

PRAYERS BEFORE THE BLESSED SACRAMENT

I place myself in the presence of Him,
in whose Incarnate Presence I am before.
I place myself there.

I adore Thee, O my Saviour, present here as God and man,
in soul and 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 man's estate, and by the Sea of Galilee called the 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.

(John Henry Newman)

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 Jesu, 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 with Thy saints I may praise Thee.
Forever and ever.
Amen.

St. Ignatius Loyola