

Sisters of the Eucharistic Heart of Jesus

Serving at St. Mary & St. Paul Parishes · Western Skagit County, WA

Prayers for Eucharistic Adoration

For Time Spent Before the Blessed Sacrament

Upon Entering the Chapel

"I adore You, O Lord Jesus Christ, present in this Most Blessed Sacrament, humbly beseeching You to inflame my heart with the love which enkindled Yours when You instituted this Holy Eucharist. May it be my food, my strength, my all." Amen.

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 Thy wounds, hide me.
Suffer me not to be separated from Thee.
From the malicious enemy, defend me.
In the hour of my death, call me.
And bid me come to Thee,
That I may praise Thee with Thy saints
And with Thy angels
Forever and ever. Amen.*

Act of Faith

O Lord Jesus Christ, I firmly believe that You are present here in the Most Blessed Sacrament, truly, really, and substantially — Body, Blood, Soul, and Divinity. I believe because You, who are truth itself, have said so, and because the Holy Catholic Church, which You have founded to teach all truth, proposes this mystery for my belief. O my God, increase my faith!

Act of Love

O Jesus, 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 I ask pardon of all whom I have injured.

Prayer Before the Blessed Sacrament

Lord Jesus, You who are ever present in the tabernacle as the great Lover of souls, I come before You to adore You, to thank You, to ask Your pardon, and to beg Your blessings. May this time of adoration draw me ever closer to Your Sacred Heart. Transform me by Your grace so that my life becomes a continuous act of love and praise to You. Amen.

Tantum Ergo (St. Thomas Aquinas)

*Therefore so great a Sacrament,
Let us venerate with bowed heads;
And let the old law give way
To the new rite;
Let faith serve as a supplement
For the failure of the senses.*

*To the Begetter and the Begotten,
Be praise and jubilation,
Salutation, honor, virtue, and blessing;
To the One proceeding from Both,
Be equal praise. Amen.*

Before Departing

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.

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