

# Saint James 40 Hours

## Suggested Prayers Before the Blessed Sacrament

*Begin your time of prayer with an act of the presence of God:*

My Lord and my God, I firmly believe that you are here; that you see me, that you hear me. I adore you with profound reverence; I beg your pardon for my sins, and the grace to make this time of prayer fruitful. My Immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me.

*Offer prayers of adoration, thanksgiving, contrition, and petition in these or similar words:*

**Lord, Jesus Christ, I adore** you in the Blessed Sacrament. I adore you as you dwell eternally in the bosom of the Father. I adore you as you dwell in the womb of the Virgin Mary. I adore you here under the form of Bread.

**Lord, Jesus Christ, I thank** you for being present to me and for bringing me into your Eucharistic presence. I thank you for every gift you have given me – my life, my Baptism, and every Holy Communion I've received. I thank you for my family and all those who have brought me closer to you. I thank you even for my challenges and struggles, as they cause me to trust more deeply in you.

**Lord, Jesus Christ, I repent** of all my sins, especially those against the Eucharist – for my neglect of your presence, my unworthy reception of Holy Communion, and for my inattention at Mass. I offer my time here also in atonement and reparation for all sins against you in the Eucharist.

**Lord, Jesus Christ, I ask** your blessings. First and foremost, I beg for an increase in faith in your presence and an increase in love for you in the Eucharist. I ask also that you bless my loved ones – that you draw them closer to you and grant them the graces they need. Finally, I ask your blessing upon Saint James Parish – that by the power of your Precious Blood you cleanse, heal, deliver, strengthen, and sanctify every member and every family of the parish.

*Conclude your time of prayer:*

I thank you, my God, for the good resolutions, affections, and inspirations that you have communicated to me in this meditation. I ask your help to put them into effect. My immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me.

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*Prayer of Saint Alphonsus Liguori, recited daily by Saint Padre Pio:*

O my Lord Jesus Christ, who for the love You bear mankind, remain night and day in this Sacrament, all full of tenderness and love, expecting and receiving all those who come to visit You: I believe that You are present in the Sacrament of the altar; I adore You from the depths of my own nothingness and thank You for all the favors You have bestowed upon me; and especially for having given me Yourself in this Sacrament, and Your holy Mother Mary as my Advocate; and for having called me to visit You in this church. I pay homage this day to Your most loving Heart and this I intend to do for three intentions: first, in thanksgiving for this great gift; secondly, in reparation for all the insults You have received from Your enemies in this Sacrament; thirdly, by this visit I intend to adore You in all places upon the earth, where You are least adored and most neglected in Your Sacrament.

My Jesus, I love You with my whole heart. I repent of having in the past so many times displeased Your infinite goodness. I intend, with the help of Your grace never more to offend You in the future; and at the present, wretched as I am, I consecrate myself wholly to You. I give You, and utterly renounce, my entire will, all my affections, all my desires, and all that I possess. From this day forth, do with me and with all that is mine whatever is pleasing in Your sight. I ask and desire only Your holy love, final perseverance and the perfect fulfillment of Your will.

I commend to You the souls in purgatory, especially those who were most devoted to this Blessed Sacrament and to the Blessed Virgin Mary.

I commend to You in like manner all poor sinners. Finally, my dear Savior, I unite all my affections with those of Your most loving Heart, and thus united I offer them to Your eternal Father, and I pray to Him in Your name graciously to accept and answer them for love of You.

*A Short Visit to the Blessed Sacrament, by St John Henry Newman:*

I place myself in the presence of Him, in whose Incarnate Presence I am before I place myself there.

I adore You, O my Savior, present here as God and man, in soul and body, in true flesh and blood.

I acknowledge and confess that I kneel before the Sacred Humanity, which was conceived in Mary's womb, and lay in Mary's bosom; which grew up to man's estate, and by the Sea of Galilee called the Twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the cross, lay in the tomb, rose from the dead, and now reigns in heaven.

I praise and bless, and give myself wholly to Him, who is the true Bread of my soul, and my everlasting joy.