thee.
Through endless ages of ages. Amen.

Fatima Reparation Prayer

O Most Holy Trinity,
Father, Son and Holy Spirit,
I adore Thee profoundly.
I offer Thee the most
Precious Body, Blood, Soul
and Divinity of Jesus Christ
present in all the Tabernacles
of the world,
in reparation for the outrages,
sacrileges and indifferences
by which He is offended.
By the infinite merits
of the Sacred Heart
of Jesus and
the Immaculate Heart of Mary
I beg the conversion
of poor sinners.



*Sorrowful and Immaculate
Heart of Mary, pray for us.*

LITANY OF THE MOST HOLY NAME OF JESUS

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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,*
Holy Trinity, one God,*

Jesus, Son of the Living God,
**Have mercy on us.*

Jesus, Splendor of the Father,*

Jesus, Brightness of
Eternal Light,*

Jesus, King of Glory,*

Jesus, Sun of Justice,*

Jesus, Son of the Virgin Mary,*

Jesus, Most Amiable,*

Jesus, Most Admirable,*

Jesus, the Mighty God,*

Jesus, Father of the World
to Come,*

Jesus, Angel of Great Counsel,*

Jesus, Most Powerful,*

Jesus, Most Patient,*

Jesus, Most Obedient,*

Jesus, Meek and Humble
of Heart,*

Jesus, Lover of Chastity,*

Jesus, Lover of Us,*

Jesus, God of Peace,*

Jesus, Author of Life,*

Jesus, Example of Virtues,*

Jesus, Zealous Lover of Souls,*

Jesus, Our God,*

Jesus, Our Refuge,*

Jesus, Father of the Poor,*

Jesus, Treasure of the
Faithful,*

Jesus, Good Shepherd,*

Jesus, True Light,*

Jesus, Eternal Wisdom,*

Jesus, Infinite Goodness,*

Jesus, Our Way and Our Life,*

Jesus, Joy of Angels,*

Jesus, King of the Patriarchs,*

Jesus, Master of the Apostles,*

Jesus, Teacher of the
Evangelists,*

Jesus, Strength of Martyrs,*

Jesus, Light of Confessors,*

Jesus, Purity of Virgins,*

Jesus, Crown of Saints,*

∞. Be merciful,

℟. *Spare us, O Jesus.*

∞. Be merciful,

℟. *Graciously hear
us, O Jesus.*

∞. From all evil,

℟. *Deliver us, O Jesus.*

From all sin,

•*Deliver us, O Jesus.*

From Your wrath,• [etc.]

From the snares of the devil,•

From the spirit of fornication,•

From everlasting death,•

From the neglect of Your

inspirations,•

By the mystery of Your holy
Incarnation,•

By Your Nativity,•

By Your Infancy,•

By Your most divine Life,•

By Your labors,•

By Your Agony and Passion,•

By Your Cross and dereliction,•

By Your sufferings,•

By Your Death and Burial,•

By Your Resurrection,•

By Your Ascension,•

By Your Institution of the
most Holy Eucharist,•

By Your joys,•

By Your glory,•

Lamb of God, who takest
away the sins of the world,
Spare us, O Jesus.

Lamb of God, who takest
away the sins of the world,
*Graciously hear us,
O Jesus.*

Lamb of God, who takest
away the sins of the world,
*Have mercy on us,
O Jesus.*

∞. Jesus, hear us.

℟. *Jesus, graciously hear us.*

Let us pray.

O Lord Jesus Christ, You have said, "Ask and you shall receive, seek, and you shall find, knock, and it shall be opened to you." Grant, we beg of You, to us who ask it, the gift of Your most divine Love, that we may ever love You with our whole heart, in word and deed, and never cease praising You.

Give us, O Lord, as much a lasting fear as a lasting love of Your Holy Name, for You, who live and are King for ever and ever, never fail to govern those whom You have solidly established in Your Love. ℟. Amen.



8 CHAPLET OF DIVINE MERCY

Optional Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!



On ordinary Rosary beads:

First pray one 'Our Father', 'Hail Mary', and Apostle's Creed. Then on the large beads pray:

**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.**

On the smaller beads (10x), pray:

**For the sake of His sorrowful Passion:
—Have mercy on us and on the whole world.**

(You may finish the five decades or keep on going around the Rosary on and on, if you wish.)

In conclusion you are to pray these words three times:

**Holy God, Holy Mighty One,
Holy Immortal One,
—Have mercy on us and on the whole world.**

Optional Concluding Prayer:

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy Will, which is Love and Mercy itself. Amen.

Jesus said to Saint Faustina:

"Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy..." **"...When they say this Chaplet in the presence of the dying, I will stand between My Father and the dying person not as the just judge but as the Merciful Savior"**.

St. Faustina's Prayer for Sinners

O Jesus, eternal Truth, our Life, I call upon You and I beg Your mercy for poor sinners. O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, Fount of Mercy from which gush forth rays of inconceivable graces upon the entire human race, I beg of You light for poor sinners. O Jesus, be mindful of Your own bitter Passion and do not permit the loss of souls redeemed at so dear a price of Your most precious Blood. O Jesus, when I consider the great price of Your Blood, I rejoice at its immensity, for one drop alone would have been enough for the salvation of all sinners. Although sin is an abyss of wickedness and ingratitude, the price paid for us can never be equalled. Therefore, let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to anyone. Heaven and earth may change, but God's mercy will never be exhausted. Oh, what immense joy burns in my heart when I contemplate Your incomprehensible goodness, O Jesus! I desire to bring all sinners to Your feet that they may glorify Your mercy throughout endless ages (*Diary of Saint Maria Faustina Kowalska, 72*).

THE ROSARY OF THE HOLY WOUNDS

Use regular Rosary beads.

On the crucifix and first three beads:

O JESUS, Divine Redeemer, Be merciful to us and to the whole world. Amen.

STRONG God, holy God, immortal God, Have mercy on us and on the whole world. Amen.

GRACE and mercy, O my Jesus, during present dangers; Cover us with Thy Precious Blood. Amen.

ETERNAL Father, grant us mercy through the Blood of Jesus Christ, Thine only Son; Grant us mercy, we beseech Thee. Amen, Amen, Amen.

The following prayers, composed by Our Lord, are to be prayed using the Rosary beads.

On the large [middle] beads:

Eternal Father, I offer Thee the Wounds of our Lord Jesus Christ:

—To heal the wounds of our souls.

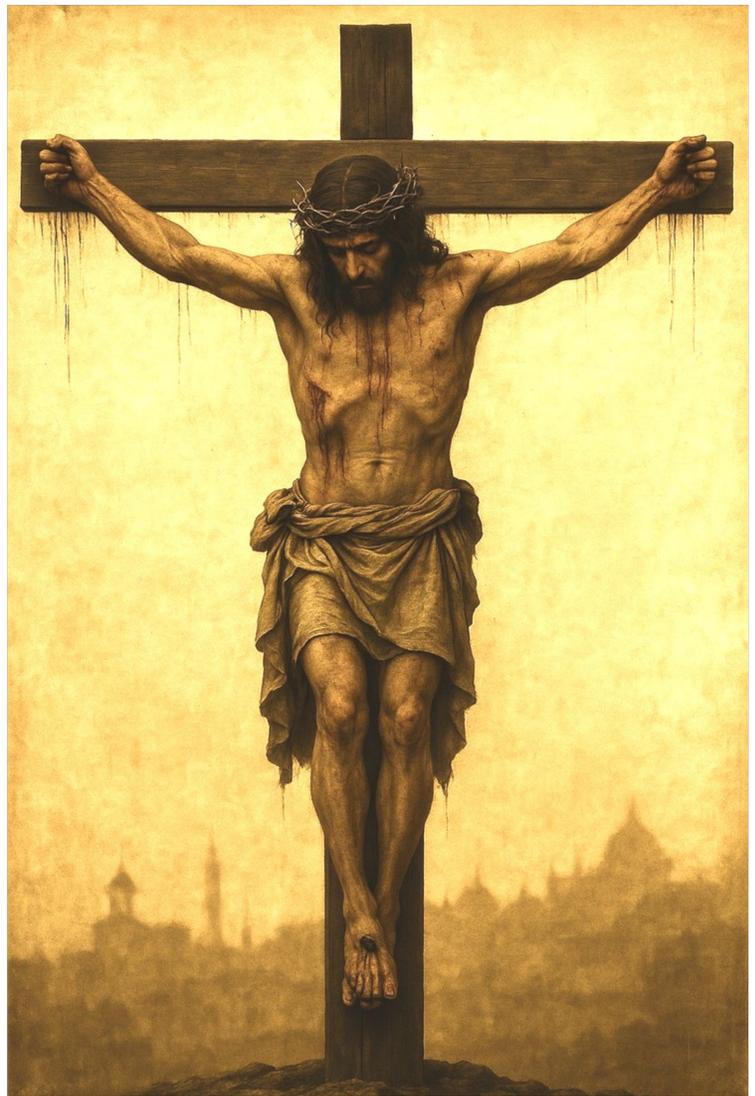
On the small [decade] beads:

My Jesus, pardon and mercy:

—Through the merits of Thy Holy Wounds.

PRAYER OF THE PASSION OF OUR LORD

I beseech Thee, O most sweet Lord Jesus Christ, that Thy Passion be to me a source of strength whereby I may be fortified, protected, and defended; that Thy Wounds may be to me food and drink wherewith I may be fed, filled, and satisfied; that the sprinkling of Thy Blood may be to me the washing away of all my sins; that Thy Death may be to me unfailing Life; that Thy Cross may be to me unending glory. In these be my refreshment, rejoicing, health, and the desire of my heart, Who liveth and reigneth forever and ever. Amen.



PRAYER BEFORE A CRUCIFIX

Look down upon me, good and gentle Jesus, while before Thy face I humbly kneel, and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope, and charity, true contrition for my sins, and a firm purpose of amendment; and while I contemplate with great love and tender pity Thy five Wounds, pondering over them within me, and calling to mind the words which David Thy prophet said of Thee, my Jesus: "They have pierced My hands and My feet; they have numbered all My bones." Amen.

Hail O Cross, our only Hope!

10 **MOST SACRED HEART OF JESUS**

O Sacred Heart of Jesus,
fountain of eternal life,
Your Heart is a glowing
furnace of Love.
You are my refuge
and my
sanctuary.



O my adorable
and loving Saviour,
consume my heart
with the burning fire
with which Yours is inflamed.

Pour down on my soul
those graces which flow
from Your love.



Let my heart be
united with Yours.

Let my will be
conformed to Yours
in all things.

May Your Will be
the rule of all my desires
and actions. Amen.



**PRAYER OF SAINT
BERNARDINE OF SIENA**

Jesus, Name full of glory, grace,
love and strength!

You are:
the refuge of those who repent,
our banner of warfare in this life,
the medicine of souls,
the comfort of those who mourn,
the delight of those who believe,
the light of those who preach the true faith,
the wages of those who toil,
the healing of the sick.

To You our devotion aspires;
by You our prayers are received;
we delight in contemplating You.

O Name of Jesus,
You are the glory of all the saints
for eternity. Amen.

**PRAYER AFTER RECEIVING
HOLY COMMUNION**

I am sealed forever in the
Most Sacred Heart of Jesus!
(Pray 7 times) OR

I am bound in His Sacred Heart. *(7 times)*



PRAYER OF ST. FRANCIS XAVIER

O God, I love You! I love You,
not simply to be saved, and not because those
who fail in love to You will be punished with
eternal fire. You, You my Jesus, have all-
embraced me on the Cross.

You have borne the nails, the lance, much
ignominy, numberless griefs, sweatings and
anguish, and death, and these on account of
me and for me, a sinner.

Why, therefore, should I not love You, O
most loving Jesus? Not that in Heaven You
shall save me, nor lest for eternity You shall
condemn me; not with the hope of any
reward, but as You have loved me, so also will
I love You - only because You are my King, and
only because You are my God. Amen.

PRAYER FOR VARIOUS NEEDS

Almighty God and Father,

In Thy mercy look down with pity upon us
all. Be pleased, O Lord,
to have regard unto
the sorrows of nations,
the troubles of the poor,
the groanings of those in bondage,
the desolation of orphans,
the weariness of wayfarers,
the helplessness of the sick,
the struggles of the dying,
the failing of strength of the aged,
the trials and ambitious hopes
of young men,
the high desires of maidens,
and the grief of widows.

Take away from us, O Lord, our iniquities,
and mercifully kindle in us
the fire of Thy Holy Spirit.

Take away from us our hearts of stone and
fashion within us hearts of flesh,
hearts to love Thee,
to long for Thee,
to delight in Thee,
to be submissive to Thee
—hearts whose only happiness
shall be in Thee.



My Jesus, Mercy!

LITANY OF HUMILITY



Humility is an essential virtue for our spiritual lives. St. Faustina was told by our Lord that "true greatness of the soul is in loving God and in humility." Through this litany, our Blessed Mother guides us to trust her Son to deliver us from the excessive desires and fears which endanger our souls and lead us to pride.

O Jesus, meek and humble of heart,
Make my heart like Yours.

From self-will, \square *Deliver me, O Lord.*
From the desire of being esteemed, \square
From the desire of being loved, \square
From the desire of being extolled, \square
From the desire of being honored, \square
From the desire of being praised, \square
From the desire of being preferred to others, \square
From the desire of being consulted, \square
From the desire of being approved, \square
From the desire to be understood, \square
From the desire to be visited, \square

From the fear of being humiliated, \square
From the fear of being despised, \square
From the fear of suffering rebukes, \square
From the fear of being calumniated, \square
From the fear of being forgotten, \square
From the fear of being ridiculed, \square
From the fear of being suspected, \square
From the fear of being wronged, \square
From the fear of being abandoned, \square
From the fear of being refused, \square
From the fear of being trapped, \square
From the fear of being under-utilized, \square

That others may be loved more than I,
 \triangle *Lord, grant me the grace to desire it.*
That others may be esteemed more than I, \triangle
That, in the opinion of the world, others may
increase and I may decrease, \triangle
That others may be chosen and I set aside, \triangle
That others may be praised and I go
unnoticed, \triangle
That others may be preferred to me
in everything, \triangle
That others may become holier than I,
provided that I may become as holy as I
should, \triangle

At being unknown and poor,
 \triangle *Lord, I want to rejoice.*
At being deprived of the natural perfections
of body and mind, \triangle
When people do not think of me, \triangle
When they assign me the meanest tasks, \triangle
When they do not even deign to make use of
me, \triangle
When they never ask my opinion, \triangle
When they leave me at the lowest place, \triangle
When they never compliment me, \triangle
When they blame me
in season and out of season, \triangle
Blessed are those who suffer persecution
for Jesus' sake,
For theirs is the kingdom of heaven.

(Litany of Humility attributed to Rafael Cardinal Merry del Val as found in The Power of Silence by Robert Cardinal Sarah, pp. 17-19)

INVOCATIONS FOR HUMILITY

O Mary, Mother of the humble, *Pray for me.*
St. Joseph, patron of the humble, *Pray for me.*
St. Michael, who first crushed pride, *Pray for me.*
St. John the Baptist, who decreased so that Christ
may increase, *Pray for me.*
St. Francis, imitator of a master meek and humble,
All ye holy spirits sanctified by humility,
Let us pray:
O sweet Jesus, meek and humble of Heart, make
my heart like unto Thine, and give me the grace
of final perseverance. Amen.

*"My son, conduct your affairs with humility, and you will be loved more than a giver of gifts.
Humble yourself the more, the greater you are, and you will find favor with God." —Sirach 3:17-18*

LITANY TO OUR BLESSED MOTHER FOR HUMILITY AND CHARITY

*This Litany is good for public and private
devotion—pleaded in all humility
and charity.*

Response: ***Sorrowful and Immaculate
Heart of Mary, our Blessed
Mother, impart to us (me) your
humility and charity.**

1. Your Immaculate Conception was hidden from the wise and learned,*
2. Your birth brought joy in the world,*
3. You were raised in a small remote village,*
4. You were solemnly presented in the temple as a little child,*
5. You were betrothed to St. Joseph and vowed to be a virgin,*
6. You trembled at the words of the angel who praised you,*
7. You are the handmaid of the Lord,*
8. You hastened to Elizabeth to bring joy and blessings,*
9. You received praise by reflecting praise to God,*
10. Your soul magnifies the Lord,*
11. Your spirit rejoices in God your Savior,*
12. You think of the lowly, the hungry, the poor,*
13. You recognize God's work in salvation history,*
14. You served in hidden ways in the house of Zachary,*
15. You remained silent in the face of St. Joseph's perplexity,*
16. You endured the calumny and insults of those who rashly judged you,*
17. You obeyed the command of the emperor Augustus and went to Bethlehem,*
18. You submitted to your spouse and accompanied him to his ancestral town,*
19. You accepted rejection from innkeepers without resentment,*
20. You gave birth with surpassing joy and peace in a cave used as a stable,*
21. You gave birth in hiddenness,*
22. You received the shepherds to visit your Son,*
23. You obeyed the Law to be purified in the temple,*
24. You heard the prophecies of Simeon and Anna,*
25. You received the gifts of the wise men who adored your Son,*
26. You unhesitatingly obeyed your spouse when you fled into Egypt,*
27. You mourned the Holy Innocents who were murdered by Herod,*

28. You prayed for your Egyptian neighbors,*
29. You returned to Nazareth at the direction of your spouse,*
30. You treasured all the Mysteries of your Son in your heart,*
31. You worked as a homemaker for your family in Nazareth,*
32. You devotedly attended the Feast of the Passover in Jerusalem,*
33. You sought our Lord for three days in sorrow,*
34. You refrained from all anger and simply asked a question to your Son,*
35. You cared for St. Joseph at his deathbed,*
36. You noticed the need of wine for the wedding guests, and perceived the disciples' need for Faith,*
37. You presented your concern to your Son and prompted the servers to obey Him,*
38. You endured your family rejecting your Son,*
39. You heard the prophecies of the Passion and knew of your Son's imminent sufferings,*
40. You forgave the scribes and Pharisees who conspired against your Son,*
41. You accompanied in your heart the sufferings of your Son's Passion,*
42. You prayed for Judas who betrayed your Son,*
43. You prayed for the conversion of the thieves crucified with your Son,*
44. You prayed for the soldiers who cruelly treated your Son,*
45. You pray for us, sinners who crucify your Son,*
46. You shed tears of sorrow, the greatest sorrow from the purest perfect love,*
47. You crushed the head of the serpent,*
48. You awaited with unwavering Faith the Resurrection of your Son,*
49. You were visited by our Risen Lord,*
50. You witnessed the Ascension of your Son in the midst of the apostles,*
51. You gathered in prayer with the apostles and disciples,*
52. You received the Holy Spirit as your motherhood expanded on Pentecost,*
53. You were submissive in all things to the Holy Spirit, your spouse,*
54. You received our Lord in Holy Communion with the utmost reverence in body and soul,*
55. You interceded for the infant Church and prayed for the conversion of Saul of Tarsus,*
56. You encouraged St. James in Spain and St. Peter in Rome,*
57. You attended to the Way of the Cross of your Son,*
58. You trusted in God and continued in supplications and prayers night and day without ceasing,*
59. You attended Holy Mass offered by St. Peter at your house in Ephesus,*
60. †You abounded in all virtues and graces, and were fruitful in virtue and grace,*
61. †You were cheerful in persecutions and afflictions,*
62. †You were free from murmuring in the midst of penury and want,*
63. †You were grateful to those that injured you,*
64. †You rejoiced when exposed to troubles,*
65. †You sympathized with the wretched and the afflicted as sharing in their afflictions,*
66. †You were not slow to come to the assistance of the afflicted,*
67. †You shined forth gloriously as contending in the fight of faith against the pernicious conflicts of vicious principles or conduct,*
68. †You were the handmaid of all works of piety among the faithful,*
69. †You are the teacher of our religion and of penance,*
70. †You were indeed devoted to the humble, and you humbled yourself more devotedly than the devoted,*
71. †You were wonderfully magnified by all, while you suffered detraction from the Scribes and Pharisees,*
72. You summoned all the apostles to your bedside at the end of your life,*
73. You commended your soul to your Son who assumed you Body and Soul into Heaven,*
74. You are Mother even to those who misunderstand and reject you,*
75. You are the Eternal Queen of Heaven,*

Let us pray:

Lord Jesus Christ, we praise and thank you for the perfect example of humility and charity in the life of our Blessed Mother, who imparts to us, her children, the graces to grow in these and all virtues. Amen.

†Drawn from "Letter to St. John the Apostle and Evangelist," attributed to St. Ignatius of Antioch.



ACTS OF LOVE

by Fr. Paul of Moll

The love of God is my desire,
my riches, my joy, and my best
food, yes, all!

O God of infinite love!
Give me two wings to fly towards
Thee, that I may rest in Thee and
be satiated with Thy beautiful love;
— a wing of love, to draw me
without ceasing toward Thy
beautiful love,
— and a wing of confidence in
order to help me to perform
all my actions,
all my steps,
all my prayers
for the love of God.

Who shall ever be able
to understand the love,
infinitely great, wherewith Thou,
O God, lovest man!

We should wish to express,
to describe that love; one word
only escapes our powerless lips:
O love! O infinite love of God!
O sweet love, sweeter than honey!
O ocean of love! inflame my heart
with the sacred fire
of Thy holy love!

O love! O infinite love of Jesus!
O Jesus give me a mouth of love
so as to entertain all men with Thy
infinite love!

Give me a heart of love so that
nothing else may come forth from
it but for Thy beautiful love.

Give me eyes of love that I may
see nothing else but Thy love in all
things, even in my sufferings and
in everything that goes against me.

Give me a taste of love, that I
may taste Thy love in everything
I eat and drink.

Give me hands of love that I may
write of Thy beautiful love to all
the children of love.

Give me feet of love that I may
go and entertain those who suffer

with Thy beautiful love and Thy
ignominious and painful death,
so that they may not complain any
longer of their crosses.

O love! O infinite love of God!
Thy love, O my God, is my
nourishment, my treasure, my
consolation, my life! I do not need
any one but those who speak to me
of Thy beautiful love.

O love of Jesus!
Thou art my consolation, my all.
Nothing against Thee,
everything for Thee!

O love! O infinite love of Jesus!
I want to suffer every thing for
the love of Jesus, as Jesus has
suffered every thing for love of us,
in order to obtain the pardon and
expiation of my sins, and to be
able, at once after my death,
to unite myself with Jesus through
love and for all eternity.

PRISON PRAYER

of St. Thomas More

Give me the grace, Good Lord:
To set the world at naught.
To set the mind firmly on You
and not to hang upon the words
of men's mouths.
To be content to be solitary. Not
to long for worldly pleasures. Little
by little utterly to cast off the world
and rid my mind of all its business.

Not to long to hear of earthly
things, but that the hearing of
worldly fancies may be
displeasing to me.

Gladly to be thinking of God,
piteously to call for His help.
To lean into the comfort of God.
Busily to labor to love Him.

To know my own vileness and
wretchedness. To humble myself
under the mighty hand of God.

To bewail my sins and, for the
purging of them, patiently
to suffer adversity.

Gladly to bear my purgatory
here. To be joyful in tribulations.

To walk the narrow way
that leads to life.

To have the last thing in
remembrance. To have ever before
my eyes my death that is ever at
hand. To make death no stranger
to me. To foresee and consider the
everlasting fire of Hell. To pray for
pardon before the judge comes.

To have continually in mind the
Passion that Christ suffered for me.
For His benefits unceasingly to give
Him thanks.

To buy the time again that I have
lost. To abstain from vain
conversations. To shun foolish
mirth and gladness. To cut off
unnecessary recreations.

Of worldly substance, friends,
liberty, life and all, to set the loss at
naught, for the winning of Christ.

To think my worst enemies my
best friends, for the brethren of
Joseph could never have done him
so much good with their love and
favor as they did him with their
malice and hatred.

These minds are more to be desired
of every man than all the treasures
of all the princes and kings,
Christian and heathen, were it
gathered and laid together all in
one heap. Amen.



Stefan Jasioński's image of the Sacred Heart of Jesus he carved into the wall of his cell in the basement of Block 11 in the Main Camp at Auschwitz.

14 **UNIVERSAL PRAYER FOR
ALL THINGS NECESSARY
FOR SALVATION**

O my God, I believe in Thee;
do Thou strengthen my faith.
All my hopes are in Thee;
do Thou secure them.

I love Thee
with my whole heart;
teach me to love Thee
daily more and more.
I am sorry that
I have offended Thee;
do Thou increase my sorrow.



I adore Thee
as my first Beginning;
I long for Thee
as my last End.
I give Thee thanks
as my constant Benefactor;
I call upon Thee
as my sovereign Protector.



Vouchsafe, O my God,
to conduct me by Thy Wisdom,
to restrain me by Thy Justice,
to comfort me by Thy Mercy,
to defend me by Thy Power.

That I may be Thine,
pursuant to my Baptism,
I renounce the Devil and his
works, the world and its pomps,
the flesh and its sensualities,
heresy and its errors.



I offer you, Lord,
my thoughts:
to be fixed on Thee;
my words:
to have Thee for their theme;
my actions:
to reflect my love for Thee;
my sufferings:
to be endured
for Thy greater glory.



Lord, I desire that in all things
Thy will may be done,
because it is Thy will,
in the manner Thou wilt,
and as long as Thou wilt.

I beg of Thee
to enlighten my understanding,

to inflame my will,
to purify my body,
and to sanctify my soul.



Grant that I be not
puffed up with pride,
moved by flattery,
deceived by the world,
or duped by the devil.

Give me grace
to purify my memory,
to bridle my tongue,
to restrain my eyes,
and to mortify my senses.



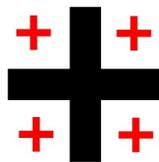
Give me strength, O my God,
to expiate my offences,
to overcome my temptations,
to subdue my passions,
and to acquire all the virtues
proper for my state.

Fill my heart with a tender
affection for Thy Goodness,
a hatred for my faults,
a love for my neighbour,
and a contempt of the world.

Let me always remember
to be submissive
to those set over me,
kindly to those under me,
faithful to my friends,
and charitable to my enemies.



Grant, O Jesus,
that I may remember
Thy precept and example,
by loving my enemies,
bearing with injuries,
doing good to those
who persecute me,
and praying for those
who slander me.



Assist me to overcome
sensuality by mortification,
avarice by alms-deeds,
anger by meekness,
and tepidity by devotion.

O my God, make me
prudent in my undertakings,
courageous in dangers,
patient in afflictions,
and humble in prosperity.

Grant that I may be ever
attentive at my prayers,
temperate at my meals,
diligent in my employments,
and constant in my
good resolutions.



Let my conscience be
ever upright and pure,
my exterior modest,
my conversation edifying,
and my life according to rule.

Assist me,
that I may continually labour
to overcome nature,
to correspond with Thy grace,
to keep Thy commandments,
and to work out my salvation.

Help me to obtain
holiness of life
by a sincere confession
of my sins,
by a devout reception
of the Body of Christ,
by a continual
recollection of mind,
and by a pure
intention of heart.



Discover to me, O my God,
the nothingness of this world,
the greatness of Heaven,
the shortness of time,
and the length of eternity.



Grant
that I may prepare for death,
that I may fear Thy judgements,
that I may escape hell,
and in the end obtain Heaven,

Vouchsafe, in fine, to grant
repentance to all sinners,
perseverance to the just,
peace to the living, and eternal
rest to the faithful departed.

All which I beseech Thee,
O Lord, to grant through
the merits



of our Lord Jesus Christ,
the intercession
of our Blessed Lady and all the
saints, and the suffrages of our
holy Mother the Church. Amen.

PRAYER OF DESIRE BEFORE COMMUNION

Dear Jesus, I ardently desire to receive You. The moment draws near, the rapturous moment, in which I shall receive You, my God, into my soul. I come to You, I run to meet You with the utmost devotion and reverence of which I, as a little child, am capable. Stretch forth Your most sacred hands to embrace my soul—Your pierced hands which were stretched forth amid the anguish of Your Passion to embrace all sinners. I stretch forth not only my hands, but my heart and my soul, to embrace You and to lead You into the innermost and secret recess of my heart.

Would that I had within me as a great a devotion, love and purity as You have ever been adored with by the heart of any mortal. Would that I were filled with all virtues, with all holy desires, with perfect devotion. Would that I had the purity of all Your angels, the charity of all Your apostles, the holiness of all confessors, the chastity and cleanness of heart of all virgins and the holy fire of love of all the martyrs. Would that I could receive You now with all that devotion, reverence and love with which Your most Blessed Mother received You in Your Incarnation, and in Your adorable Eucharist! Would that I had Your own sacred and divine Heart, that I might receive You as Your ineffable Majesty deserves!

I offer You, my sweetest Jesus—to be my fitting preparation, to make amends for all my unworthiness, my negligences, my lack of preparation, devotion and affections—I offer You the love which the Saints and the Blessed Mother had when they received You in this Holy Sacrament.

I offer You, most holy Jesus, Your own meritorious Heart, and all the ineffable virtues and graces which the most Blessed Trinity bestowed without measure upon It, that all my vileness and all my unworthiness may be covered, and that a proper and most peaceful abode may be prepared for You in my soul, Amen.

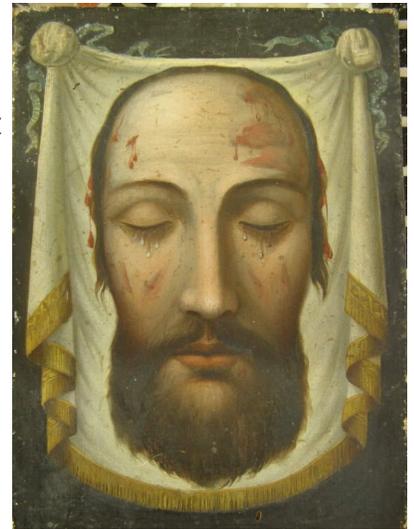
Offering of Self

Take, O Lord, and receive all my liberty, my memory, my understanding, and my whole will. Thou hast given me all that I am and all that I possess: I surrender it all to Thee that Thou mayest dispose of it according to Thy will. Give me only Thy love and Thy grace; with these I will be rich enough, and will have no more to desire. Amen.



THE GOLDEN ARROW

May the most holy, most sacred, most adorable, most incomprehensible and ineffable Name of God be forever praised, blessed, loved, adored and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the



Sacred Heart of our Lord Jesus Christ, in the Most Holy Sacrament of the Altar. Amen.

FATIMA

My God, I believe, I adore, I hope, I love You.

I ask forgiveness for those who do not believe, nor adore, nor hope nor love You.



PRAYER OF ST. BONAVENTURE

O sweetest Lord Jesus Christ,
I implore Thee, pierce the very marrow of my
soul with the delightful, health-giving dart
of Thy love, with true, tranquil,
holy, apostolic charity, so that my whole soul
may ever languish and faint for love of Thee
and for desire of Thee alone.

May it long and pine for Thy courts;
may it ever desire to be dissolved
and to be with Thee.

Grant that my soul may hunger for Thee,
Who art the bread of angels, the comforting
nourishment of all holy souls, our daily
and most delectable bread,
our supersubstantial bread,
in which is found every sweet delight.

May my heart ever hunger for Thee, on
Whom the angels lovingly gaze; may it feed
on Thee; and may the innermost depths of
my being be filled with the sweetness which
comes from having tasted Thee.

May my soul ever thirst for Thee, Who art
the source of life, the fount of wisdom and
knowledge, the brightness of everlasting
light, the flood of all true happiness, the
riches of the house of God.

May I at all times think of Thee; may I ever
seek Thee and ever find Thee; may I always
follow Thee and reach Thee; may Thy Holy
Name be in my heart and on my lips; and to
Thy praise and glory may every work of mine
be done. Humble and discreet, loving and
happy, ever ready and cheerful in Thy service,
may I persevere, by Thy grace,
even unto the end.

Be Thou alone

and evermore my hope;

be Thou all my trust;

be Thou my wealth,

my delight, my joy, my consolation,

my rest, my endless peace.

Be Thou to me as a goodly taste, as a
pleasant perfume, as a soothing sweetness.

Be Thou my food and my refreshment; my
refuge and my help; my wisdom; my portion,
my own possession and my treasure.

In Thee, O Lord, may my mind and my heart
remain fixed and firm, and rooted immovably
for evermore. Amen.

PRAYER OF ST. THOMAS AQUINAS

I give thanks to Thee, O Lord,
most holy, Father almighty, eternal God, that
Thou hast vouchsafed, for no merit of my own,
but out of Thy pure mercy, to appease the
hunger of my soul with the Precious Body and
Blood of Thy Son, our Lord Jesus Christ.
Humbly I implore Thee, let not this holy
communion be
to me an increase of guilt unto my
punishment, but an availing plea
unto pardon and salvation.

Let it be to me the armor of faith and the
shield of good will. May it root out from my
heart all vice; may it utterly subdue my evil
passions all my unruly desires.

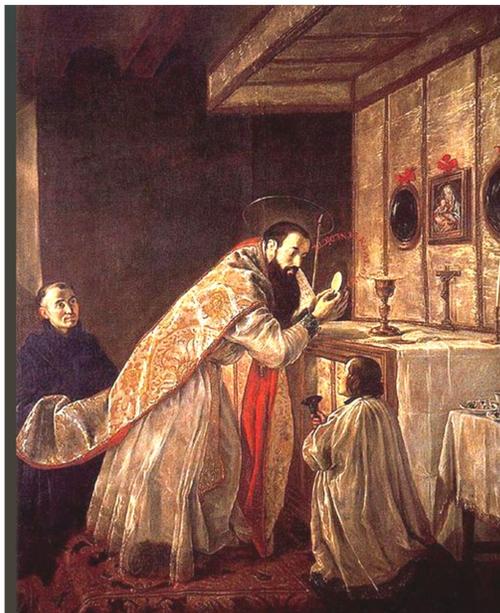
May it perfect me in charity and patience; in
humility and obedience; and in all other
virtues.

May it be my defense against the snares laid
for me by my enemies, visible and invisible.

May it restrain and quiet all my evil
impulses, and make me ever cleave to Thee
Who art the one true God. May I owe to it a
happy ending of my life.

And do Thou, O heavenly Father,
vouchsafe one day to call me, a sinner,
to that ineffable banquet,
where Thou, together with Thy Son and the
Holy Ghost, art to Thy saints true and unfailing
light, fulness of content, joy for evermore,
gladness without alloy, consummate and
everlasting happiness.

Through the same Christ our Lord. Amen.



ACT OF OFFERING BY ST. PETER JULIAN EYMARD

My dear Jesus,
I give myself
to Thee
as Thou
hast given
Thyself
entirely
to me.

**LITANY OF THE MOST
BLESSED SACRAMENT**

—*Saint Peter Julian Eymard, founder
of the Blessed Sacrament Fathers*



Lord have mercy.

℟: Lord, have mercy.

Christ, have mercy.

℟: Christ, have mercy.

Lord, have mercy.

℟: Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

**Have mercy on us.*

God the Son, Redeemer of
the world, *

God the Holy Spirit, *

Holy Trinity, one God, *

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

Jesus, Divine Victim on the
Altar for our salvation, *

Jesus, hidden under the
appearance of bread, *

Jesus, dwelling in the
tabernacles of the world, *

Jesus, really, truly and
substantially present
in the Blessed Sacrament, *

Jesus, abiding in Your fulness,
Body, Blood, Soul
and Divinity, *

Jesus, Bread of Life, *

Jesus, Bread of Angels, *

Jesus, with us always until
the end of the world, *

Sacred Host, summit and
source of all worship and
Christian life, *

Sacred Host, sign and cause
of the unity of the Church, *

Sacred Host, adored by
countless angels, *

Sacred Host, spiritual food, *

Sacred Host, Sacrament
of Love, *

Sacred Host, bond of charity, *

Sacred Host, greatest aid
to holiness, *

Sacred Host, gift and glory of
the priesthood, *

Sacred Host, in which we
partake of Christ, *

Sacred Host, in which the soul
is filled with grace, *

Sacred Host, in which we are
given a pledge
of future glory, *

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, ^

That we may receive You
frequently in Holy
Communion with real
devotion and true humility, ^
That we may never neglect to
thank You for so wonderful
a blessing, ^

That we may cherish time
spent in silent prayer
before You, ^

That we may grow in
knowledge of this Sacrament
of sacraments, ^

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

That they may celebrate the
Holy Sacrifice of the Mass
in accordance with
its sublime dignity, ^

That we may be comforted and
sanctified with Holy
Viaticum at the hour
of our death, ^

That we may see You one day
face to face in Heaven, ^

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.

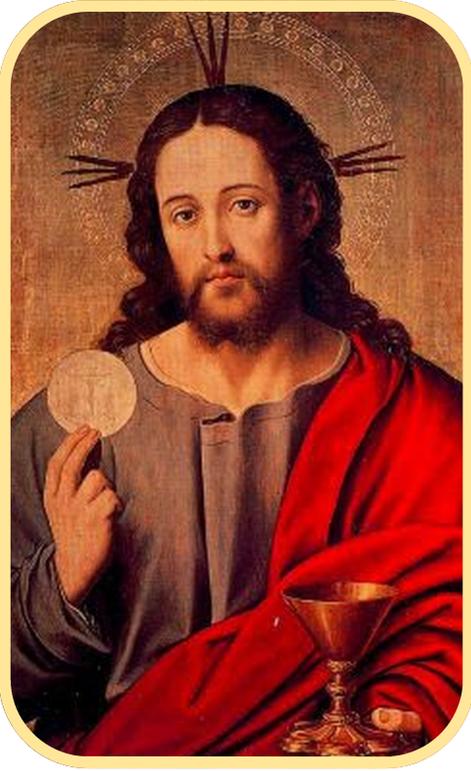
Lamb of God, You take away
the sins of the world,
Have mercy on us, O Lord.

℣. 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.

LITANY OF THE MOST HOLY EUCHARIST



Lord, have mercy.

Lord have mercy.

Christ, have mercy.

Christ have mercy.

Lord, have mercy.

Lord have mercy.

Jesus, the Most High,

*Have mercy on us.

Jesus, the holy One...

Jesus, Word of God...

Jesus, only Son of the

Father...

Jesus, Son of Mary...

Jesus, crucified for us...

Jesus, risen from the dead...

Jesus, reigning in Glory...

Jesus, coming in Glory...

Jesus, our Lord...

Jesus, our Hope...

Jesus, our Peace...

Jesus, our Savior...

Jesus, our Salvation...

Jesus, our Resurrection...

Jesus, Judge of all...

Jesus, Lord of the Church...

Jesus, Lord of creation...

Jesus, Lover of all...

Jesus, life of the world...

Jesus, freedom for the

imprisoned...

Jesus, joy of the sorrowing...

Jesus, giver of the Spirit...

Jesus, giver of good gifts...

Jesus, source of new life...

Jesus, Lord of Life...

Jesus, eternal high priest...

Jesus, priest and victim...

Jesus, true Shepherd...

Jesus, true Light...

Jesus, bread of heaven ...

Jesus, bread of life ...

Jesus, bread of

thanksgiving ...

Jesus, life-giving bread ...

Jesus, holy manna ...

Jesus, new covenant ...

Jesus, food for

everlasting life ...

Jesus, food for our journey ...

Jesus, holy banquet ...

Jesus, true sacrifice ...

Jesus, perfect sacrifice ...

Jesus, eternal sacrifice ...

Jesus, divine Victim ...

Jesus, Mediator of the

new Covenant...

Jesus, mystery of the altar ...

Jesus, mystery of faith ...

Jesus, medicine of

immortality ...

Jesus, pledge of eternal

glory ...

Jesus, Lamb of God, You take

away the sins of the

World: Have mercy on us.

Jesus, Bearer of our sins, You

take away the sins of the

world: ...

Jesus, Redeemer of the

world, You take away the

sins of the world:...

Christ, hear us.

Christ hear us.

Christ, graciously hear us.

Christ graciously hear us.

Lord Jesus, hear our prayer.

Lord Jesus, hear our prayer.

Let us pray...

Lord our God,

in this great sacrament

we come into the presence of

Jesus Christ, Your Son,

born of the Virgin Mary and

crucified for our salvation.

May we who declare our

faith in this fountain of love

and mercy drink from it the

water of everlasting life.

Amen.

Taken from the Order for the Solemn

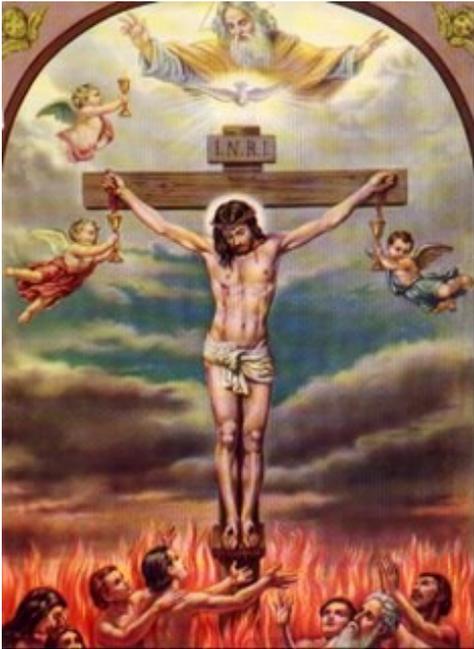
Exposition of the Holy Eucharist

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Conference.



LITANY OF THE MOST PRECIOUS BLOOD OF JESUS



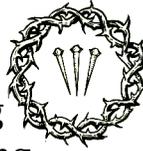
Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven
***Have mercy on us.**
God, the Son, Redeemer
of the World,*
God, the Holy Spirit,*
Holy Trinity, one God,*

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 takes
away the sins of the
world,
Spare us, O Lord.
Lamb of God, Who takes
away the sins of the world,
**Graciously hear us,
O Lord.**
Lamb of God, Who takes
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.**

*"I hunger for
the bread of God,
the Flesh of Jesus
Christ . . .*



*I long to drink of His Blood,
the gift of unending love."*
—St. Ignatius of Antioch

PRAYER OF ST. AMBROSE

Lord, Jesus Christ, I approach Your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on Your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words.

Gracious God of majesty and awe, I seek Your protection, I look for Your healing, poor troubled sinner that I am, I appeal to You, the fountain of all mercy.

I cannot bear Your judgment, but I trust in Your salvation.

Lord, I show my wounds to You and uncover my shame before You.

I know my sins are many and great, and they fill me with fear, but I hope in Your mercies, for they cannot be numbered. Lord Jesus Christ, eternal King, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in You. Have mercy on me, full of sorrow and sin, for the depth of Your compassion never ends.

Praise to You, saving sacrifice, offered on the wood of the Cross for me and for all mankind.

Praise to the noble and Precious Blood, flowing from the Wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world.

Remember, Lord, Your creature, whom You have redeemed with Your Blood. I repent my sins, and I long to put right what I have done.

Merciful Father, take away all my offenses and sins; purify me in body and soul, and make me worthy to taste the holy of holies.

May Your Body and Blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts, and the rebirth of my better instincts. May it incite me to do the works pleasing to You and profitable to my health in body and soul, and be a firm defense against the wiles of my enemies. Amen.

My Jesus, Mercy!



PRAYER OF ST. THOMAS AQUINAS

Almighty, everlasting God, look down in mercy upon me, Thy servant, who now again draws near to the most holy Sacrament of Thy only-begotten Son, our Lord Jesus Christ.

I approach as one who is sick,
to the physician of life;
as one unclean,
to the fountain of mercy;
as one blind,
to the light of eternal brightness;
as one poor and needy,
to the Lord of heaven and earth.

I implore Thee, therefore,
out of the abundance of Thy boundless Mercy,
that Thou wouldst vouchsafe
to heal my sickness,
to wash away my defilement,
to give sight to my eyes,
to enrich my poverty,
and to clothe my nakedness;
that I may receive the Bread of angels,
the King of kings,
the Lord of lords,
with such reverence and humility,
such contrition and devotion,
such purity and faith,
such purpose and intention,
as may tend to the salvation of my soul.

Grant to me, I beseech Thee, not only to receive the Sacrament of the Body and Blood of the Lord, but to profit by Its substance and virtue.

God most merciful, grant me the grace to receive the Body of Thy only-begotten Son, Jesus Christ, our Lord, which He took of the Virgin Mary, in such wise, that I may be found worthy to be incorporated into His mystical body, and for evermore to be numbered among His members.

O Father, most loving,
I am about to welcome into my heart
Thy own beloved Son,
hidden under His sacramental veil:
may it, in Thy great goodness, be mine,
in the end, for all eternity face to face
to gaze upon Him: Who with Thee liveth and
reigneth, in the unity of the Holy Ghost, God,
world without end. Amen.

JOHN 15

15 I am the true vine; and My Father is the husbandman.

2 Every branch in Me, that beareth not fruit, He will take away: and every one that beareth fruit, He will purge it, that it may bring forth more fruit.

3 Now you are clean by reason of the word, which I have spoken to you.

4 Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abide in the vine, so neither can you, unless you abide in Me.

5 I am the vine: you the branches: he that abideth in Me, and I in him, the same beareth much fruit: for without Me you can do nothing.

6 If any one abide not in Me, he shall be cast forth as a branch, and shall wither, and they shall gather him up, and cast him into the fire, and he burneth.

7 If you abide in Me, and My words abide in you, you shall ask whatever you will, and it shall be done unto you.

8 In this is My Father glorified; that you bring forth very much fruit, and become My disciples.

9 As the Father hath loved Me, I also have loved you. Abide in My love.

10 If you keep My commandments, you shall abide in My love; as I also have kept My Father's commandments, and do abide in His love.

11 These things I have spoken to you, that My joy may be in you, and your joy may be filled.

12 This is My commandment, that you love one another, as I have loved you.

13 Greater love than this no man hath, that a man lay down his life for his friends.

14 You are my friends, if you do the things that I command you.

15 I will not now call you servants: for the servant knoweth not what his lord doth. But I have called you friends: because all things whatsoever I have heard of My Father, I have made known to you.

16 You have not chosen me: but I have chosen you; and have appointed you, that you should go, and should bring forth fruit; and your fruit should remain: that whatsoever you shall ask of the Father in My name, He may give it you.

17 These things I command you, that you love one another.

18 If the world hate you, know ye, that it hath hated Me before you.

19 If you had been of the world, the world would love its own: but because you are not of the world, but I have chosen you out of the world, therefore the world hateth you.

JOHN 6

26 Jesus answered them, and said: Amen, amen I say to you, you seek Me, not because you have seen miracles, but because you did eat of the loaves, and were filled.

27 Labour not for the meat which perisheth, but for that which endureth unto life everlasting, which the Son of man will give you. For Him hath God, the Father, sealed.

28 They said therefore unto Him: What shall we do, that we may work the works of God?

29 Jesus answered, and said to them: This is the work of God, that you believe in Him whom He hath sent.

30 They said therefore to Him: What sign therefore dost thou shew, that we may see, and may believe Thee? What dost Thou work?

31 Our fathers did eat manna in the desert, as it is written: He gave them bread from heaven to eat.

32 Then Jesus said to them: Amen, amen I say to you; Moses gave you not bread from heaven, but My Father giveth you the true Bread from heaven.

33 For the bread of God is that which cometh down from heaven, and giveth life to the world.

34 They said therefore unto Him: Lord, give us always this bread.

35 And Jesus said to them: I am the bread of life: he that cometh to Me shall not hunger: and he that believeth in Me shall never thirst.

36 But I said unto you, that you also have seen Me, and you believe not.

37 All that the Father giveth to Me shall come to Me; and him that cometh to Me, I will not cast out.

38 Because I came down from heaven, not to do My own will, but the will of Him that sent Me.

39 Now this is the will of the Father who sent Me: that of all that He hath given me, I should lose nothing; but should raise it up again in the last day.

40 And this is the will of My Father that sent Me: that every one who seeth the Son, and believeth in Him, may have life everlasting, and I will raise him up in the last day. ...

46 Not that any man hath seen the Father; but he who is of God, he hath seen the Father.

47 Amen, amen I say unto you: He that believeth in Me, hath everlasting life. 48 I am the Bread of life.

49 Your fathers did eat manna in the desert, and are dead.

50 This is the bread which cometh down from heaven; that if any man eat of it, he may not die.

51 I am the living bread which came down from heaven.

52 If any man eat of this bread, he shall live for ever; and the bread that I will give, is My flesh, for the life of the world.

53 The Jews therefore strove among themselves, saying: How can this man give us his flesh to eat?

54 Then Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink His Blood, you shall not have life in you.

55 He that eateth My Flesh, and drinketh My Blood, hath everlasting life: and I will raise him up in the last day.

56 For My flesh is meat indeed: and My Blood is drink indeed.

57 He that eateth My flesh, and drinketh My blood, abideth in Me, and I in him.

58 As the living Father hath sent Me, and I live by the Father; so he that eateth Me, the same also shall live by Me. 59 This is the bread that came down from heaven.

Not as your fathers did eat manna, and are dead. He that eateth this bread, shall live for ever.

Psalm 23

- ¹ The Lord is my Shepherd;
there is nothing I lack.
- ² In green pastures
He makes me lie down;
to still waters He leads me;
- ³ He restores my soul.
He guides me along right paths
for the sake of His name.
- ⁴ Even though I walk
through the valley
of the shadow of death,
I will fear no evil,
for You are with me;
Your rod and Your staff
comfort me.
- ⁵ You set a table before me
in front of my enemies;
You anoint my head with oil;
my cup overflows.
- ⁶ Indeed, goodness and mercy
will pursue me
all the days of my life;
I will dwell in the house
of the Lord
for endless days.

Proverbs 23:26

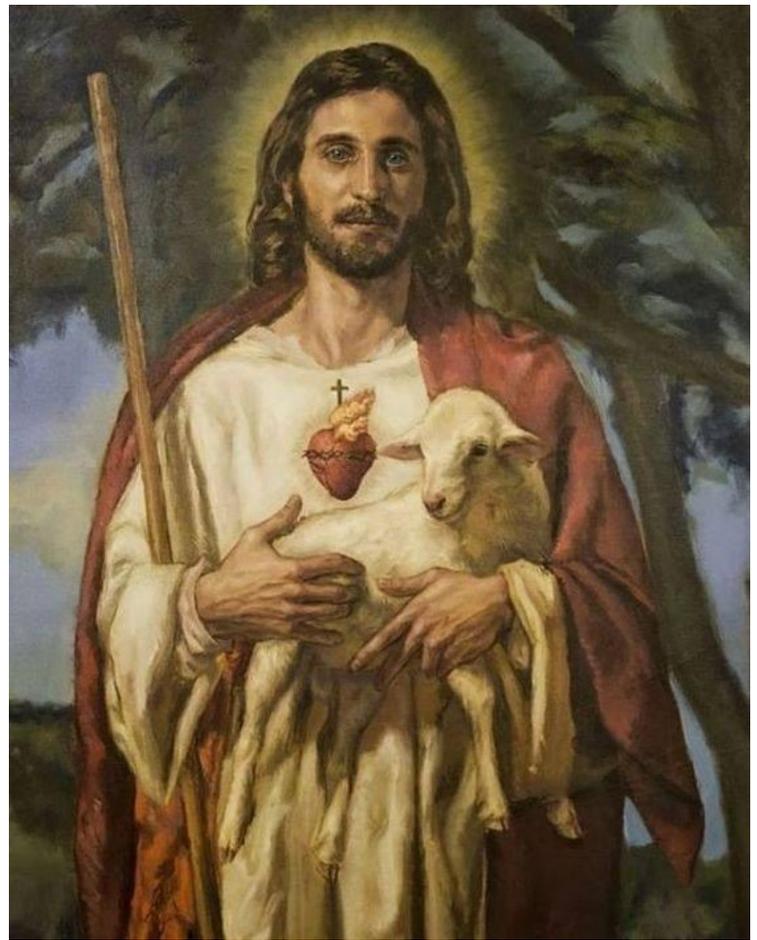
My son, give Me your heart,
and let your eyes keep to My ways,

Proverbs 16:3

Lay open thy works to the Lord:
and thy thoughts shall be directed.

Holy Gospel according to Saint Matthew, Chapter 9

³⁶ And seeing the multitudes, He had
compassion on them: because they
were distressed, and lying like sheep
that have no shepherd.



Holy Gospel according to Saint John, Chapter 10

- ¹⁴ I am the good shepherd; and I know
Mine, and Mine know Me.
- ¹⁵ As the Father knoweth Me, and I know
the Father: and I lay down My life for
My sheep.
- ¹⁶ And other sheep I have, that are not of
this fold: them also I must bring, and
they shall hear My voice, and there shall
be one fold and one shepherd.
- ²⁷ My sheep hear My voice: and I know
them, and they follow Me.
- ²⁸ And I give them life everlasting; and
they shall not perish for ever, and no
man shall pluck them out of My hand.
- ²⁹ That which my Father hath given Me,
is greater than all: and no one can snatch
them out of the hand of My Father.
- ³⁰ I and the Father are one.



you are, how proud, how touchy, how selfish, how cowardly, how idle; ask Me to help you to improve. Poor child! Do not blush! There are in heaven many saints who had the same faults as you; they prayed to Me, and, little by little, they were cured.

Do not hesitate to ask for the goods of body and mind - for health, for memory, for success. I can give everything, and I always give when the gifts would make souls more holy. What do you want today, My child? Oh, if you knew how I long to do you good!

HAVE you no plans to interest you? Tell Me about them. Do they concern your vocation? What do you think of? What would you like? Are you planning some pleasure for your mother for your family, for your guardian? What do you wish to do for them?

AND have you no thoughts of zeal for Me? Are you not anxious to do a little good for the souls of your friends, for those whom you love, and who, perhaps, forget Me? Tell Me who interests you, what motives urge you, what means you wish to take.

CONFIDE to Me your failures. I will show you the cause. Whom do you wish to see interested in your work? I am the master of all hearts, My child, and I lead them gently where I please. I will place about you those who are necessary to you; never fear!

HAVE you nothing to annoy you, My child, tell Me your annoyances with every detail. Who has pained you? Who has wounded your self-love? Who has treated you contemptuously? Tell Me all, and then say that you forgive and forget; and I will give you My blessing.

Do you dread something painful? Is there in your soul a vague fear which seems unreasonable, and yet torments

you? Trust fully in My providence. I am here, I see everything; I will not leave you.

ARE there about you friends who seem less kind than formerly, who neglect you through indifference or forgetfulness without your having consciously done anything to wound them? Pray for them, and I will restore them to you, if their companionship is good for you.

HAVE you no joys to tell Me? Why not confide to Me your pleasures? Tell Me what has happened since yesterday to console you, to make you look happy, to give you joy. An unexpected visit has done you good: a fear has been suddenly dispelled: you have met with unlooked-for success; you have received some mark of affection - a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Why are you not grateful? Why do you not say 'I thank you'? Gratitude draws benefits, and the benefactor loves to be reminded of his bounty.

HAVE you no promises to make Me? You know I read the very bottom of your heart. Men are deceived, but not God: be frank.

ARE you resolved to avoid that occasion of sin, to give up the object which leads you astray - not to read the book which excites your imagination, to withdraw your friendship from that person who is irreligious, and whose presence disturbs the peace of your soul? Will you go at once and be kind to that companion who annoyed you?

WELL, My child, go now and resume your daily work. Be silent, be honest, be patient, be charitable: and tomorrow bring Me a heart even more devoted and loving. Tomorrow I shall have new favours for you.

MY CHILD, you need not know much in order to please Me: only love Me dearly. Speak to Me as you would talk to your mother, if she had taken you in her arms. Have you no one to recommend to Me? Tell Me the names of your relations, of your friends: after each name add what you wish Me to do for them. Ask a great deal: I love generous hearts that forget themselves for others.

TELL Me about the poor whom you want to help, the sick whom you have seen suffer, the sinner whom you would convert, the persons who are alienated from you, and whose affections you wish to win back. For all recite a fervent prayer. Remind Me that I have promised to grant every prayer that comes from the heart; and surely the prayers are heartfelt which we say for those whom we love, and who love us.

HAVE you no favours to ask for yourself? Write, if you like, a long list of all your wishes - all the needs of your soul - and come and read it to Me. Tell Me simply how self-indulgent



THE LITANY FOR HOLY COMMUNION

Lord, have mercy on us.
Christ, have mercy on us.
 Lord, have mercy on us.

Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven,
 * **Have mercy on us.**

God the Son, Redeemer
 of the world, *

God the Holy Spirit, *
 Holy Trinity, One God, *

Jesus, living Bread which came
 down from Heaven, ***Have
 mercy on us.**

Jesus, Bread from Heaven giving
 life to the world, *

Jesus, hidden God and Savior, *
 Jesus, Who has loved us with an
 everlasting love, *

Jesus, Whose delights are to be
 with the children of men, *

Jesus, Who has given Thy Flesh
 for the life of the world, *

Jesus, Who invites all to come to
 Thee, *

Jesus, Who promises eternal life
 to those who receive Thee, *

Jesus, Who with desire desires
 to eat this Pasch with us, *

Jesus, ever ready to receive
 and welcome us, *

Jesus, Who stands at our door
 knocking, *

Jesus, Who has said that if we will
 open to Thee the door, Thou
 wilt come in and sup with us, *

Jesus, Who receives us into
 Thy arms and blesses us with
 the little children, *

Jesus, Who suffers us to sit
 at Thy feet with Magdalen, *

Jesus, Who invites us to lean
 on Thy bosom with the
 beloved disciple, *
 Jesus, Who has not left us
 orphans, *

Most dear Sacrament, *
 Sacrament of love, *
 Sacrament of sweetness, *
 Life-giving Sacrament, *
 Sacrament of strength, *
 My God and my all, *

That our hearts may pant after
 Thee as the hart after the
 fountains of water,

^We beseech Thee, hear us.

That Thou wouldst manifest
 Thyself to us as to the two
 disciples in the breaking of
 bread, ^

That we may know Thy voice
 like Magdalen, ^

That with a lively faith we may
 confess with the beloved
 disciple, "It is the Lord," ^

That Thou wouldst bless us
 who have not seen and
 yet have believed, ^

That we may love Thee in the
 Blessed Sacrament with our
 whole heart, with our whole
 soul, with all our mind, and
 with all our strength, ^

That the fruit of each Communion
 may be fresh love, ^

That our one desire may be to
 love Thee and to do Thy will, ^

That we may ever remain
 in Thy love, ^

That Thou wouldst teach us
 how to receive
 and welcome Thee, ^

That Thou wouldst teach us to
 pray, and Thyself pray
 within us, ^

That with Thee every virtue may
 come into our souls, ^

That throughout this day Thou
 wouldst keep us closely
 united to Thee, ^

That Thou wouldst give us grace
 to persevere to the end, ^

That Thou wouldst then be our
 support and Viaticum, ^

That with Thee and leaning on
 Thee we may safely pass
 through all dangers, ^

That our last act may be one
 of perfect love and
 our last breath a long deep
 sigh to be in Our Father's
 house, ^

That Thy sweet face may smile
 upon us when we appear
 before Thee, ^

That our banishment from Thee,
 dearest Lord, may not be
 very long, ^

That when the time is come, we
 may fly up from our prison to
 Thee, and in Thy Sacred Heart
 find our rest forever, ^

Lamb of God, Who takest away
 the sins of the world,
Spare us, O Lord.

Lamb of God, Who takest away
 the sins of the world

Graciously hear us, O Lord.

Lamb of God, Who takest away
 the sins of the world,

Have mercy on us.

℣. Stay with us, Lord, because it
 is toward evening,

℟. *And the day is now far spent.*

Let Us Pray.

We come to Thee, dear Lord,
 with the Apostles, saying,
 "Increase our faith."

Give us a strong and lively faith
 in the mystery of Thy Real
 Presence in the midst of us.

Give us the splendid faith of the
 centurion, which drew from Thee
 such praise.

Give us the faith of the beloved
 disciple to know Thee in the dark
 and say, "It is the Lord!"

Give us the faith of Martha to
 confess, "Thou art the Christ, the
 Son of the living God."

Give us the faith of Magdalen to
 fall at Thy feet crying, "Rabboni,
 Master."

Give us the faith of all Thy
 Saints, to whom the Blessed
 Sacrament has been Heaven
 begun on earth.

In every Communion increase
 our faith; for with faith, love and
 humility and reverence and all
 good will come into our souls.

Dearest Lord, increase our
 faith. ℟. *Amen.*

**SALUTATIONS TO ALL
THE MEMBERS OF
CHRIST AND
COMMENDATION
OF ONESELF TO HIM**



Hail, O Head of our Lord Jesus Christ, our Savior, tremendous above all powers, crowned for us with thorns and struck with a reed!

Hail, most precious Face of our Savior Jesus Christ, struck for us with spittle and blows!

Hail, most kindly Eyes of our Lord Jesus Christ, our Savior, bathed in tears for us!

Hail, honey-flowing Mouth and most sweet Throat of our Lord Jesus Christ, given gall and vinegar to drink for us!

Hail, most noble Ears of our Lord Jesus Christ, our Savior, assailed for us with insults and reproaches!

Hail, humble Neck of Jesus Christ, buffeted for us, and most holy Back, scourged for us!

Hail, venerable Hands

and Arms of our Lord Jesus Christ, stretched out for us on the Cross!

Hail, most gentle Breast of our Lord Jesus Christ, our Savior, troubled for us in His Passion!

Hail, glorious Side of our Lord Jesus Christ, pierced for us by the soldier's lance!

Hail, sacred Knees of mercy of our Lord Jesus Christ, our Savior, bent for us in prayer!

Hail, adorable Feet of our Lord Jesus Christ, our Savior, nailed for us to the Cross!

Hail, entire Body of Jesus Christ, suspended for us on the Cross, wounded, dead, and buried!

Hail, most precious Blood, poured out for us from the Body of Jesus Christ our Savior!

Hail, most holy Soul of our Lord Jesus Christ, commended for us into the hands of the Father on the Cross!

In the same commendation I commend to Thee today and every day my soul, my life, my heart and my body, all my senses and actions, all my friends, benefactors, and relatives, the souls of my parents, brothers, sisters, and all my friends and enemies: that Thou wouldst deign to protect, deliver, and defend us from all the snares of our enemies, visible and invisible, now and forever. Amen.

**Prayer to MARY, THE
MODEL OF ADORERS**

O Virgin Immaculate, thou art our perfect Model in the service of the Divine Eucharist. With the most lively faith and the most profound respect thou didst adore Jesus hidden under the sacramental veils. After thy example we desire to render to the Sacred Host all the honor due the Divinity and the glorified Humanity of the Son of God made Man. We wish to maintain at all times in the holy place the modesty and recollection becoming true adorers.

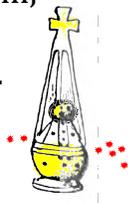
✠ Pray for us, O Virgin Immaculate, Our Lady of the Most Blessed Sacrament.
✠ That the Eucharistic Kingdom of Jesus Christ may come among us!



Let us pray:
Lord Jesus Christ, our King and our God, who having become Man to make us sharers in The Divinity, art truly our Bread in the adorable Eucharist, grant, we beseech Thee, that in venerating so great a Mystery, we may be mindful of the most sweet Virgin Mary, of whom Thou didst will to be conceived by the operation of the Holy Ghost! Grant, also that we may imitate the worship that she rendered while on earth to this most august Sacrament, so we may behold Thy Eucharistic Kingdom spread and flourish throughout the whole world! O Thou who livest and reignest forever and ever! Amen.

Exposition

O salutaris Hostia
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robor, fer auxillium.



Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

O Saving Victim, open wide
The gate of heav'n to man below
Our foes press on from ev'ry side;
Your aid supply,

Your strength bestow.

To Your great Name
be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land with Thee.
Amen.

O Sacrament Most Holy!

O Sacrament Divine!

All Praise and

all Thanksgiving

be every moment Thine.



CLOSING HYMN

Holy God, we praise Thy name;

Lord of all, we bow before Thee;

All on earth Thy scepter claim,

All in heaven above adore Thee.

Infinite Thy vast domain,

Everlasting is Thy reign.

Infinite Thy vast domain,

Everlasting is Thy reign.



Hark the loud celestial hymn;

Angel choirs above are raising;

Cherubim and Seraphim,

In unceasing chorus praising,

Fill the heavens with sweet accord;

Holy, Holy, Holy, Lord!

Fill the heavens with sweet accord;

Holy, Holy, Holy, Lord!

Holy Father, Holy Son

Holy Spirit, Three we name Thee.

While in essence only One,

Undivided Three we claim Thee.

Benediction

Tantum ergo Sacramentum

Veneremur cernui:

Et antiquum documentum

Novo cedat ritui:

Præstet fides supplementum

Sensuum defectui.

Genitori, Genitoque

Laus et iubilatio,

Salus, honor, virtus quoque

Sit et benedictio:

Procedenti ab utroque

Compar sit laudatio. Amen.



Down in adoration falling,

Lo! the sacred Host we hail;

Over ancient forms of worship

Newer rites of grace prevail;

Faith for all defects supplying

Where the feeble senses fail.

To the everlasting Father,

And the Son who reigns on high,

And the Spirit Blest proceeding

From them Each eternally,

Be salvation, honor, blessing,

Might and endless majesty.

Amen.

[V. You have given them Bread
from heaven (P.T. Alleluia)

R. Having all sweetness within It.
(P.T. Alleluia)]

Let us pray:

O God, who in this wonderful
Sacrament have left us a
memorial of Your Passion,
grant us, we pray, so to revere the
sacred mysteries of Your Body
and Blood that we may always
experience in ourselves the fruits
of Your Redemption. Who live
and reign with God the Father in
the unity of the Holy Spirit, one
God, for ever and ever. R. Amen.

And Adoring, bend the knee

While we own the mystery.

And Adoring, bend the knee

While we own the mystery.

Reposition

DIVINE PRAISES

Blessed be God.

Blessed be His holy Name.

Blessed be Jesus Christ,
true God and true man.

Blessed be the Name of
Jesus.

Blessed be His most Sacred
Heart.

Blessed be His most Precious
Blood.

Blessed be Jesus in the most
holy Sacrament
of the altar.

Blessed be the Holy Spirit,
the Paraclete.

Blessed be the great Mother
of God, Mary most holy.

Blessed be her holy
and Immaculate
Conception.

Blessed be her glorious
Assumption.

Blessed be the name of Mary,
Virgin and Mother.

Blessed be Saint Joseph,
her most chaste Spouse.

Blessed be God in His Angels
and in His Saints.

*May the Most
Sacred Heart
of Jesus, in the
Most Blessed
Sacrament*



*of the altar,
be praised, adored, and loved
with grateful affection,
at every moment,
in all the tabernacles
of the world,
even to the end of time. Amen.*