

# ADORATION PRAYERS





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## PRAYER BEFORE THE BLESSED SACRAMENT

Oh, Lord Jesus,

I believe that You are as truly present here in the Holy Eucharist as when You walked in Galilee where You ministered to the sick, the lame and the blind. Your ears of mercy were ever open to listen to the cries of the sorrowing and wounded, and Your lips ever ready to speak words of sympathy, comfort and encouragement to those who trusted in Your power to help them.

As a sinner, conscious of Your mercy, I come before You now to spend some moments in communion 'could you not watch one hour with Me?', and too long have I neglected to respond to You. Now, at last I come to You, Jesus, my patient and faithful Savior, to whom I can open my heart as someone who fully understands me.

Oh, Jesus, You know me better than I know myself. You perceive the innermost secrets of my heart and see there my longing to be totally Yours. Deep down within me I want to love You but at the same time I am aware of the promptings of my sinful nature drawing me away from You, and the unselfish service which I should render to You. Jesus, I have asked and now ask You again to grace me with a total love for You in spite of my weaker self. Fill each day of my life with acts of love for You and make me realize what Your love really means. Enlighten my understanding that I may clearly see that to love You means wealth beyond measure, and to serve You, reward without limit. Sweet Heart of Jesus, I implore that I may love You daily more and more.

In these privileged silent moments, to be here before You Lord, is all that matters. To shut the eyes of my body; to shut the eyes of my soul and to be still and silent; to expose my soul before You who are here exposed to me; to be here before you, the Eternal Presence through means of prayer. Empty me of all ideas, of all images. In the darkness here I am, simply to meet You without obstacles, in the silence of faith, before You, my Lord and Redeemer.

Amen.

## PRAYER BEFORE MASS BY ST. THOMAS AQUINAS

Almighty and ever-living God,

I approach the Sacrament of Your only begotten Son, Our Lord Jesus Christ. I come sick to the Doctor of Life, unclean to the Fountain of Mercy, blind to the Radiance of Eternal Light, and poor and needy to the Lord of Heaven and Earth.

Lord, in Your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness.

May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with purity and faith, with repentance and love, and with determined purpose that will help to bring me to salvation.

May I receive the Sacrament of the Lord's Body and Blood, and its reality and power. King God, may I receive the Body of Your only begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical body and numbered among His members.

And now as I am about to receive Your beloved Son under the veil of this Sacrament, may I one day see Him face-to-face in glory, Who lives and reigns with You forever.

Amen.

## FOOD FOR THE JOURNEY

O Jesus, present in the Sacrament of the altar, teach all the nations to serve You with willing hearts, 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 of the weak, the comfort of the suffering, the wayfaring bread of salvation for the dying and for all the pledge of future glory.

Amen

-Pope John XXIII 1958-1963

## LITANY OF THE HOLY EUCHARIST

V. Lord, have mercy. R. Lord, have mercy.  
V. Christ, have mercy. R. Christ, have mercy.  
V. Lord, have mercy. R. Lord, have mercy.  
V. Jesus, the most High, R. Have mercy on us.  
V. Jesus, the holy One, R. Have mercy on us.  
V. Jesus, Word of God, R. Have mercy on us.  
V. Jesus, only Son of the Father R. Jesus, Have mercy on us.  
V. Son of Mary, R. Have mercy on us.  
V. Jesus, crucified for us, R. Have mercy on us.  
V. Jesus, risen from the dead, R. Have mercy on us.  
V. Jesus, reigning in glory, R. Have mercy on us.  
V. Jesus, coming in glory, R. Have mercy on us.  
V. Jesus, our Lord, R. Have mercy on us.  
V. Jesus, our hope, R. Have mercy on us.  
V. Jesus, our peace, R. Have mercy on us.  
V. Jesus, our Savior, R. Have mercy on us.  
V. Jesus, our salvation, R. Have mercy on us.  
V. Jesus, our resurrection, R. Have mercy on us.  
V. Jesus, judge of all, R. Have mercy on us.  
V. Jesus, Lord of the Church, R. Have mercy on us.  
V. Jesus, Lord of creation, R. Have mercy on us.  
V. Jesus, lover of all, R. Have mercy on us.  
V. Jesus, life of the world, R. Have mercy on us.  
V. Jesus, freedom for the imprisoned, R. Have mercy on us.  
V. Jesus, joy of the sorrowing, R. Have mercy on us.  
V. Jesus, giver of the Spirit, R. Have mercy on us.  
V. Jesus, giver of good gifts, R. Have mercy on us.  
V. Jesus, source of new life, R. Have mercy on us.  
V. Jesus, Lord of life, R. Have mercy on us.  
V. Jesus, eternal High Priest, R. Have mercy on us.  
V. Jesus, priest and victim, R. Have mercy on us.  
V. Jesus, true Shepherd, R. Have mercy on us.  
V. Jesus, true light, R. Have mercy on us.  
V. Jesus, bread of heaven, R. Have mercy on us.  
V. Jesus, bread of life, R. Have mercy on us.  
V. Jesus, bread of thanksgiving, R. Have mercy on us.  
V. Jesus, life giving bread, R. Have mercy on us.

V. Jesus, new covenant, R. Have mercy on us.  
V. Jesus, food for everlasting life, R. Have mercy on us.  
V. Jesus, food for our journey, R. Have mercy on us.  
V. Jesus, holy banquet, R. Have mercy on us.  
V. Jesus, true sacrifice, R. Have mercy on us.  
V. Jesus, perfect sacrifice, R. Have mercy on us.  
V. Jesus, eternal sacrifice, R. Have mercy on us.  
V. Jesus, divine victim, R. Have mercy on us.  
V. Jesus, Mediator of the New Covenant,  
R. Have mercy on us.  
V. Jesus, mystery of the altar, R. Have mercy on us.  
V. Jesus, medicine of immortality, R. Have mercy on us.  
V. Jesus, pledge of eternal glory, R. Have mercy on us.  
V. Jesus, Lamb of God,  
you take away the sins of the world,  
R. Have mercy on us.  
V. Jesus, Bearer of our sins,  
you take away the sins of the world,  
R. Have mercy on us.  
V. Jesus, Redeemer of the world,  
you take away the sins of the world,  
R. Have mercy on us.  
V. Christ, hear us,  
R. Christ, hear us.  
V. Christ, graciously hear us,  
R. Christ, graciously hear us.  
V. Lord Jesus, hear our prayer,  
R. Lord Jesus, hear our prayer.

V. 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. We ask this through Christ our Lord.

R. Amen

## PRAYER BEFORE THE HOLY EUCHARIST BY 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 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 of 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.

## ANIMA CHRISTI

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, fill me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Your wounds hide me.  
Suffer me not to be separated from You.  
From the malicious enemy defend me.  
In the hour of my death call me.  
And bid me come unto Thee  
That with Your saints I may praise Thee forever and  
ever. Amen

- 14th century

## ACT OF SPIRITUAL COMMUNION

My Jesus,  
I believe that You are present  
in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.

Amen.

## THE SACRED BANQUET

Loving Lord Jesus,  
who came into the world  
to bring the life of grace  
to those who believe in You,  
and who foster it in daily communion,  
we humbly ask You  
to pour upon us all  
the gifts of the Holy Spirit.

May those who have neglected You  
turn to You  
and long to receive You  
in Holy Communion,  
and may we,  
who today receive  
Your Body and Blood,  
learn to approach  
your Sacred Banquet  
frequently with devotion,  
where we will receive  
the remedy for all our faults,  
and be so nourished  
with the life of Your grace  
that we may come at last  
to the happiness of life with You  
at Your eternal banquet.

Amen.

## PRAYERS WITH RECITATIONS

**Priest:**

“You have given them bread from heaven!”

**All:**

“Having all sweetness within it!”

**Priest:**

Lord Jesus Christ,

You gave us the Eucharist as the memorial of Your suffering and death.

May our worship of this Sacrament of

Your Body and Blood help us to experience the salvation You won for us, and the peace of Your kingdom where You live and reign with the Father and the Holy Spirit, one God

forever and ever,

Amen.

**Recitation:**

O Sacrament most holy;

O Sacrament divine

All praise and all thanksgiving;

Be every moment Thine!

O Sacrament most holy;

O Sacrament divine

All praise and all thanksgiving;

Be every moment Thine!

O Sacrament most holy;

O Sacrament divine

All praise and all thanksgiving;

Be every moment Thine!

## CONSECRATION PRAYER TO OUR LADY OF THE BLESSED SACRAMENT

Most Holy Lady Mother of our Lord Jesus Christ and our Mother we thank you for surrendering your will to the Father's plan so that Jesus might become for us the Bread of Life and the Cup of Eternal Salvation. Because you wish to lead all of us to His Eucharistic Presence, from which flows the font of God's mercy for the forgiveness of our sins and the sins of the whole world, and because you are present wherever Jesus is honored and adored in this most holy mystery, you wish us to also invoke you under the title of Our Lady of the Blessed Sacrament.

We then come to you, O Mother of the Blessed Sacrament, and this day consecrate ourselves to you, individually and communally, so that through your help and intercession our hearts may be disposed for Jesus as was yours. Make His Eucharistic presence be more powerfully felt in our lives, in our families, in our religious and parish communities, in our Association established for the promotion of Eucharistic Adoration, in the Church and in the world, so that the triumph of your own Immaculate Heart may lead us to the promised reign of the Eucharistic Heart of Our Lord, He who together with the Father and the Spirit, is God forever and ever.

Amen.

-1996 Fr. John P. Grigus, OFMConv.

## PRAYER BEFORE THE BLESSED SACRAMENT BY ST. THOMAS AQUINAS

Lord, Jesus Christ, I believe You are as truly present in this holy Sacrament as You were when dying upon a cross for our salvation or as You are now enthroned in glory in heaven at the right hand of the Father.

You said that You would give us Yourself as the bread of life, which if we eat we shall live forever (John 6:25). I believe this truth because You are truth itself. With confidence in Your loving forgiveness therefore I have approached Your altar conscious that my unworthiness to receive You is outweighed by Your desire to be united to my soul.

You desire to nourish my soul on its earthly pilgrimage until the day when I shall be with You in the eternal banquet to feed on the unveiled beauty of Your Presence forever.

May this Sacrament of Your Body and Blood which I have received be to me the cleansing of all my sins the strengthening of what is weak within me and my sure defense against all the perils of this world. May it bestow on me Your forgiveness and establish me in Your grace. May the holy Eucharist be to me the medicine of my life the abiding memory of Your Passion and death my stay in weakness, the Viaticum and sure supply of all my life's pilgrimage.

May this wondrous Sacrament lead me as I go, bring me back when I wander, receive me when I return, uphold me when I stumble, raise me again when I fall, strengthen me to persevere even unto the end, and bring me to Your glory.

O Jesus, may the blissful presence of Your Body and Blood so change the state of my heart that it may never again find sweetness in anything but You alone. Let my heart love no other beauty, seek no unpermitted love, desire no consolation, admit no other delight, care for no honor but Your honor, stand in fear of no enemy or suffering in this life. You are my God, forever and ever. Amen

-St. Thomas Aquinas 1225-1274

## PRAYER FOR THE PRIESTS WHO SERVE US

Lord Jesus,

You have chosen Your priests from among us and sent them out to proclaim Your word and to act in Your name. For so great a gift to Your Church, we give You praise and thanksgiving. We ask You to fill them with the fire of Your love, that their ministry may reveal Your presence in the Church.

Since they are earthen vessels, we pray that Your power shine out through their weakness. In their afflictions let them never be crushed; in their doubts never despair; in temptation never be destroyed; in persecution never abandoned. Inspire them through prayer to live each day the mystery of Your dying and rising. In times of weakness send them Your Spirit, and help them to praise Your heavenly Father and pray for poor sinners.

By the same Holy Spirit, put Your words on their lips and Your love in their hearts, to bring good news to the poor and healing to the brokenhearted. And may the gift of Mary Your mother, to the disciple whom You love, be Your gift to every priest. Grant that she who formed You in her human image may, be her intercession, help to form them in Your divine image by the power of the Holy Spirit, to the glory of God the Father.

Amen

## PRAYER FOR VOCATIONS TO THE PRIESTHOOD BY CARDINAL JUSTIN RIGALI

Father in Heaven,

We give You thanks for sending Your Son, Jesus Christ, into the world to be our Lord, Savior and High Priest.

We believe that, in the power of the Holy Spirit, Jesus won for us the gift of eternal life by His Sacrifice on the Cross.

We believe that Jesus renews this Sacrifice in the Holy Eucharist, through the ministry of His priests. Father, we earnestly beseech you to raise up holy priests in Your Church.

Grant young men the strength to accept generously the call to the priesthood. May they joyfully give their lives so that all Your people can receive Your holy Word and Sacraments, especially the Holy Eucharist, the great gift of the Body and Blood of Your Son, Jesus Christ, our Lord, Savior and High Priest, in whose name we make our prayer.

Amen.

## THE DAILY PRAYER FOR PRIESTS BY ST. THERESE OF THE CHILD JESUS

O Jesus,

I pray for Your faithful and fervent priests; for Your unfaithful and tepid priests; for Your priests laboring at home or abroad in distant mission fields. for Your tempted priests; for Your lonely and desolate priests; For Your young priests; for Your dying priests; for the souls of Your priests in Purgatory. But above all, I recommend to You the priests dearest to me: the priest who baptized me; the priests who absolved me from my sins; the priests at whose Masses I assisted and who gave me Your Body and Blood in Holy Communion; the priests who taught and instructed me; all the priests to whom I am indebted in any other way.

O Jesus, keep them all close to Your heart, and bless them abundantly in time and in eternity.

Amen.

## A PRAYER FOR PRIESTS TO BE RECITED BY THE LAITY BY CARDINAL RICHARD CUSHING

O Almighty, Eternal God,  
Look upon the face of Your Son  
and for love of Him,  
who is the Eternal High Priest,  
have pity on Your priests.

Remember, O most compassionate God,  
that they are but weak and frail human beings.  
Stir up in them the grace of their vocation  
which is in them  
by the imposition of the bishop's hands.

Keep them close to You,  
lest the enemy prevail against them,  
so that they may never do anything  
in the slightest degree unworthy  
of their sublime vocation.

O Jesus, I pray for Your faithful  
and fervent priests;  
for Your unfaithful and tepid priests;  
for Your priests laboring at home  
or abroad in distant mission fields;  
for Your tempted priests;  
for the lonely and desolate priests;  
for Your young priests; for Your dying priests;  
for the souls of Your priests in purgatory.

But above all, I commend to You  
the priests dearest to me,  
the priest who baptized me,  
the priests who have absolved me from sins,  
the priests at whose Masses I have assisted  
and who have offered me  
Your Body and Blood in Holy Communion,  
the priests who have taught and instructed me  
or helped and encouraged me,  
and the priests to whom I am indebted  
in any other way.

O Jesus, keep them all close to Your heart,  
and bless them abundantly in time and eternity.

Amen.

## ANGEL OF PEACE PRAYER AT FATIMA

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 whereby He is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

Amen.

## PARDON PRAYER AT FATIMA

My God, I believe, I adore, I hope and I love Thee! I ask pardon for those who do not believe, do not adore, do not hope and do not love Thee.

## SUPPORT FOR FAMILIES

O living bread, that came down from heaven to give life to the world! O loving, shepherd of our souls, from Your throne of glory whence, a hidden God You pour out Your grace on families and peoples, we commend to You particularly the sick, the unhappy, the poor and all who beg for food and employment, imploring for all and every one the assistance of Your providence; we commend to You our families, so that they may be fruitful centers of Christian life. May the abundance of Your grace be poured out over all.

Amen.

-Pope John XXIII (1958-1963)

## ADORATION PRAYER

Lord Jesus Christ who for love of us remains night and day in this Sacrament full of kindness and love awaiting, inviting and welcoming all who come to visit You. I believe that You are present in the Sacrament of the altar. I adore You from the depth of my own nothingness and I thank You for all the graces which You have granted me.

I thank You especially for having given Yourself to me in this Sacrament; for having given me Your own most holy mother, Mary, for my advocate and for having called me to visit You in this sacred place. I pay homage this day to Your adorable heart and desire to do so for three ends: firstly, in thanksgiving for this great gift; secondly, to make reparation for all the injuries which You have received in this Sacrament from your enemies; and thirdly, I desire to adore You, through this visit, in all the places on earth where Your sacramental presence is least honored and most neglected.

My Jesus, I love You with my whole heart. I am sorry for having offended Your infinite goodness so many times in the past. I resolve, with the help of Your grace never to offend You any more for the time to come; and at this present moment I consecrate myself completely to You. I give to You withholding nothing, my own will, my inclinations, my desires, everything that is mine.

From this day forward, do with me and with what belongs to me as it shall please You. All that I ask and desire is Your holy love, final perseverance, and the perfect fulfillment of Your will. I command to You the souls in purgatory, particularly those who were most devoted to the Blessed Sacrament and to Mary, your holy mother. I command to You, too all poor sinners.

And now, dear Savior, I join all my desires with the desires of Your loving heart. I offer them to Your Eternal Father and I beg Him in Your name, and for Your love to accept them and fulfill them. Amen.

-anonymous

## ASPIRATIONS RECITATION

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
be every moment Thine.  
O heart of Jesus  
in the Blessed Sacrament,  
burning with love for us,  
inflame our hearts with love for Thee.  
May the heart of Jesus  
in the most Blessed Sacrament  
be praised, adored and loved,  
with grateful affection  
at every moment,  
in all the tabernacles of the world,  
even to the end of time.

## ON BENDED KNEE RECITATION

Let us adore forever the most holy Sacrament.  
O praise the Lord all you nations;  
Praise Him all you people.  
For His mercy is confirmed upon us;  
And the truth of the Lord remains forever.  
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

## A PRAYER OF ADORATION BY DESIRE

Lord Jesus Christ,  
Although I cannot, during this hour,  
approach Thee physically in the  
Sacrament of Thy love,  
I would approach Thee  
by desire and by faith.  
Transport me, I beseech Thee,  
by the lifting up of my mind and heart,  
to that tabernacle in the world  
where Thou art, at this hour,  
most forsaken, utterly forgotten,  
and without human company.  
Let the radiance of Thy Eucharistic Face  
so penetrate my soul  
that by offering Thee adoration  
and reparation,  
even as I am busy  
doing ordinary things in an ordinary way,  
I may obtain from Thy Sacred Heart  
the return of at least one priest to the Tabernacle  
where Thou waitest for him today.

Amen.

## EUCARISTIC HOLY FACE CHAPLET BY THE POOR CLARES OF PERPETUAL ADORATION

### **PRAY 5 DECADES ON ORDINARY ROSARY BEADS**

O sacred banquet in which Christ is received, the memory of His passion is renewed, the soul is filled with grace, and a pledge of future glory is given us. Alleluia.

### **ON EACH OUR FATHER BEAD, PRAY:**

My soul is thirsting for God, the strong and living God;  
When shall I enter and see the face of God?

### **ON THE TEN SMALL DECADE BEADS, PRAY:**

It is Your Eucharistic face, O Lord, that I seek;  
hide not Your Eucharistic face from me.

### **AT THAT END OF EACH DECADE, PRAY:**

Behold, O God our protector, and look upon the face of Your Christ. Through Him, and with Him, and in Him, in the unity of the Holy Spirit, all glory and honor is Yours, almighty God and Father, forever and ever. AMEN.

### **THEN PRAY 3 TIMES:**

Father, glorify the Eucharistic face of Your Son,  
that His Eucharistic face may glorify You.

### **AFTER PRAYING 5 DECADES:**

### **SALVE REGINA**

Hail, holy Queen, mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

### **V. Pray for us, O holy Mother of God**

R. That we may be made worthy of the promises of Christ

### **CONCLUDING PRAYER**

Let us pray. Almighty and everlasting God, who by the working of the Holy Spirit didst prepare both body and soul of the glorious virgin mother, Mary, that she might deserve to be made a worthy dwelling for Thy Son, grant that we who rejoice in her memory may, by her loving intercession, be delivered from present evils and from lasting death, through the same Christ our Lord. Amen.

## DIVINE PRAISES BY POPE PIUS VII

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 St. Joseph, her most chaste spouse.

Blessed be God in His Angels  
and in His Saints forever.

May the heart of Jesus,  
in the Most Blessed Sacrament, 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.



Prayers Compiled by  
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