

# HOW TO

## Pray Before the Blessed Sacrament

As Catholics we believe that when we pray before Jesus in the Blessed Sacrament (Jesus in the Tabernacle or the Monstrance), the fullness of His life, power and love are present. Jesus is here with you right now! Pray to Him in your own words or use these prayers.

### Reflect on this passage, and ask Jesus to feed your deepest hungers.

“I am the bread of life. Whoever comes to me will never hunger, and whoever believes in me will never thirst” (John 6:35).

### Pray the *Tantum Ergo* (“Come Adore”) and ask Jesus for healing.

Tantum ergo Sacramentum  
Veneremur cernui  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.  
Genitori, Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

Down in adoration falling,  
Lo! The sacred Host we hail;  
Lo! O'er ancient forms departing,  
Newer rites of grace prevail;  
Faith for all defect supplying,  
Where the feeble senses fail.  
To the everlasting Father,  
And the Son who reigns on high,  
With the Spirit Blest proceeding,  
Forth from each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty.  
Amen.

### Pray the *Anima Christi* and ask Jesus to fill you completely.

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.

### Repeat the *Jesus Prayer* over and over in surrender to Jesus.

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

## **Benediction**

Benediction is a Eucharistic devotion practiced at the conclusion of Eucharistic Adoration. It offers us the opportunity to praise Christ our Lord through song, prayer and meditation.

### **O Salutaris Hostia**

O Salutaris hostia, Quae caeli pandis ostium:  
Bella premunt hostilia, Da robur fer auxilium.

Unitrinoque Domino Sit sempiterna gloria:  
Qui vitam sine termino Nobis donet in patria.  
Amen.

### **The 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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

### **Holy God, We Praise Thy Name**

Holy God we praise thy name, Lord of all we bow before thee

All on earth thy septre claim, All in heaven above adore thee

Infinite thy vast domain, Everlasting is thy reign