

Speak, Lord Jesus; I will listen.

You do not come to my soul without speaking to me in some way.

You make your presence known in the heart and mind of faith.

I will be quiet, and let my desires and worries rest, in order to hear you.

In silence, I will learn to know your intimate will in my regard.

EXPOSITION: O SALUTARIS HOSTIA

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.

Presider: In the name of the Father and the Son and the Holy Spirit.

R: Amen.

PRAYER TO THE HOLY SPIRIT

Presider: Come, O Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit, and they shall be created.

R: And You shall renew the face of the earth.

Presider: Let us pray. O, God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Holy Spirit to be truly wise and ever to rejoice in His consolation, through Jesus Christ Our Lord.

R: Amen.

Presider: O Mary, conceived without sin. (Three times)

R: Pray for us who have recourse to thee.

ADORATION PRAYER

**My Lord Jesus Christ,
 I believe that You are really here in this Sacrament.
 Night and day, You remain here compassionate and loving.
 You call, You wait for,
 You welcome everyone who comes to visit You.
 I thank You, Jesus my Divine Redeemer
 for coming upon the earth for our sake**

and for instituting the Adorable Sacrament of the Holy Eucharist
in order to remain with us until the end of the world.

I thank You for hiding beneath the Eucharistic species

Your infinite majesty and beauty,

which Your Angels delight to behold,

so that I might have courage to approach

the throne of Your mercy.

I thank You dear Jesus,

for having become the priceless Victim,

to merit for me the fullness of heavenly favors.

Awaken in me such confidence in You

that their fullness may descend ever more fruitfully upon my soul.

I thank You for offering Yourself in thanksgiving to God

for all His benefits, spiritual and temporal

which He has bestowed on me.

Grant me grace and perseverance in your faithful service.

Amen.

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. (Repeat have mercy on us. after each line)

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the Eternal Father,

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

Heart of Jesus, substantially united to 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, Abyss 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 the fullness of the Divinity,
Heart of Jesus, in whom the Father was 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 abounding in mercy,
Heart of Jesus, rich unto all who call upon Thee,
Heart of Jesus, Fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, filled with reproaches,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, made 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 the Saints,

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.

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

Let us pray - **Almighty and Eternal God, consider the Heart of Thy well-beloved Son and the praises and satisfaction He offers Thee in the name of sinners; appeased by worthy homage, pardon those who implore Thy mercy, in the name of the same Jesus Christ, Thy Son, Who lives and reigns with Thee, world without end.**

Amen

GENERAL BENEDICTION: TANTUM ERGO

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.

PRESIDER: You have given them Bread from heaven

R: Having all sweetness within it.

PRESIDER: 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 the kingdom where You live with the Father and the Holy Spirit, one God for ever and ever.

R: 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 Saint Joseph, her most chaste spouse.
 Blessed be God in His angels and in His saints.

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.

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon.

Until our next visit, we leave our hearts, in spirit, before Your Eucharistic Presence. Let their every beat tell You how much we love You and that we are longing to soon be in Your Presence again.

Bless us before we go, dear Jesus. Bless our homes and all our undertakings. Bless our families and friends and bless, also, all of our enemies.

HOLY GOD, WE PRAISE THY NAME

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!

Let us pray. Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, who livest and reignest with Thee forever and ever. Amen.