

OPENING HYMN

OPENING PRAYER

Jesus, my Lord and God, I bow down in humble adoration before You. From the depths of that humility, I raise my eyes to You and, in humble supplication to Your Sacred Heart, implore Your mercy and forgiveness for my many sins. Give me the grace to spend this hour of loving reparation with all the holy dispositions You desire.

Enter into my heart Yourself, dearest Lord, and work your pleasure in it; directing all my faculties, senses and powers to Your greater honor and glory. Help me to console You for all the wrongdoings Your loving Heart receives from an ungrateful mankind.

Mary, dearest Mother, and you, great St. Joseph, lend me all the love of your hearts and the love of all the angels and saints with which to love Jesus more and more.

Teach me to pray, to love, to make reparation and to adore the loving Heart of Jesus -- so often abandoned -- hidden in the Most Holy Sacrament of the altar.

Amen.

PRAYER FOR A VISIT TO THE BLESSED SACRAMENT

by Saint Alphonsus de Liguori

My Lord Jesus Christ, Who for the love which You bear to men, remain night and day in this Sacrament full of compassion and of love, waiting, calling and welcoming all who come to visit You; I believe that You are truly present in the Sacrament of the altar.

I adore You humbly, and I thank You for all the graces which You have bestowed upon me; in particular for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary as my mediatrix and for having called me to visit You in this church.

I salute Your most loving Heart, and this for three purposes: first, in thanksgiving for this great gift; secondly, to make amends to You for all the outrages which You receive in this Sacrament from all Your enemies; thirdly, to adore You, by this visit, in all the places on earth in which You are present in this Sacrament and in which You are least revered and most abandoned.

My Jesus I love You with my whole heart!

I grieve for having so often offended Your infinite goodness. I promise, by Your grace, never more to offend You and, as unworthy as I am, I consecrate myself to You completely; renouncing my entire will, my affections, my desires, and all that I possess. Do with me as You please and whatever You please with all that I have.

All that I ask and desire of You is Your holy love, final perseverance, and the perfect accomplishment of Your will. I entrust to You the souls in purgatory, especially those who had the greatest devotion to You in the Most Blessed Sacrament and to the most Blessed Virgin Mary. I also recommend to You all poor sinners.

Finally, dear Savior, I unite all my affections with those of Your most loving Heart and I offer them, thus united, to Your Eternal Father, beseeching Him in Your Name because of Your love, to accept them and to grant my petitions.

Amen.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

(Partial indulgence)

PRAYER TO OUR LADY OF THE BLESSED SACRAMENT

O Virgin Mary, our Lady of the Blessed Sacrament, glory of the Christian people, joy of the universal Church, salvation of the world; pray for us, and awaken in all the faithful devotion to the Holy Eucharist in order that they render themselves worthy to receive it daily. Amen.

JESUS, MY LORD, MY GOD

Jesus, my Lord, my God, my All,
How can I love You as I ought?
And how revere this wondrous gift,
So far surpassing hope and thought.

Sweet Sacrament we Thee adore,
O make us love Thee more and more,
O make us love Thee more and more.

Had I but Mary's sinless Heart,
To love You with, my dearest King.
O with what bursts of fervent praise,
Your goodness Jesus, would I sing.

PRAYER FOR THE SPREAD OF PERPETUAL EUCHARISTIC ADORATION

Heavenly Father, increase our faith in the Real Presence of Your Son, Jesus Christ
in the Holy Eucharist.

We are obliged to adore Him, to give Him thanks and to make reparation for sins.

We need Your peace in our hearts and among nations.

We need conversion from our sins and the mercy of Your forgiveness.

May we obtain this through prayer and our union with the Eucharistic Lord.

Please send down the Holy Spirit upon all peoples to give them the love, courage,
strength and willingness to respond to the invitation to
Perpetual Eucharistic Adoration.

We beseech You to spread perpetual exposition of the Most Blessed Sacrament in
parishes around the world.

We ask this in the name of Jesus the Lord.

Amen.

Our Lady of the Most Blessed Sacrament
help us to spread the glory of Your Son
through perpetual exposition of the Holy Eucharist.

LITANY OF THE MOST SACRED HEART OF JESUS

(Partial indulgence each time the Litany is recited)

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

Christ, hear us. *Christ, graciously hear us.*

God, the Father of Heaven, *have mercy on us.**

[**Have mercy on us* is repeated after each invocation.]

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 Mother,
Heart of Jesus, substantially united to the Word of God,
Heart of Jesus, of Infinite Majesty,
Heart of Jesus, Sacred Temple of God,
Heart of Jesus, Tabernacle of the Most High,
Heart of Jesus, House of God and Gate of Heaven,
Heart of Jesus, burning furnace of charity,
Heart of Jesus, abode of justice and love,
Heart of Jesus, full of goodness and love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, king and center of all hearts,
Heart of Jesus, in whom are all the treasures of wisdom and knowledge,
Heart of Jesus, in whom dwells the fullness of divinity,
Heart of Jesus, in whom the Father was well pleased,
Heart of Jesus, of whose fullness we have all received,
Heart of Jesus, desire of the everlasting hills,
Heart of Jesus, patient and most merciful,
Heart of Jesus; enriching all who invoke you,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, obedient unto death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, victim of our sins,
Heart of Jesus, salvation of those who trust in You,
Heart of Jesus, hope of those who die in You,
Heart of Jesus, delight of all the Saints,

Lamb of God, Who take away the sins of the world, **spare us, O Lord.**

Lamb of God, Who take away the sins of the world, **graciously hear us, O Lord.**

Lamb of God, Who take away the sins of the world, **have mercy on us.**

V. Jesus, meek and humble of heart.

R. Make our hearts like unto yours.

Let us pray. Almighty and eternal God, look upon the Heart of Your most Beloved Son and upon the praise and satisfaction which He offers You in the name of sinners; and to those who implore Your mercy, in Your great goodness, grant forgiveness in the name of the same Jesus Christ, Your Son, Who lives and reigns with You forever and ever. R. Amen.

COME HOLY SPIRIT

(Veni, Sancte Spiritus)

Come Holy Spirit, Creator blest,
And in our hearts take up Thy rest;
Come with Thy grace and heavenly aid,
To fill the hearts which Thou hast made,
To fill the hearts which Thou hast made.

O Comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
And sweet anointing from above,
And sweet anointing from above.

O DIVINE JESUS

O Divine Jesus, lonely tonight in so many tabernacles, without visitor or worshipper, I offer You my poor but loving heart. May its every beat be a prayer of love for You.

You are ever watching under the sacramental veils; in Your love You never sleep and are never weary of Your vigil for sinners. O good Jesus, I love You; I am truly sorry for ever having offended You.

O lonely Jesus, may my heart be as a lamp, the light of which shall burn for You alone. Bless me, O Jesus, come spiritually into my soul and fill my heart with love for You. Make me completely Yours. Take this sinful heart of mine and guide it through this vale of tears.

Heart of Jesus, hear me.

When I draw my parting breath, when my eyes shall close in death; then sweet Jesus be near to me. Heart of Jesus, hear me.

Watch Sacramental Sentinel, watch for the weary world; for the erring soul and for your poor lonely child.

Amen.

PROTESTATIONS OF LOYALTY TO GOD

God the Son, Redeemer of the World, **I love You, O my God***

[***I love You, O my God** is repeated after each invocation.]

God the Holy Spirit,
Holy Trinity, one God,
You, who are Infinite Love,
You, Who did first love me,
You, Who asks me to love You,
With all my heart,
With all my soul,
With all my mind,
With all my strength,
Above all possessions and honors,
Above all pleasures and enjoyments,
More than myself,
More than anything belonging to me,
More than all my relatives and friends,
More than all men and angels,
Above all created things in heaven and on earth,
Only for Yourself,
Because You are the Sovereign God,
Because You are infinitely worthy of being loved,
Even if You had not promised heaven,
Even if You had not menaced me with hell,
Even should You try me with trouble and misfortune,
In wealth and in poverty,
In prosperity and adversity,
In health and in sickness,
In time and in eternity,
In union with that love with which the Saints love You,
In union with that love with which all the angels love You in heaven,
In union with that love with which the Blessed Virgin loves You,
In union with that love with which You love Yourself eternally,

IN THIS SACRAMENT

In this Sacrament, sweet Jesus,
You give Your Flesh and Blood,
With Your Soul and Your Divinity,
As our own most precious food.

Yes, Jesus I believe it,
And Your presence I adore;
And with all my heart I love You,
Help me love You more and more.

INTENTIONS

Let us recommend to Jesus in the Most Blessed Sacrament the following intentions:

1. Reparation for sin,
2. Our spiritual needs,
3. Our temporal needs,
4. The Church and our Holy Father,
5. The conversion of all to our holy faith,
6. The sick and the dying.

PRAYER FOR THOSE IN AGONY

O most merciful Jesus, lover of souls, I pray that by the agony of Your most Sacred Heart, and by the sorrows of Your Immaculate Mother, cleanse in Your Precious Blood the sinners of the world who are now in their agony and are about to die this day. Amen.

Heart of Jesus, once in agony, pity the dying.

FOR OUR FAMILY MEMBERS IN PURGATORY

My dearest Jesus, whose loving Heart was ever touched by the sorrows of others, look with compassion on the souls of our dear ones in purgatory.

O You Who "loved Your own," hear our cry for mercy and grant that those whom You called from our homes and hearts, may soon enjoy everlasting rest in the home of Your love in heaven.

Amen.

ETERNAL REST

(Requiem aeternam)

Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May they rest in peace. (*Roman Breviary*)

(*Partial indulgence*, applicable only to the souls in purgatory.)

AN ACT OF REPARATION TO THE SACRED HEART OF JESUS

O sweet Jesus, whose overflowing charity for men is repaid by so much forgetfulness, negligence, and contempt, behold us prostrate before Your altar, eager to repair by a special act of homage the cruel indifference and injuries, to which Your loving Heart is subjected.

Mindful that we, ourselves, have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Your pardon and declare our readiness to atone by voluntary expiation not only for our own personal offenses, but also for the sins of those who straying far from the path of salvation, refuse in their infidelity to follow You, their Shepherd and Leader, or, renouncing the vows of their Baptism, have cast off the sweet yoke of Your law.

We are now resolved to expiate each and every outrage committed against You; we are determined to make amends for the manifold offenses against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violations of Sundays and holy days, and the blasphemies uttered against You and Your Saints. We wish also to make amends for the insults to which Your Vicar on earth and Your priests are subjected to, for the profanations by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Your Divine love; and lastly for the public crimes of nations, who resist the rights and teaching authority of the Church which You have founded.

Would that, O Divine Jesus, we were able to wash away these abominations with our blood. We now offer, in reparation for these violations of Your Divine honor, the satisfaction You once made to Your Eternal Father on the Cross and which You continue to renew daily upon our altars. We offer it in union with the acts of atonement of Your Virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make recompense as far as we can with the help of Your grace, for all neglect of Your great love and for the sins we and others have committed in the past. Henceforth we will live a life of unwavering faith, of purity of conduct, of perfect observance of the precepts of the Gospel, especially that of charity.

O loving Jesus, through the intercession of the Blessed Virgin Mary our model in reparation, deign to receive the voluntary offering we make of this expiation; and by crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe You, so that we may all one day come to that happy home, where You with the Father and the Holy Spirit live and reign one God, world without end.

Amen.

HEART OF JESUS

Heart of Jesus, we are grateful
For Your answer to our prayer;
We have sought You, ever hopeful,
That Your blessings we might share.
You have heard us interceding,
With Your love which is untold.
And in answer to our pleading,
All Your treasures You unfold.

Heart of Jesus, we will thank You,
We will love You more and more;
Heart of Jesus we will praise You,
And give thanks forevermore.

Heart of Jesus, You have taught us
How to seek and how to find,
And the lesson now has brought us
To Your Heart so sweet and kind.
What we ask, with faith believing,
You have pledged Your word to give,
And Your word is not deceiving,
But the truth by which we live.

LITANY OF THE MOST HOLY NAME OF JESUS

(Partial indulgence each time recited)

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**
Jesus, hear us. **Jesus, graciously hear us.**
God, the Father of Heaven, **have mercy on us***

[*Have mercy on us is repeated after each invocation down to **Jesus, Crown of all Saints.**]

God the Son, Redeemer of the world,
God, the Holy Spirit,
Holy Trinity, one God,
Jesus, Son of the living God,
Jesus, Splendor of the Father,
Jesus, Brightness of eternal Light,
Jesus, King of Glory,
Jesus, Sun of Justice,
Jesus, Son of the Virgin Mary,
Jesus, most amiable,
Jesus, most admirable,
Jesus, the mighty God,
Jesus, Father of the world to come,
Jesus, angel of great counsel,
Jesus, most powerful,
Jesus, most patient,
Jesus, most obedient,
Jesus, meek and humble of heart,
Jesus, Lover of Chastity,
Jesus, our Lover,
Jesus, God of Peace,
Jesus, Author of Life,
Jesus, Model of Virtues,
Jesus, zealous of souls,
Jesus, our God,
Jesus, our Refuge,
Jesus, Father of the Poor,
Jesus, Treasure of the Faithful,
Jesus, good Shepherd,
Jesus, true Light,
Jesus, eternal Wisdom,
Jesus, infinite Goodness,
Jesus, our Way and our Life,
Jesus, joy of the angels,
Jesus, King of the Patriarchs,
Jesus, Master of the Apostles,
Jesus, Teacher of the Evangelists,
Jesus, Strength of Martyrs,
Jesus, Light of Confessors,
Jesus, Purity of Virgins,
Jesus, Crown of all Saints,

Be merciful, **spare us, O Jesus!**
Be merciful, **graciously hear us, O Jesus!**
From all evil, **deliver us, O Jesus.***

[***Deliver us, O Jesus** is repeated after each invocation down to **Through Your Glory.**]

From all sin,
From Your wrath,
From the snares of the devil,
From the spirit of fornication,
From everlasting death,
From the neglect of Your inspirations,
Through the mystery of Your holy Incarnation,
Through Your Nativity,
Through Your Infancy,
Through Your most divine Life,
Through Your Labors,
Through Your Agony and Passion,
Through Your Cross and Dereliction,
Through Your Sufferings,
Through Your Death and Burial,
Through Your Resurrection,
Through Your Ascension,
Through Your Institution of the Most Holy Eucharist,
Through Your Joys,
Through Your Glory,

Lamb of God, who take away the sins of the world, **spare us, O Jesus!**
Lamb of God, who take away the sins of the world, **graciously hear us, O Jesus!**
Lamb of God, who take away the sins of the world, **have mercy on us, O Jesus!**

Jesus, hear us. **Jesus, graciously hear us.**

Let us pray. O Lord Jesus Christ, You said, "Ask and you shall receive; seek you shall find; knock and it shall be opened to you;" mercifully attend to our supplications, and grant us the grace of Your most divine love, that we may love You with all our hearts, and in all our words and actions, and never cease to praise You.

Make us, O Lord, to have a perpetual fear and love of Your holy name, for You never fail to govern those whom You solidly establish in Your love. You, who live and reign forever and ever. R. Amen.

**MOST SWEET JESUS, REDEEMER --
ACT OF DEDICATION OF THE HUMAN RACE TO JESUS CHRIST
KING**

(lesu dulcissime, Redemptor)

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before You. We are Yours, and Yours we wish to be; but to be more surely united with You, behold each one of us freely consecrates himself today to your Most Sacred Heart. Many Indeed have never known You; many, too, despising Your precepts, have rejected You. Have mercy of them all, most merciful Jesus, and draw them to Your Sacred Heart.

Be King, O Lord, not only of the faithful who have never forsaken You, but also of the prodigal children who have abandoned You; grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger.

Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and the unity of faith, so that soon there may be but one flock and one Shepherd.

Grant, O Lord, to Your Church assurance of freedom and immunity from harm; give tranquility of order to all nations; make the earth resound from pole to pole with one cry: Praise to the divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

(A *partial indulgence* is granted to the faithful, who piously recite the above **Act of Dedication of the Human Race to Jesus Christ King**. A *plenary indulgence* is granted, if it is recited publicly on the feast of our Lord Jesus Christ King.)

"AND THIS IS THE WILL OF MY FATHER THAT SENT ME: THAT EVERYONE
WHO LOOKS UPON THE SON, AND BELIEVES IN HIM, MAY HAVE LIFE
EVERLASTING. AND I WILL RAISE HIM UP ON THE LAST DAY."

--John 6:40

TO OUR EUCHARISTIC LORD

Hidden God, I cry to You!
Hidden Light, I turn to You!
Hidden Love, I run to You!
With all my strength, I worship You;
With all my love, I cling to You;
With all my soul, I long for You,
And fear no more to fall away from You.

Jesus, undying Love, who seeks me,
You Who died for love of me,
King in all Your splendor, come to me,
Depart no more, dear Lord, from me.
O God, most precious and most priceless One;
O God, most glorious Uncreated One;
O God, Eternal Beatific One;
O God, O Infinite and Hidden One;
O God, Immense, O God the Living One;
You, Wisdom of the Everlasting One;
With all my heart I give myself to You;
O patient Love, Who wearies not of me.
Call me to ever follow You;
O bear with me, till I lose myself in You,
O bear with me, till I am found in You!

ACTS OF ADORATION AND REPARATION TO JESUS IN THE MOST BLESSED SACRAMENT

Profoundly I adore You, Jesus; hid beneath this mystic veil, I acknowledge You as true God and true Man. Accept this act of adoration, by which I would make reparation for the indifference of so many who pass before Your holy temples and tabernacles where hour after hour You dwell with loving impatience for those who never enter to adore You; but who, like the Israelites in the wilderness seem, by their indifference, to loathe the Bread of Heaven.

I offer You, Your own most Precious Blood shed on the Cross, in reparation for this coldness and indifference; and sharing in spirit in Your Agony and Death, I cry out in never-ending praise:

O Sacrament most holy! O Sacrament divine! All praise and all thanksgiving be every moment Thine.

Our Father - Hail Mary - Glory be

Profoundly I adore You, Jesus, and acknowledge You as truly present in this Most Holy Sacrament. By this act of adoration, I would make amends for Your people, so many of whom act as if they do not know You. When they see You being carried to the sick and the dying to be their strength on their journey to eternity, they give You no outward signs of adoration and homage. I offer You in reparation for this coldness and indifference, Your own most Precious Blood shed on the Cross; and sharing in spirit in Your Agony and Death, I cry out over and over again:

O Sacrament most holy! O Sacrament divine! All praise and all thanksgiving be every moment Thine.

Our Father - Hail Mary - Glory be

Profoundly I adore You, Jesus, true Bread of Life eternal, and by this act of adoration I would do compensation for all the wounds which cause Your Sacred Heart such pain each day: the profanation of Your holy churches and the blasphemies uttered against the Holy Eucharist. Each day You patiently await beneath the Sacramental veil for the love and adoration of Your people who pass You by with coldness and indifference. I offer You in reparation for this great irreverence Your own most Precious Blood shed on the Cross; and sharing in spirit in Your Agony and Death, I say without ceasing:

O Sacrament most holy! O Sacrament divine! All praise and all thanksgiving be every moment Thine.

Our Father - Hail Mary - Glory be

Profoundly I adore You, Jesus, true victim of atonement for our sins. I offer You this act of adoration in compensation for the sacrilegious outrages which You receive from so many of Your ungrateful people who come to receive You in Holy Communion with mortal sin upon their souls. I offer you in reparation for these sacrileges Your own Most Precious Blood shed on the Cross; and sharing in spirit in Your Agony and Death, I adore You, I bless You, I love You and with all the holy souls who love You in the Most Blessed Sacrament, I exclaim:

O Sacrament most holy! O Sacrament divine! All praise and all thanksgiving be every moment Thine.

Our Father - Hail Mary - Glory be

TIME OF SILENT PRAYER

THE BLESSING

O my Jesus, Fountain of inexhaustible blessings, Who did bless Your Apostles before ascending into heaven,
bless me also and with Your Presence sanctify me.
Bless my memory, that it may ever call You to mind.
Bless my understanding, that it may always think of You.
Bless my will, that it may never seek or desire anything which may be displeasing to You.
Bless my body and all its actions.
Bless my heart with all its affections.
Bless me in life and at the hour of my death.
Bless me in time and in eternity; and grant that Your blessing may be to me a pledge of eternal happiness.
Bless all the faithful.
Bless all my loved ones.
Bless everyone to whom I owe any gratitude, and bring us all to rest in Your Sacred Heart forever and ever.

Amen.

PRAYER BEFORE BENEDICTION

O Jesus, Who are about to give Your blessing to me, and to all who are assembled here, I humbly ask You that it may impart to each and every one of us the special grace that we need.
But more than this, I ask:
Let Your blessing go far and wide.
Let it be felt in the souls of the afflicted who cannot come to receive it in Your Presence.
Let the weak and the tempted feel its power wherever they may be.
Let the poor sinner feel its influence and be drawn to Your goodness.
Let it cross the seas and animate and comfort Your missionaries far from their homes and families, toiling for the salvation of souls so dear to Your Sacred Heart.
I humbly beg Your blessing for (*pause here to mention names*), and may it affect that salutary purpose for which, O Lord, You do so lovingly impart it.

Amen.

THE LAST WORD

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon.

Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again.

Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and bless, also, my enemies.

TANTUM ERGO

(Down in Adoration Falling)

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui,
Praestet fides supplementum,
Sensuum defectui.

Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque,
Sit et benedictio.
Procedenti ab utroque,
Compar sit laudatio.

Amen.

V. You have given them bread from heaven, (Alleluia)

R. Having all sweetness within it. (Alleluia)

Priest: Let us pray. O God, who in this wonderful Sacrament left us a memorial of Your Passion: grant, we implore You, that we may so venerate the sacred mysteries of Your Body and Blood, as always to be conscious of the fruit of Your Redemption. You who live and reign forever and ever. Amen.

(A *partial indulgence* is granted to the faithful, who devoutly recite the above strophes. But a *plenary indulgence* is granted on Holy Thursday and on the feast of Corpus Christi, if they are recited in a solemn manner.)

BENEDICTION WITH THE MOST HOLY SACRAMENT

While the priest is giving the blessing by making the sign of the cross with the Blessed Sacrament, it is appropriate to either receive it in silence or to silently recite a/some pious invocation(s):

MY LORD AND MY GOD

--John 20:28

or

MY GOD AND MY ALL.

(An invocation, as far as indulgences are concerned, is no longer considered a work, distinct and complete in itself, but as complementing an action, by which the faithful raise their heart and mind with humble confidence to God in performing their duties or bearing the trials of life. Hence, a pious invocation perfects the inward elevation; both together are as a precious jewel joined to one's ordinary actions to adorn them... that invocation is to be preferred which is best suited to the particular situation and one's personal dispositions... (it) can be of the briefest kind, expressed in one or few words or thought of mentally.)

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 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.

Bl++essed be Her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, Her most chaste spouse.

Blessed be God in His angels and in His saints.

HOLY GOD, WE PRAISE THY NAME

Holy God, we praise Thy Name!

Lord of all, we bow before Thee!

All on earth Thy scepter claim,

All in heaven above adore Thee:

Infinite Thy vast domain,
Everlasting is Thy reign.
Infinite Thy vast domain,
Everlasting is Thy reign.

Hark! the loud celestial hymn,
Angel choirs above are raising!
Cherubim and Seraphim,
In unceasing chorus praising:
Fill the heavens with sweet accord,
Holy! Holy! Holy Lord!
Fill the heavens with sweet accord,
Holy! Holy! Holy Lord!

PRAYER TO THE HEART OF JESUS IN THE MOST BLESSED SACRAMENT

O sweet Jesus, let me lay at Your Sacred feet my daily share of joys, struggles and sorrows, hopes and fears; and You, in the stillness of Your sanctuary, gather them to Your Most Sacred Heart. Ease my doubts, calm my fears and grant that every day I may become more closely united to You.

O Heart of Jesus in the Most Blessed Sacrament overflowing with love and charity, I turn over to Your Mercy all of my negligence and my sins. I offer You all my labors and sufferings, my sorrows and my miseries. I recommend to You my life and my death. Amen.

PRAYER FOR PRIESTS

O Jesus, Eternal Priest, keep Your priests under the protection of Your Sacred Heart where none may touch them.

Keep unstained their anointed hands, which daily touch Your Sacred Body.

Keep unsullied their lips, daily purpled with Your Precious Blood.

Keep pure and unworldly their hearts, sealed with the sublime mark of the priesthood.

Let Your holy love protect them from the contagion of the world.

Bless their labors with abundant fruit, and may the souls to whom they minister be their joy and consolation here below and their everlasting crown in eternity.
Amen.

PRAYER TO CHRIST THE KING

O Christ Jesus, I acknowledge You King of the Universe. All that has been made has been created for You. Make full use of Your rights over me.

I renew the promise I made in Baptism, when I renounced Satan and all his pomps and works, and I promise to live a good Christian life; and especially I undertake to help, to the extent of my means, to secure the triumph of the rights of God and of Your Church.

Divine Heart of Jesus, I offer You my efforts to obtain that all hearts may acknowledge Your Sacred Royalty, and that so the Kingdom of Your peace may be established throughout the entire universe. Amen.

PIOUS INVOCATIONS

May the Sacred Heart of Jesus be loved in every place.

Sweet Heart of my Jesus, grant that I may ever love You more.

Heart of Jesus, burning with love of us, inflame our hearts with love for You.

Heart of Jesus, I put my trust in You.

Jesus, meek and humble of heart, make our hearts like unto Yours.

Sacred Heart of Jesus, Your Kingdom come.

All for You, most Sacred Heart of Jesus.

O Jesus in the Blessed Sacrament, have mercy on us!

Come, O Lord, and tarry not.

Jesus, my God, I adore You here present in the Sacrament of Your love!

Sacred Heart of Jesus, I believe in Your love for me.

Glory, love and thanksgiving be to the Sacred Heart of Jesus!

All for You, Most Sacred Heart of Jesus.

Sacred Heart of Jesus, protect our families.

Sweet Heart of Jesus, be my love.

Most Sacred Heart of Jesus, have mercy on us.

Jesus, King and center of all hearts, through the coming of Your Kingdom give us peace.