

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 in the world,
even to the end of time. Amen.*



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Prayers before the Blessed Sacrament



*“The Eucharist, in the Mass and outside of the Mass, is
the Body and Blood of Jesus Christ, and is therefore
deserving of the worship that is given to the living God,
and to him alone.”*

— St. John Paul II

O Sacred Banquet

O sacred banquet
in which Christ is received,
the memory of His passion is renewed,
the mind is filled with grace,
and a pledge of future glory is given to us.

V. You have given them bread from heaven.

R. Having all sweetness within it.

Let us pray.
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, forever and ever. Amen.

An 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.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from Christ's side, 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 I may praise Thee, with Thy saints
and with Thy angels, Forever and ever. Amen.