



ROMAN CATHOLIC DIOCESE OF ROCHESTER

Year of the Eucharist 2017-2018

Commemorating The Diocese of Rochester's Sesquicentennial Celebration



*Prayers Before the
Blessed Sacrament*



My Dear Brothers and Sisters in Christ:

I share with you these words taken from my pastoral letter on the *Year of the Eucharist*:

“At this special moment in the life of our Diocese, daily let us call to mind the words of Saint John Paul II: ‘...never forget that Jesus in the tabernacle wants you at his side, so that he can fill your hearts with the experience of his friendship, which alone gives meaning and fulfillment to your lives.’ (*Mane Nobiscum Domine*, no. 30).

“My dear brothers and sisters in the Lord, I urge you to continue to deepen your personal devotion to Our Lord in the Eucharist. It is in knowing and in loving the Jesus of the Eucharist that you will have the means to understand life, to find security, to be a people with roots. It is Christ who sustains and supports us in the many trials, struggles, challenges, transitions and happenings of our human existence. Our ancestors in the faith have given us an example of faith that is eternal, a faith that unites heaven and earth, a faith where heaven and earth meet in the Most Holy Eucharist.”

I pray that this booklet, *Prayers Before the Blessed Sacrament*, will be of assistance to you in deepening your relationship with Jesus Christ, Our Eucharistic Lord.

Sincerely yours in Christ,

+ *Salvatore R. Matano*

The Most Reverend Salvatore R. Matano
Bishop of Rochester

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Praying Before the Blessed Sacrament

From the First Holy Thursday, the Most Holy Eucharist has been fundamental and central to the life of Catholics. It has been called the Source and Summit of the Christian Life. Through the Holy Sacrifice of the Mass, we come to a deeper union with Christ, our Lord and Savior.

But our relationship with Jesus Christ truly present, body, blood, soul and divinity in the Most Blessed Sacrament does not have to end at the conclusion of Mass. A true gift of the Church is that this “food for the journey” is also our faithful Companion as we make our pilgrimage to heaven.

Through time spent in prayer with the Eucharistic Christ, we come to a deeper knowledge of Our Lord and ourselves. And yet, when one prays before the Blessed Sacrament it can be difficult to find a way to begin. It can sometimes be a struggle to know what to say or how to listen to the God of the universe.

This booklet of prayers is meant to help you find a place to start. It is in no way a definitive collection of prayers, nor is it meant to replace time spent in quiet. It is simply a tool to help you start.

St. Alphonsus Liguori observed, “Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day.”

Be present; speak; pray; listen. It will always be time well spent!



Our Father

Our Father, who art in heaven,
hallowed by Thy name.
Thy kingdom come.
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now,
and ever shall be,
world without end.
Amen

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

O Sacrum Convivium

St. Thomas Aquinas (1225-1274)

*O sacrum convivium,
in quo Christus sumitur;
recolitur memoria passionis eius:
mens impletur gratia:
et future gloriae nobis pignus datur.*

O sacred Banquet, wherein Christ is received; the memory of His Passion renewed, the mind is filled with grace, and the pledge of future glory is given unto us.

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
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.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds conceal me.
Do not permit me to be parted from you.
From the evil foe protect me.
At the hour of my death call me.
And bid me come to you,
to praise you with all your saints
for ever and ever.
Amen.

Act of Hope

O My God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father, Son and Holy Spirit. I believe that Your divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these truths and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

Act of Adoration

We adore you, Most Holy Lord, Jesus Christ, here and in all your churches of the whole world, and we bless You because by Your Cross You have redeemed the world. Have mercy on us.

Jesus, God of peace
Jesus, author of life
Jesus, model of goodness
Jesus, seeker 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 patriarchs
Jesus, teacher of apostles
Jesus, master of evangelists
Jesus, courage of martyrs
Jesus, light of confessors
Jesus, purity of virgins
Jesus, crown of all saints

have mercy on us
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Lord, be merciful
From all evil
From every sin
From the snares of the devil
From your anger
From the spirit of infidelity
From everlasting death
From neglect of your Holy Spirit
By the mystery of your incarnation
By your birth
By your childhood
By your hidden life
By your public ministry
By your agony and crucifixion
By your abandonment
By your grief and sorrow
By your death and burial
By your rising to new life
By your return in glory to
 the Father
By your gift of the Holy Eucharist
By your joy and glory

Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people
Jesus, save your people

Christ, hear us
Lord Jesus, hear our prayer

Lamb of God, you take away the
sins of the world
Lamb of God, you take away the
sins of the world
Lamb of God, you take away the
sins of the world

Let us pray.

Lord, may we who honor the holy name of Jesus enjoy his friendship
in this life and be filled with eternal joy in the kingdom where he
lives and reigns for ever and ever. Amen.

Litany of the Holy Eucharist

Lord, have mercy
Christ, have mercy
Lord, have mercy
Jesus, the Most High
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, or 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

Christ, hear us
Lord Jesus,
hear our prayer

have mercy on us

have mercy on us

have mercy on us

Lord, have mercy
Christ, have mercy
Lord, have mercy
have mercy on us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
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Jesus, giver of the Spirit	have mercy on us
Jesus, giver of good gifts	have mercy on us
Jesus, source of new life	have mercy on us
Jesus, Lord of life	have mercy on us
Jesus, eternal high priest	have mercy on us
Jesus, priest and victim	have mercy on us
Jesus, true Shepherd	have mercy on us
Jesus, true Light	have mercy on us
Jesus, bread of heaven	have mercy on us
Jesus, bread of life	have mercy on us
Jesus, bread of thanksgiving	have mercy on us
Jesus, life-giving bread	have mercy on us
Jesus, holy manna	have mercy on us
Jesus, new covenant,	have mercy on us
Jesus, food for everlasting life	have mercy on us
Jesus, food for our journey	have mercy on us
Jesus, holy banquet	have mercy on us
Jesus, true sacrifice	have mercy on us
Jesus, perfect sacrifice	have mercy on us
Jesus, eternal sacrifice	have mercy on us
Jesus, divine Victim	have mercy on us
Jesus, Mediator of the new covenant	have mercy on us
Jesus, mystery of the altar	have mercy on us
Jesus, medicine of immortality	have mercy on us

Jesus, pledge of eternal glory	have mercy on us
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:	have mercy on us
Jesus, Redeemer of the world, you take away the sins of the world	have mercy on us
Christ, hear us	Christ, hear us
Christ, gracious hear us	Christ, graciously hear us
Lord Jesus, hear our prayer	Lord Jesus, hear our prayer

The Real Presence of Jesus

St. Francis of Assisi (1181-1226)

The whole world should tremble and heaven rejoice,
when Christ, the Son of the living God,
is present on the altar in the hands of the priest.
What wonderful majesty! What stupendous condescension!
O sublime humility! O humble sublimity!
That the Lord of the whole universe, God and the Son of God,
should humble himself like this
and hide under the form of a little bread for our salvation.
Look at God's condescension, my brothers,
and pour out your hearts before him, humble yourselves that you
may be exalted by him.

Prayer before the Blessed Sacrament

St. Pope John XXIII (1881-1963)

O Jesus, present in the Sacrament of the Altar,
teach all nations to serve you with a willing heart,
knowing that to serve God is to reign.
May your Sacrament, O Jesus,
be light to the mind,
strength to the will,
joy to the heart.
May it be the support for the weak,
the comfort for the suffering,
the wayfaring bread of salvation for the dying,
and, for all, the pledge of future glory.

Prayer in Full Faith

St. Thomas More (1478-1535)

Give me, good Lord, a full and fervent charity,
a love of you, good Lord,
incomparable above the love of myself;
and that I love nothing to your displeasure
but everything in an order to you.

Take from me, good Lord, this lukewarm fashion,
or rather this cold manner of meditation
and this dullness in praying to you.
And give me warmth, delight, and life
in thinking about you.

And give me your grace to long for your hold Sacraments
and specially to rejoice in the presence of your
blessed body,
sweet Savior, in the Holy Sacrament of the Altar,
and duly to thank you for your gracious coming.

A Prayer for Deliverance

St. Teresa of Calcutta (1910-1997)

Deliver me, O Jesus,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred,
From the desire of being consulted,
From the desire of being approved,
From the desire of being popular,
From the fear of being humiliated
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being culminated,
From the fear of being forgotten,
From the fear of being wronged,
From the fear of being ridiculed,
From the fear of being suspected.

Prayer from the Coptic Liturgy

We thank you, O Lord our God, the true Word, who has loved us and
thus gave us yourself as a sacrifice for our redemption, who has
granted us life from your holy body and precious blood, and who has
made us worthy to partake of them. We confess our sins to you, O
God, lover of your creatures, and send them up to you glory and hon-
or and worship with the Father and the Holy Spirit, now and forever.
Amen.

Hymn to the Sacred Heart of Jesus

Edward Caswall (1814-1878)

All you who seek a comfort sure In trouble and distress, Whatever sorrow vex the mind, Or guilt the soul oppress, Jesus, who gave himself for you pon the cross to die, Opens to you his Sacred Heart; Oh, to that heart draw nigh.	You hear how kindly he invites; You hear his words so blest: “All you that labor come to me, And I will give you rest.” Christ Jesus, joy of saints on high, The hope of sinners here, Attracted by those loving words To you we lift our prayer.
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Acts of Spiritual Communion

St. Alphonsus Liguori (1696-1787)

My Jesus, I believe that you are truly present in the most Blessed Sacrament. I love you above all things and I desire to possess you within my soul. Since I am unable now to receive you sacramentally, come at least spiritually into my heart. I embrace you as being already there, and unite myself wholly to you. Never, never permit me to be separated from you.

St. Francis of Assisi (1181-1226)

I believe that You, O Jesus, are in the most holy Sacrament. I love You and desire You. Come into my heart. I embrace You. Oh, never leave me. May the burning and most sweet power of your love, O Lord Jesus Christ, I beseech You, absorb my mind that I may die through love of Your love, who were graciously pleased to die through love of my love.

Visit to the Blessed Sacrament Before Meditation

John Henry Cardinal Newman (1801-1890)

I place myself in the presence of Him, in whose Incarnate Presence I am before I place myself there. I adore You, O my Savior, present here as God and as man, in soul and in body, in true flesh and blood. I acknowledge and confess that I kneel before that Sacred Humanity, which was conceived in Mary's womb, and lay in Mary's bosom; which grew up to twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the cross, lay in the tomb, rose from the dead, and now reigns in heaven. I praise, and bless, and give myself wholly to Him, who is the true Bread of my soul, and my everlasting joy.

Eucharistic Exposition and Benediction

EXPOSITION—Hymn

O saving Victim, open wide
The gate of heav'n to us below,
um:
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 salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna Gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

ADORATION—The Liturgy of the Hours may be celebrated during the period of exposition, or there may be prayers, songs, readings from Scripture that help us grow in silence before the Lord. The following or another suitable Eucharistic song may be sung. (Acc #411 or 412, CPC2 #266, 267)

BENEDICTION—Hymn

Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rights of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
To the everlasting Father,
And the son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.
Genitori Genitoque
Las et jubilation,
Salus, honor, virtus quoque
Sit et benediction:
Procedenti ab utroque
Compar sit laudation.
Amen.

V. You have given them Bread from heaven (Easter: alleluia)

R. Having within it all Sweetness (Easter: alleluia)



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