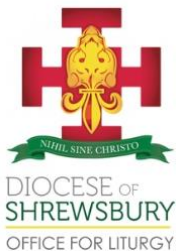


Thanksgiving: In thanksgiving we pray the Divine Praises.
Blessed be God
Blessed be his holy name
Blessed be Jesus Christ, true God and true man
Blessed be the name of Jesus
Blessed by his most Sacred Heart
Blessed be his most Precious Blood
Blessed be Jesus in the most holy Sacrament of the altar
Blessed 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

A Visit to the Blessed Sacrament



Our Lord Jesus Christ,
King of the Universe
Reflection Resource



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Stillness: As we approach the Lord in the Tabernacle we make the Sign of the Cross.

Preparation: we open our hearts to the Lord and make a prayer of preparation.

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Invocation: Make an Act of Spiritual Communion.

My Jesus, I believe that you are present in the Most Holy Sacrament of the Altar. 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.

Read: Meditate on the Gospel of Matthew 25:31-46

Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. 'Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom

prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me." 'Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." 'And they will go away to eternal punishment, and the virtuous to eternal life.'

Intercession: We place before the Lord the desires of our hearts. Pray for the Holy Father, for Bishop Mark and the clergy of our diocese, for vocations to the priesthood, for those who are sick, for your own personal needs, and for those who have died.