

*Eucharistic Adoration is the spiritual practice of spending time in the presence of the exposed consecrated Host. Through this practice, we are invited to spend time alone with God in his real, physical form and to bring to Jesus all our cares, concerns, prayers, hopes and thoughts. We set aside a special time, a respite from our hectic modern lives, to create a personal space in which to meet our God. For Catholics, the Eucharist is no mere symbol of Jesus; we believe that the consecrated Host is actually the Body, Blood, Soul, and Divinity of Christ. We take great joy in having this amazing gift that we can see, touch, and even taste. Everyone finds their own ways of spending time with Jesus in the Blessed Sacrament. The most important thing is that it is characterised by reverence and times of silence. Some read from Scripture prayerfully, others sing a hymn of adoration, others simply open themselves to Jesus' loving them and adore him back. The point is to make time for Jesus as you make time for your spouse, your children, your friends—any important relationship. Below are some prayers and psalms that have traditionally been used to pray before Jesus in the Blessed Sacrament.*

### **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 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.

### **Psalm 63**

O God, you are my God, for you I long,  
 for you my soul is thirsting.  
 My body pines for you  
 like a dry, weary land without water.  
 So I gaze on you in the sanctuary  
 to see your strength and your glory.  
 For your love is better than life,  
 my lips will speak your praise.  
 So I will bless you all my life,  
 in your name I will lift up my hands.

My soul shall be filled as with a banquet,  
 my mouth shall praise you with joy.  
 On my bed I remember you,  
 on you I muse through the night.  
 For you have been my help,  
 in the shadow of your wings I rejoice.  
 My soul clings to you,  
 your right hand holds me fast.

### **Psalm 84**

How lovely is your dwelling place,  
 Lord, God of hosts.  
 My soul is longing and yearning,  
 is yearning for the courts of the Lord.  
 My heart and my soul ring out their joy to God,  
 the living God.

The sparrow herself finds a home and the  
 swallow a nest for her brood;  
 she lays her young at your altars,  
 Lord of hosts, my King and my God.  
 They are happy, who dwell in your house,  
 forever singing your praise.

They are happy, whose strength is in you,  
 in whose hearts are the roads to Sion.  
 As they go through the Bitter Valley  
 they make it a place of springs,  
 the autumn rain covers it with blessings.  
 They walk with ever growing strength to  
 strength,  
 They will see the God of gods in Sion.

O Lord God of hosts, hear my prayer,  
 give ear, O God of Jacob.

Turn your eyes, O God, our shield,  
look on the face of your anointed.

One day within your courts  
is better than a thousand elsewhere.  
The threshold of the house of God  
I prefer to the dwellings of the wicked.  
For the Lord God is a rampart, a shield;  
He will give us his favour and glory.  
The Lord will not refuse any good  
To those who walk without blame.  
Lord, God of hosts,  
happy the man who trusts in you.

### **Psalm 131**

Lord, my heart is not haughty, I do not set my  
sights too high. I have taken no part in great  
affairs, in wonders beyond my scope. No, I hold  
myself in quiet and silence, like a little child in its  
mother's arms, like a little child, so I keep  
myself. Let Israel hope in the Lord henceforth  
and forever.

### **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 malignant enemy defend me.  
In the hour of my death call me.  
and bid me come unto thee,  
that with all thy saints,  
I may praise thee  
forever and ever.  
Amen.

### **Hail True Body**

Hail, true body, truly born of the Virgin Mary  
mild. Truly offered, wracked and torn, on the  
Cross for all defiled, from whose love-pierced  
sacred side flowed your true blood's saving tide:  
be a foretaste sweet to me in my death's great  
agony. O my loving, gentle one, sweetest Jesus,  
Mary's son.  
Amen.

### **Fatima Prayer**

Oh Most Holy Trinity, Father, Son, and Holy  
Spirit, I adore Thee profoundly. I offer thee the  
most precious body, blood, soul and divinity of  
Jesus Christ, present in all the tabernacles of the  
world, in reparation for the outrages, sacrileges  
and indifferences by which he is offended. By  
the infinite merits of the Sacred Heart of Jesus  
and the Immaculate Heart of Mary, I beg the  
conversion of poor sinners.  
Amen.

### **O Sacrament Most Holy**

O Sacrament most holy, O Sacrament divine, all  
praise and all thanksgiving be every moment  
thine!

### **Spiritual Communion Prayer**

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.

### **Saint Francis of Assisi's Prayer Before the Blessed Sacrament**

We adore you, O Lord Jesus Christ, in this church  
and all the churches of the world, and we bless  
you, because, by your holy Cross You have  
redeemed the world. Amen.

### **Tantum Ergo**

Down in adoration falling, this great sacrament  
we hail;  
over ancient forms departing newer rites of  
grace prevail;  
faith for all defects supplying where the feeble  
senses fail.

To the everlasting Father, and the Son who  
reigns on high,  
with the Spirit blest, proceeding forth from each  
eternally,  
be salvation, honour, blessing, might and  
endless majesty.