

# Praying with Jesus in the Blessed Sacrament

*A selection of prayers and meditations for  
private prayer before the Blessed Sacrament*



THE CHURCH UNION



The Society  
under the patronage of Saint Wilfrid and Saint Hilda

## Introduction

During the coronavirus pandemic, not only have we not been able to receive Jesus in the Eucharist but we have also not been able to enter our churches to pray before Jesus in the Blessed Sacrament, reserved as a perpetual Presence in our most sacred places.

This has been a cause of great sadness and distress for many of us. We are grateful that we are now able to pray in church again, if only privately, and most importantly before Jesus in the Blessed Sacrament, either exposed in a Monstrance or before the Tabernacle.

The Blessed Sacrament is a wonderful gift to the Church. When we are moving to a new place, we sometimes leave a token of affection for our loved ones as something to remember us by. Jesus, knowing that He would die on the Cross, gave us the Eucharist, not only as a token of His love, but as the very gift of Himself for our nourishment, a way of staying with us even after He ascended to heaven.

We thank the Lord for this, His wonderful gift. In the Blessed Sacrament, we have the presence of our Friend, our Brother, our King, our Lord, our God; the One who loves us unconditionally. Jesus gives us His totality; how do we choose to respond?

In this booklet you will find some prayers, scripture readings and meditations to help you to pray before Jesus in the Blessed Sacrament. It is important to leave some time for silent prayer too, to listen to what God might be saying to you.

You might also want to spend some time in intercessory prayer; praying for those closest to you, for the Church and for your parish and your priest, for the world, for those who are suffering from coronavirus and all those who are sick, and for those who have died.

We ask that you follow all the health guidelines in place, both on your journey to church and when inside church. Please do take this booklet home with you.

Finally, we pray in unity with one another that:

*O Sacrament most holy; O Sacrament divine:  
All praise and all thanksgiving be every moment thine.*

## Opening Prayers

Our Lord Jesus Christ,  
we bless you with full hearts  
that you are truly present in the Blessed Sacrament on this altar.  
You welcome everyone who comes to visit you,  
whatever our condition, whatever our trials and troubles,  
whatever our small triumphs.  
We come before you as we are:  
you see us better than we see ourselves.  
Teach us the joy of living in your presence,  
the contentment of gazing upon you,  
the delight of knowing that as we look on you,  
you have first looked on each of us with love.  
Give us peaceful hearts  
as we give thanks to you in your holy name,  
Jesus Christ our Lord. Amen.



Sweet Sacrament divine,  
hid in thine earthly home,  
lo, round thy lowly shrine,  
with suppliant hearts we come;  
Jesus, to thee our voice we raise  
in songs of love and heartfelt praise:  
sweet Sacrament divine.

Sweet Sacrament of peace,  
dear home for every heart,  
where restless yearnings cease  
and sorrows all depart;  
there in thine ear all trustfully  
we tell our tale of misery:  
sweet Sacrament of peace.

Sweet Sacrament of rest,  
ark from the ocean's roar,  
within thy shelter blest  
soon may we reach the shore;  
save us, for still the tempest raves,  
save, lest we sink beneath the waves:  
sweet Sacrament of rest.

Sweet Sacrament divine,  
earth's light and jubilee,  
in thy far depths doth shine  
thy Godhead's majesty;  
sweet light, so shine on us, we pray,  
that earthly joys may fade away:  
sweet Sacrament divine.

## Scripture Readings

Psalm 139

*As we come face to face with Jesus in the Blessed Sacrament, let us open our hearts to him; all of our hopes and joys, our fears and our sorrows. This psalm speaks of how God knows us completely, and loves us totally.*

O Lord, you have searched me and known me!  
You know when I sit down and when I rise up;  
    you discern my thoughts from afar.  
You search out my path and my lying down  
    and are acquainted with all my ways.  
Even before a word is on my tongue,  
    behold, O Lord, you know it altogether.  
You hem me in, behind and before,  
    and lay your hand upon me.  
Such knowledge is too wonderful for me;  
    it is high; I cannot attain it.  
Where shall I go from your Spirit?  
    Or where shall I flee from your presence?  
If I ascend to heaven, you are there!  
    If I make my bed in Sheol, you are there!  
If I take the wings of the morning  
    and dwell in the uttermost parts of the sea,  
even there your hand shall lead me,  
    and your right hand shall hold me.

If I say, "Surely the darkness shall cover me,  
and the light about me be night,"  
even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.  
For you formed my inward parts;  
you knitted me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
my soul knows it very well.  
My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
Your eyes saw my unformed substance;  
in your book were written, every one of them,  
the days that were formed for me,  
when as yet there was none of them.  
How precious to me are your thoughts, O God!  
How vast is the sum of them!  
If I would count them, they are more than the sand.  
I awake, and I am still with you.  
Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!

John 6: 32- 40

*In this passage Jesus describes himself as the Bread of Life*

Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. But I said to you that you have seen me and yet do not believe. All that the Father gives me will come to me, and whoever comes to me I will never cast out. For I have come down from heaven, not to do my own will but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

## Reflections and Meditations

O heart of Jesus, in whose love all the sacraments, but especially the Eucharist, find their source, allow me to speak to you now. I know that here on this altar you still love me just as much as when you died on the cross. O divine Jesus, teach all who don't know you about yourself, bring all those who have died to you. I adore you, I thank you, I love you, together with all those in heaven or earth who love you. O most pure Jesus, purify my heart of everything that distracts from you, and fill it with your holy love. Take entire possession of my heart, so that all my life I may be united to you, and be able to say with St Paul that nothing can "separate us from the love of God in Christ Jesus our Lord". (*St Alphonsus Ligouri*)



*Jesus speaks to you in the Blessed Sacrament:*

My child, I love to have you with me and for you to know me to be here. I wish you to be as sure of my presence as though you had met me with your sorrows and your prayers long ago in Nazareth. Remember that I am One who never changes, and what I did for them then I can do for you now.

Speak to me as to one who loves you more than you can imagine and trust me with your secrets and your desires. Tell me about your home, your friends. Ask for help for them. I loved my Mother as her Son on earth and you may be sure that you please me by loving yours.

Then tell me about yourself. Tell me you are sorry you have been such a bad friend to me. Will you think for a moment of what I suffered for you?

And tell me about your sins - how you are sometimes cowardly - sometimes untruthful, passionate. Tell me how difficult you find it to control your language.

Ask me to forgive you and to make you sorry. And remember I always asking you not to give up trying. I need friends to-day who will stand by me Cross. Do not desert my side. my saints are those who sometimes sinned just as you do, but they did not give up trying and praying. Some day your will understand how great is their happiness and their reward.

Have you nothing now to thank me for? Some prayer answered, some success gained, some danger turned away? Have you health and strength of body a bed to sleep in, enough food to eat? Have you parents to love you friends to help you? Have you been taught about me and about my Holy Church?

Then say "Thank you," and say it with a grateful heart. Tell me about your plans for the future. Tell me what you hope to be and do. Trust me with it all and do not fear. Do this for my sake while I bless you and sent you out in peace. Resolve so to live here that some day you may live with me.



I place myself in the presence of him, in whose Incarnate presence I am before I place myself there. I adore you, 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 upon 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. (*St John Henry Newman*)



Lord that descendest, holy child,  
dwelling amongst us, Word of God, thee we adore.

Jesus our Gospel, way and truth,  
master and lover, light and life, thee we adore.

Saviour uplifted, man for men,  
shamed and slaughtered, lamb of God, thee we adore.

Christ the immortal risen Lord,  
Christ that ascended, king of kings, thee we adore.

Throned in the highest, very man,  
alpha, omega, God of God, thee we adore.

Lord ever-blessed, God most high,  
Lord ever-blessed, God with us, thee we adore. (*Eric Milner-White*)

Behold the Body and Blood of my Saviour and Lord!  
Behold whence love comes forth,  
whence cleansing, whence lowliness of heart, whence desire and power of oblation,  
whence light, whence wisdom, whence joy, whence glory and life everlasting, from him  
who never ceases to give all that he has and is; yet reigns with the Father and the Holy  
Spirit, God for ever and ever. (*Eric Milner-White*)

## Other Prayers

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. Amen.



O God, who in this wonderful sacrament have left us a memorial of your passion:  
grant, we beseech you, that we may so venerate the sacred mysteries of your body and  
blood, as always to be conscious of the fruit of your redemption. You who live and  
reign for ever and ever. Amen.



My Lord and Redeemer,  
you are here with us in this great sacrament of love,  
waiting, calling and receiving all who come to visit you.  
Set our hearts on fire with love of you,  
and help us to bring your warmth to a cold world.  
You who live and reign with the Father and the Holy Spirit,  
one God, for ever and ever. Amen.



Now it is you alone that I love,  
you alone that I follow,  
you alone that I seek,  
you alone that I feel ready to serve,  
because you alone rule justly.  
It is to your authority alone  
that I want to submit.  
Command me, I pray,  
to do whatever you will,  
but heal and open my ears  
that I may hear your voice.  
Heal and open my eyes  
that I may see your will.  
Tell me where to look  
that I may see you,  
and I will place my hope  
in doing your will. (*St Augustine*)



Give me, good Lord,  
a full faith and a fervent charity,  
a love of you, good lord,  
incomparable above the love of myself;  
and that I love nothing to your displeasure  
but everything in an order to you.  
Take from me, good Lord,  
this lukewarm fashion,  
or rather key-cold manner of meditation  
and this dullness in praying to you.  
And give me warmth, delight and life  
in thinking about you.  
And give me your grace  
to long for your holy sacraments  
and especially to rejoice  
in the presence of your blessed body,  
sweet Saviour Christ,  
in the holy sacrament of the altar,  
and duly to thank you  
for your gracious coming. (*Thomas More*)

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 unto Thee  
That with Thy Saints I may praise Thee  
Forever and ever.  
Amen.



You are the Christ, the Son of the living God,  
you are the one who reveals the invisible God,  
the first-born of all creatures,  
the foundation of all things;  
you are the master of humanity,  
you are the Redeemer,  
you were born, you died and you have risen for us;  
you are the centre of history and of the world;  
you are the one who knows us and who loves us;  
you are the companion and friend of our life;  
you are the man of sorrow and of hope;  
you are he who must come  
and who one day will be our judge  
and, we hope, you will be our delight. Amen. (*Pope Paul VI*)



Lord Jesus, I believe in your presence on the altar; help my unbelief. I trust my life to you; fill up my lack of confidence. I love you; by your Holy Spirit, the Comforter, warm my cold heart, which seeks comfort elsewhere. Accept my faith, hope and love, such as they are, and through the power of your sacred presence make up for what is lacking, so that I may know, trust and serve you this day and every day of my life. Amen.

Christ be with me, Christ within me,  
Christ before me, Christ beside me.  
Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

O God, we are one with you.  
You have made us one with you.  
You have taught us that if we are open to one another, you dwell in us.  
Help us to preserve this openness and to fight for it with all our hearts.  
Help us to realise that there can be no understanding where there is mutual rejection. O  
God, in accepting one another wholeheartedly, fully, completely,  
we accept you, and we thank you, and we adore you,  
and we love you with our whole being,  
because our being is your being,  
our spirit is rooted in your Spirit.  
Fill us then with love,  
and let us be bound together with love as we go our diverse ways,  
united in this one Spirit which makes you present in the world,  
and which makes you witness to the ultimate reality that is love.  
Love has overcome.  
Love is victorious. (*Thomas Merton*)



O dear Jesus, you who,  
hidden under the veil of the Eucharist,  
listen in mercy to our humble prayers,  
to present them at the throne of the Most High,  
accept now in your kindness the yearnings of our hearts.

Enlighten our understanding,  
sustain our wills,  
strengthen our fidelity,  
and enkindle in our hearts a holy enthusiasm,  
so that, overcoming our limits and conquering every difficulty,  
we may be able to render to you a homage  
that is less unworthy of your greatness and of your majesty,  
and more in tune with our anxieties and with our holy desires.

## 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.



Blessed and praised be Jesus Christ in the Most Holy Sacrament. Hosanna, hosanna,  
hosanna in excelsis!



O saving Victim, opening wide  
The gate of heaven to man below,  
Our foes press on from every side,  
Thine aid supply, Thy strength bestow.

All praise and thanks to Thee ascend  
For evermore, blest One in Three;  
O grant us life that shall not end,  
In our true native land with Thee.

