

Prayer to the Holy Spirit

Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth your spirit and they shall be created

R. **And you shall renew the face of the earth.**

Let us pray.

O God who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit, we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord. Amen.

Prayer of St Richard of Chichester

Thanks be to you, my Lord, Jesus Christ, for all the benefits which you have given me, for all the pains and insults which you have borne for me.

O most merciful Redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly. Amen.



Short Litany of the Sacred Heart

Lord have mercy **Lord have mercy**
Christ have mercy **Christ have mercy**
Lord have mercy **Lord have mercy**
God the Father of heaven
 have mercy on us

God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, one God
Heart of Jesus, Son of the eternal Father
Heart of Jesus, formed by the Holy Spirit in the womb of the virgin Mary
Heart of Jesus, infinite in majesty
Heart of Jesus, tabernacle of the Most

 High
Heart of Jesus, burning with love for us
Heart of Jesus, source of goodness and
 love

Heart of Jesus, full of kindness and care
Heart of Jesus, aglow with chastity
Heart of Jesus, king and centre of all

 hearts
Heart of Jesus, treasure house of wisdom
 and knowledge

Heart of Jesus, in whom there dwells the
 fullness of God
Heart of Jesus, from whose fullness we
 have all received

Heart of Jesus, fountain of life and
 holiness
Heart of Jesus, broken for our sins
Heart of Jesus, pierced by the lance
Heart of Jesus, source of all consolation
Heart of Jesus, salvation of all who trust in
 you
Heart of Jesus, hope of all who die in you
Heart of Jesus, delight of all the saints

Lamb of God you take away the sins of the world, have mercy on us
Lamb of God you take away the sins of the world, have mercy on us
Lamb of God you take away the sins of the world, grant us peace.

Let us pray
Father, we rejoice in the gifts of love we have received from the heart of Jesus your son. Open our hearts to share his life and continue to bless us with his love.
We ask this through the same Christ our Lord. Amen.

Eucharistic Adoration and Benediction

A service in which we adore Jesus Christ who is truly present in the Blessed Sacrament in his Body, Blood, soul and divinity as the food and life of our souls.

Exposition

First of all, the priest or deacon exposes the Blessed Sacrament while a hymn is sung. During this hymn, he incenses the Blessed Sacrament. This reminds us that God is truly present and that our prayers go up to Him. The following or another hymn may be chosen.

O Salutaris hostia
quae caeli pandis ostium
bella premunt hostilia
da robur, fer auxilium

Uni trinoque Domino
sit sempiterna gloria
qui vitam sine termino
nobis donet in patria. Amen.

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

To thy 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.

Prayers

*Then there is time for silent prayers, readings from the scripture, litanies, the Rosary or other prayers. The priest or deacon may give a homily.
(See inside for a selection of prayers)*

Eucharistic Hymn

After the prayers, there is another Eucharistic hymn. Once again the priest or deacon incenses the Blessed Sacrament. The following or another hymn to the Blessed Sacrament may be chosen

Tantum ergo sacramentum
veneremur cernui
et antiquum documentum
novo cedat ritui
praestet fides supplementum
sensuum defectui.

Genitori Genitoque
laus et iubilatio
salus honor, virtus quoque
sit et benedictio
procedenti ab utroque
compar sit laudatio. Amen.

Come, adore this wondrous presence,
bow to Christ, the source of grace.
Here is kept the ancient promise
of God's earthly dwelling-place.
Sight is blind before God's glory,
faith alone may see his face.

Glory be to God the Father,
praise to his co-equal Son,
adoration to the Spirit,
bond of love, in Godhead one.
Blest be God by all creation
joyously while ages run.

Prayer

The priest or deacon stands to say a prayer in the name of us all.

V. Panem de caelo praestitisti eis
R. **Omne delectamentum in se habentem.**

Oremus.

Deus qui nobis sub sacramento mirabili passionis tuae memoriam reliquisti, tribue quaesumus, ita nos corporis et sanguinis tui sacra mysteria venerari ut redemptionis tuae fructum nobis iugiter sentiamus. Qui vivis et regnas in saecula saeculorum. Amen.

V. You have given your people bread from heaven

R. **The bread which is full of all goodness.**

Let us pray

O God who in this wonderful sacrament has left us a memorial of your passion. Help us so to reverence the sacred mysteries of your body and blood that we may always experience in our lives the effects of your redemption. Who live and reign for ever and ever. Amen.

Benediction

The priest or deacon puts on the "humeral veil" as a mark of special respect.

He lifts the monstrance containing the Blessed Sacrament and makes the sign of the cross over us. We receive the Blessing of Jesus Christ, truly present.

As he does so, the servers may offer incense and ring the bell.

The Divine Praises

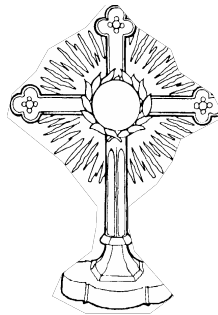
These may be said to make up for the times we or others have used God's name in vain or with a lack of respect. We repeat them after the priest or deacon:

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 spouse most chaste
Blessed be God in his angels and in his saints.

As the Blessed Sacrament is reposed in the tabernacle, the following may be sung:

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

The final hymn may be chosen to suit the season of the Church's year.



A selection of prayers

Some of these prayers may be said during a shorter or longer period of adoration.

Act of faith

O my God, I believe in you and all your Church teaches, because you have said it and your word is true.

Act of hope

O my God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

Act of charity

O my God, because you are so good, I love you with all my heart and for your sake, I love my neighbour as myself.

Act of contrition

O my God, I am heartily sorry for all my sins. I detest them above all things because they displease you, my God who are so worthy of all my love. and I firmly resolve, by your holy grace, never more to offend you and to amend my life. Amen.

Prayer for chastity

O my God, teach me to love others with the purity of your holy Mother. Give me the grace to resist firmly every temptation to impure thoughts, words or actions. Teach me always to love with generosity and goodness, to respect myself and others in the way I act and to reverence the way that you have given us for the creation of new life.

Prayer of Saint Ignatius

Dearest Lord, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost to fight and not to heed the wounds to toil and not to seek for rest to labour and to seek for no reward save that of knowing that I do your holy will. Amen.

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 your wounds, hide me;
Never permit me to be separated from you;
From the wicked enemy, defend me.
At the hour of my death, call me, and bid me come to you, that with your saints I may praise you for ever and ever. Amen.

Prayer to my guardian angel

O angel of God, my guardian dear to whom God's love commits me here. Ever this night (day) be at my side to light, to guard, to rule and guide. Amen.

Prayer for England

O Blessed Virgin Mary, Mother of God and our most gentle Queen and Mother, look down in mercy upon England thy dowry, and upon us all who greatly hope and trust in thee. By thee it was that Jesus, our Saviour and our hope, was given unto the world; and he has given thee to us that we might hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold, they may be united to the Chief Shepherd, the vicar of thy Son. Pray for us all, dear Mother, that by faith fruitful in good works, we may all deserve to see and praise God, together with thee in our heavenly home. Amen.