

O SACRAMENT MOST HOLY

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine!

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 the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Separated from Thee let me never be.
From the malignant enemy, defend me.
At the hour of death, call me.
And close to Thee bid me.
That with Thy saints I may be Praising Thee, forever and ever.
Amen.

O SALUTARIS HOSTIA

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 by endless praise,
Immortal Godhead, one in Three;
Oh, grant us endless length of days,
In our true native land with Thee. Amen

WHAT'S ON YOUR HEART?

SHARE YOUR FEELINGS

"Jesus, I feel..."

Take a moment to notice how you're feeling. Jesus cares about every emotion you bring to Him.

TALK ABOUT YOUR DAY

"Jesus, today I..."

Think about what has happened today. Did something make you smile? Was something hard? Jesus wants to hear all about it.



HOW CAN I TALK TO JESUS IN ADORATION?

Take a quiet moment to think and talk to Jesus in your heart. You can pray in this order:

ADORE JESUS

"Jesus, You are truly here in the Blessed Sacrament. I adore You because..."

What do you love about Jesus?

GIVE THANKS

"Jesus, thank You for..."

What are you grateful for today?

ASK FOR FORGIVENESS

"Jesus, I am sorry for..."

Is there anything you want to say sorry for?

ASK FOR HELP

"Jesus, I ask for Your help with..."

Who or what do you want to pray for?

THANK YOU, JESUS!

Let's finish by thanking Jesus for being with you. He loves when we talk to Him, and He's always happy to listen!

SAY THANK YOU

"Thank You, Jesus, for spending time with me. Thank You for Your love, Your peace, and Your presence."

ASK FOR HIS BLESSING

"Jesus, please bless me, my family, and my friends. Keep us safe and filled with Your love."

OFFER YOUR DAY TO JESUS

Jesus, I offer You my day and everything I do. Please be with me in all that I say and do. Before you leave, ask yourself: How can I show love to Jesus in my words and actions today?

FINISH WITH A SIMPLE PRAYER

"Jesus, I love You. Please stay with me always. Amen."

VISITING JESUS IN THE BLESSED SACRAMENT

JESUS IS SO HAPPY YOU'RE HERE!

Adoration is a special time to be with Him. You can pray, thank Him, or simply sit in His presence.

If you get distracted, don't worry! When your mind wanders, just tell Jesus what you're thinking. **He loves to hear everything you have to say. He doesn't expect perfect prayers, only an open heart.**



MARY, HELP ME PRAY



Mary is always close to Jesus, and she helps us talk to Him. When we don't know what to say, we can ask her to pray with us.

"Blessed Virgin Mary, help me open my heart to Jesus. Lead me to Him and teach me to listen. Pray for me as I adore Him. Amen."

MY LITTLE ADORATION BOOK

I Am With You Always

