

[Kneel] EXPOSITION HYMN: O Salutaris (O Saving Victim) {by St. Thomas Aquinas}

<p>1. O salutaris Hostia, Quae coeli pandis ostium; Bella premunt hostilia, Da robur fer auxilium.</p> <p>2. Uni trinoque Domino, Sit sempiterna gloria, Qui vitam sine termino, Nobis donet in patria. Amen.</p>	<p>1. O saving Victim, open wide, The gate of heaven to us below, Our foes press on from ev'ry side; Your aid supply, Your strength bestow.</p> <p>2. To your great name be endless praise, Immortal Godhead, One in Three; O grant us endless length of days, In our true native land with thee. Amen.</p>
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ADORATION: Twenty-Five Things to "Do"

1. Slowly repeat "Jesus, I trust in you," or "Jesus, I love you," or "Jesus, forgive me."
2. Look at Jesus with love; let Him look at you with love. [intimacy: "into-me-see"]
3. For a time, don't "do" anything, but simply be still and know that He is God.
4. Consider that the Sacred Body of Jesus came from Holy Mary. Thank her.
5. Ask Him: Lord, what do you want me to do? How you want me to do it?
6. Slowly read Sacred Scripture until something hits you, then ponder it.
7. Slowly repeat "Holy Mary," like a little child saying "momma."
8. Pray one Hail Mary/Our Father/Apostles' Creed very slowly.
9. Tell Jesus something that made you happy. Then listen.
10. Tell Him something that you fear or dread. Then listen.
11. Meditate on the Beatitudes (Matthew 5) or the Psalms.
12. Enjoy simply being in His Presence.
13. Pray all or part of the Holy Rosary.
14. Sing a song to Him in your heart.
15. Tell Him what angers you. Then listen.
16. Tell Him your failures. Ask for help. Then listen.
17. Thank Him for His Real Presence in the Eucharist.
18. Speak with Him about loved ones. Pray for an enemy.
19. See Our Lord in His Passion... stand there, with Him, as Our Lady does.
20. Be aware that He is sending out graces to the world right now, through you.
21. Pray to St. Joseph for the grace of final perseverance, especially at life's end.
22. Pray for the Holy Souls in Purgatory, especially any relatives who may need prayer.
23. See the Blessed Virgin kneeling next to you, adoring her Son, and praying with you.
24. Pray the *Jesus Prayer*: "Lord Jesus Christ, son of God, have mercy on me, a sinner."
25. Pray for the pope, bishops, priests, consecrated religious, and for strong Catholic marriages.



[Kneel] ANIMA CHRISTI PRAYER {ascribed to Pope John XXII}

(All) 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; Permit 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.

[Kneel] Prayer to Jesus Before the Blessed Sacrament {traditional}

(All) Dear Jesus, each time I look at the sacred Host, sanctify my eyes that they may close more and more to all that is merely of this earth. Dear Jesus, each time I look at the sacred Host, send a ray of divine light into my soul that I may better know You and myself. Dear Jesus, each time I look at the sacred Host, send a flame of divine love into my heart to consume everything in it that is displeasing to You and to set it aflame with Your love. Now and for all eternity, may my only desire be to contemplate the infinite beauty of Your divine countenance which forever delights the angels. Amen.

<p>1. Tantum ergo Sacramentum, Veneremur cernui: Et antiquum documentum, Novo cedat ritui; Praestet fides supplementum, Sensuum defectui.</p> <p>2. Genitori, Genitoque, Laus et jubilatio, Salus, honor, virtus quoque, Sit et benedictio: Procedenti ab utroque, Compar sit laudatio. Amen.</p>	<p>1. Down in adoration falling, This great sacrament we hail; Over ancient forms of worship, Newer rites of grace prevail; Faith will tell us Christ is present, When our human senses fail.</p> <p>2. To the everlasting Father, And the Son Who made us free, With the Spirit proceeding, From them Each eternally, Be salvation, honor, blessing, Might and endless majesty. Amen.</p>
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(Priest) You have given them bread from heaven... *(People)* ...having within it all sweetness.

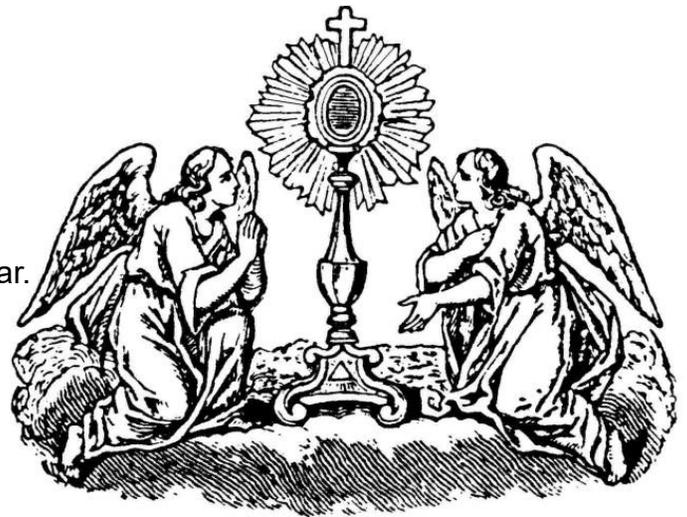
[Kneel] PRAYER before Benediction

(Priest) Lord our God, in this sacrament we come into the presence of Jesus Christ, your Son, born of the Virgin Mary and crucified for our salvation. May we who declare our faith in this fountain of love and mercy drink from it the water of everlasting life. We ask this through Christ our Lord. Amen.

[Kneel] BENEDICTION

[Kneel] THE DIVINE PRAISES

(Priest) Blessed be God. *(People)* 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.



(All) 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.

[Kneel] CONCLUDING HYMN: *Holy God We Praise Thy Name* {by Fr. Ignaz Franz}

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| <p>1. 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.</p> | <p>2. 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; Holy, holy, holy, Lord.</p> |
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PLEASE...invite someone to join you next week. Also, please do not leave this sheet in the pews. Please return it to the stack on the table in the narthex for use next time, or you may keep it and take it home. Thank you.