

My Lord Jesus Christ, for the love which You bear to men, You remain night and day in this Sacrament full of compassion and of love, awaiting, calling, and welcoming all who come to visit You. I believe that You are present in the Sacrament of the Altar: I adore You from the abyss of my nothingness, and I thank You for all the graces which You have bestowed upon me and in particular for having given me Yourself in this Sacrament, for having given me your holy Mother Mary for my advocate, and for having called me to visit You in this chapel. I now salute Your most loving Heart: and this for three ends:

1. In thanksgiving for this great gift;
2. To make amends to You for all the outrages which You receive in this Sacrament from all Your enemies;
3. I intend by this visit to adore You in all the places on earth in which You are the least revered and the most abandoned.

My Jesus, I love You with all my heart. I grieve for having so many

times offended Your infinite goodness. I promise with Your grace never more to offend You in the future.

Now, miserable and unworthy though I be, I consecrate myself to You without reserve; I give You my entire will, my affections, my desires, and all that I possess. From now on dispose of me and of all that I have as You please. All that I ask of You and desire is Your holy love, final perseverance, and the perfect accomplishment of Your will. I recommend to You the souls in purgatory; but especially those who had the greatest devotion to the most Blessed Sacrament and to the Blessed Virgin Mary. I also recommend to You all poor sinners.

My dear Saviour, I unite all my affections with the affections of Your most loving Heart; and I offer them, thus united, to Your eternal Father, and beseech Him in Your name to vouchsafe, for Your love, to accept them. Amen.

The holy Gospel according to John 6:53-58

Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

Interior prayer

Lord, unite my heart with yours!
Lord, set my heart on fire with your love!

Lord, touch those I pray for!
Jesus, have mercy on me!
Mother Mary, show me your son!

Litany of the Sacred Heart

Kyrie Eleison *Kyrie Eleison*
Christe Eleison *Christe Eleison*
Kyrie Eleison *Kyrie Eleison*
Christ, hear us. *Christ, hear us.*
Christ, graciously hear us. *Christ, graciously hear us.*
God, our Father in heaven, *have mercy on us*
God the Son, Redeemer of the world, *have mercy on us*
God, the Holy Spirit, *have mercy on us*
Holy Trinity, One God, *have mercy on us*
Heart of Jesus, Son of the Eternal Father, *have mercy on us*
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mary, *have mercy on us*
Heart of Jesus, united in substance to the Word of God, *have mercy on us*
Heart of Jesus, of infinite majesty, *have mercy on us*
Heart of Jesus, sacred temple of God, *have mercy on us*
Heart of Jesus, tabernacle of the Most High One, *have mercy on us*
Heart of Jesus, house of God and gate of heaven, *have mercy on us*
Heart of Jesus, burning furnace of charity, *have mercy on us*

Heart of Jesus, abode of justice and love, *have mercy on us*
Heart of Jesus, full of goodness and love, *have mercy on us*
Heart of Jesus, wellspring of all virtues, *have mercy on us*
Heart of Jesus, most worthy of all praise, *have mercy on us*
Heart of Jesus, in whom are all the treasures of wisdom and knowledge, *have mercy on us*
Heart of Jesus, in whom dwells the fullness of divinity, *have mercy on us*
Heart of Jesus, in whom the Father was well pleased, *have mercy on us*
Heart of Jesus, of whose fullness we have all received, *have mercy on us*
Heart of Jesus, desire of the everlasting hills, *have mercy on us*
Heart of Jesus, patient and most merciful, *have mercy on us*
Heart of Jesus, enriching all who invoke you, *have mercy on us*
Heart of Jesus, fountain of life and holiness, *have mercy on us*
Heart of Jesus, atonement for our sins, *have mercy on us*
Heart of Jesus, overwhelmed with insults, *have mercy on us*
Heart of Jesus, bruised for our

offenses, *have mercy on us*
Heart of Jesus, obedient unto death, *have mercy on us*
Heart of Jesus, pierced with a lance, *have mercy on us*
Heart of Jesus, source of all consolation, *have mercy on us*
Heart of Jesus, our life and resurrection, *have mercy on us*
Heart of Jesus, our peace and reconciliation, *have mercy on us*
Heart of Jesus, salvation of those who trust in you, *have mercy on us*
Heart of Jesus, hope of those who die in you, *have mercy on us*
Heart of Jesus, delight of all the saints, *have mercy on us*
Jesus, meek and humble of heart
Make our hearts like to yours.

Let us pray,
God our loving Father, grant wisdom to those who govern us, compassion and courage to those who work to defend human life, and safety and care to every human being. For you alone who formed us in our mothers' wombs, and who call us home to heaven, are God, for ever and ever. Amen.