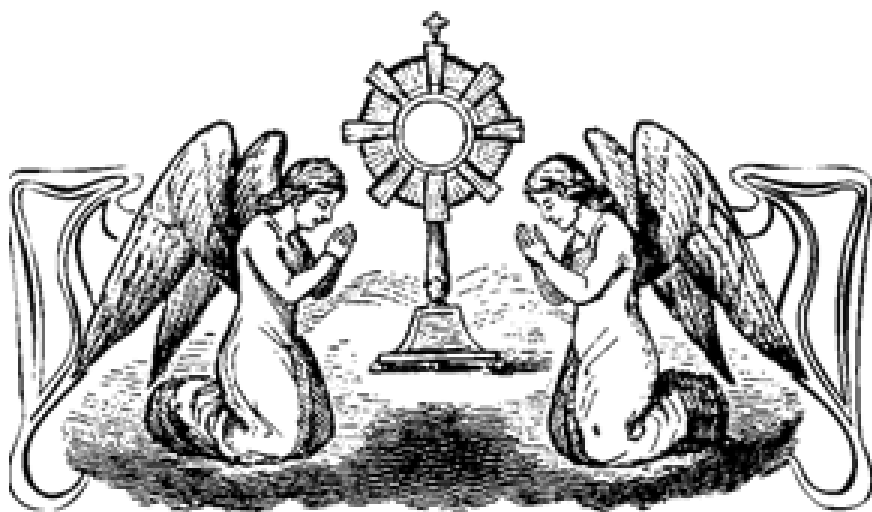




GUIDE FOR THE
EXPOSITION AND ADORATION
OF THE
BLESSED
SACRAMENT

PART ONE: EXPOSITION OF THE BLESSED SACRAMENT

Page 1

O SALUTARIS HOSTIA

Text: Saint Thomas Aquinas, 1227-1274

Tune: WERNER, LM; Anthony Werner, fl. 1863

O SAVING VICTIM

Text: Saint Thomas Aquinas, 1227-1274; translation by Edward Caswall, 1814-1878.

Tune: DUGUET, LM; attributed to Abbé Duguët, 1794-1849

PART TWO: PERSONAL PRAYER AND REFLECTION

ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

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CHAPLET OF DIVINE MERCY

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LITANY OF THE SACRED HEART OF JESUS

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PART THREE: BENEDICTION WITH THE BLESSED SACRAMENT

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TANTUM ERGO SACRAMENTUM

Text: *Pange Lingua*, Saint Thomas Aquinas, 1227-1274

Tune: PANGE LINGUA, Mode III, 87 87 87.

DOWN IN ADORATION FALLING

Text: Saint Thomas Aquinas, 1227-1274; translation by Edward Caswall, 1814-1878.

Tune: SAINT THOMAS, 87 87 87; John F. Wade, 1711-1786.

PART FOUR: REPOSITION OF THE BLESSED SACRAMENT

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O SACRAMENT MOST HOLY

Tune: AULÉ, 76 76; traditional.

HOLY GOD WE PRAISE THY NAME

Text: *Te Deum laudamus*; German: *Grosser Gott, wir loben dich*; Ignaz Franz, 1719-1790, in *Katholisches Gesangbuch*, Vienna c.1774; translation by Clarence Alphonsus Walworth, 1820-1900, in *Catholic Psalmist*, 1858, alt.

Tune: GROSSER GOTT, 7 8 7 8 77; melody in *Katholisches Gesangbuch*, 1774, alt.

EXPOSITION AND ADORATION OF THE BLESSED SACRAMENT

PART ONE

EXPOSITION OF THE BLESSED SACRAMENT

Hymn at Exposition

The Priest goes to the tabernacle and retrieves the Blessed Sacrament to be placed in the monstrance. Meanwhile, the following is sung:

1. O sa - lu - ta - ris hos - ti - a,
2. U - ni Tri - no - que Do - mi - no,
quæ cæ - li pan - dis os - ti - um:
sit sem - pi - ter - na glo - ri - a:
Bel - la pre - munt_ hos - ti - li - a,
Qui vi - tam si - ne ter - mi - no
da ro - bur fer_ au - xi - li - um.
no - bis do - net_ in pa - tri - a. A - men.

OR:

O Sa - ving Vic - tim, o - pen wide
To Thy great Name be end - less praise,
the gates of heav'n to us be - low.
Im - mor - tal God - head One in Three!
Our foes press on from e - v'ry_ side.
O grant us end - less length of_ days



Thy aid sup-ply, Thy strength be - stow.
in our true na-tive land with Thee. A - men.

PART TWO

PERSONAL PRAYER AND REFLECTION

During this time, a prayerful spirit is encouraged. SILENCE is key to let the Lord speak to us in our hearts.

There may also be a small period of proclaiming and reflecting on the Word of God in Scripture, if this was not already done beforehand.

Some communal prayers may be said.

ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

To the Sacred Heart of our Lord and Saviour Jesus Christ, I give myself and I consecrate my person and my life, my actions, pains, and sufferings, so that I may be unwilling to make use of any part of my being other than to honour, to love, and to glorify the Sacred Heart.

This is my unchanging purpose, namely, to be all His and to do all things for the love of Him, while at the same time renouncing with all my heart whatever is displeasing to Him.

I therefore take You, O Sacred Heart, to be the only object of my love, the guardian of my life, the assurance of my salvation, the remedy against the wickedness and faults of my life, the atonement for all my sins, and my sure refuge at the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of His righteous anger.

O Heart of love, I put all my confidence in You, for I fear everything from my own wickedness and frailty, but I hope for all things from Your goodness and bounty.

Let Your pure love imprint Your image so deeply on my heart that I shall never be able to forget You or to be separated from you. Remove from me whatever can displease You or resist Your holy will.

Loving Lord, may I obtain from Your kindness the grace of having my name written in Your heart, for in You I desire to place all of my happiness and glory, living and dying in bondage to You.

(Let us pray:)

Father, we rejoice in the gifts of love
we have received from the heart of Jesus, Your Son,
broken by our cruelty, yet symbol of love's triumph,
pledge of all that we are called to be.

Teach us to see Christ in the lives we touch
and to offer Him living worship
by love-filled service to our brothers and sisters.
Through Christ our Lord.

R. Amen.

THE CHAPLET OF DIVINE MERCY

(prayed with the aid of regular Rosary beads)

OPENING PRAYER

V. You expired, Jesus,
R. but the source of life gushed forth for souls, and
the ocean of mercy opened up for the whole world.
O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty yourself out
upon us.

THIS EXCHANGE IS SAID THREE TIMES:

V. O Blood and Water, which gushed forth from the
Heart of Jesus as a fountain of Mercy for us,
R. I trust in you!

THEN THE FOLLOWING ARE SAID:

V. Our Father... **R. Give us this day...**
V. Hail, Mary... **R. Holy Mary...**
V. I believe in God, the Father almighty...
R. I believe in the Holy Spirit...

AT THE LARGE BEAD OF EACH DECADE:

V. Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son, Our
Lord Jesus Christ,
R. in atonement for our sins and those of the whole
world.

AT THE SMALL BEADS OF EACH DECADE:

V. For the sake of His sorrowful Passion,
R. have mercy on us and on the whole world.

AT THE END OF FIVE DECADES, THIS IS SAID THREE TIMES:

V. **Holy God, Holy Mighty One, Holy Immortal One,**
R. **have mercy on us and on the whole world.**

THEN THIS IS SAID THREE TIMES:

V. **Jesus, King of Mercy,**
R. **we trust in You!**

CLOSING PRAYER

V. **Eternal God,**
R. **in Whom mercy is endless and the treasury of
compassion inexhaustible, look kindly upon us
and increase Your mercy in us, that in difficult
moments we might not despair nor become
despondent, but with great confidence submit
ourselves to Your holy will, which is Love and
Mercy itself. Amen.**

LITANY OF THE SACRED HEART OF JESUS

Lord, have mercy.

R. Lord, have mercy.

Christ, have mercy.

R. Christ, have mercy.

Lord, have mercy.

R. Lord, have mercy.

Christ, hear us.

R. Christ, hear us.

Christ, graciously hear us.

R. Christ, graciously hear us.

God, our Father in heaven,

R.have mercy on us.

God, the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father,

R.have mercy on us.

Heart of Jesus, formed by the Holy Spirit

in the womb of the Virgin Mother,

Heart of Jesus, one with the eternal Word,

Heart of Jesus, infinite in majesty,

Heart of Jesus, holy temple of God,

Heart of Jesus, tabernacle of the Most High,

Heart of Jesus, house of God and gate of heaven,

Heart of Jesus, aflame with love for us,

Heart of Jesus, source of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, wellspring of all virtue,

Heart of Jesus, worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, treasure house of wisdom and knowledge,

Heart of Jesus, in whom there dwells the fullness of God,

Heart of Jesus, in whom the Father is well pleased,

Heart of Jesus, from whose fullness we have all received,

Heart of Jesus, desire of the eternal hills,

Heart of Jesus, patient and full of mercy,

Heart of Jesus, generous to all who turn to You,

Heart of Jesus, fountain of life and holiness,

Heart of Jesus, atonement for our sins,

Heart of Jesus, overwhelmed with insults,

Heart of Jesus, broken for our sins,

Heart of Jesus, obedient even to death,
Heart of Jesus, pierced by 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 for our sins,
Heart of Jesus, salvation of all who trust in You,
Heart of Jesus, hope of all who die in You,
Heart of Jesus, delight of all the saints,

Lamb of God, You take away the sins of the world,
R.spare us, O Lord.

Lamb of God, You take away the sins of the world,
R.graciously hear us, O Lord.

Lamb of God, You take away the sins of the world,
R.have mercy on us.

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

(Let us pray:)

Almighty and eternal God,
look upon the Heart of Your most beloved Son
and upon the praises 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.**

THE ANGELUS
(Marian Prayer at Midday)

V. The Angel of the Lord declared unto Mary.

R. **And she conceived by the Holy Spirit.**

Hail, Mary...

V. Behold the handmaid of the Lord.

R. **Be it done unto me according to thy word.**

Hail, Mary...

V. And the Word was made flesh,

R. **and dwelt among us.**

Hail, Mary...

V. Pray for us, O Holy Mother of God,

R. **that we may be made worthy of the promises of Christ.**

(Let us pray:)

Pour forth, we beseech Thee, O Lord,

Thy grace into our hearts,

that we, to whom the Incarnation of Christ Thy Son

was made known by the message of an Angel,

may by His Passion and Cross

be brought to the glory of His Resurrection.

Through Christ our Lord.

R. Amen.

Glory be...

THE “REGINA CÆLI”

(replaces *The Angelus* during the Season of Easter)

If desired, the first two parts of the exchange may be sung:

Re - gi - na cæ - li, læ - ta - re, al - le - lu - ia,
Queen of heaven, rejoice, alleluia!

qui - a quem me - ru - is - ti por - ta - re, al - le - lu - ia,
For He whom you merited to bear, alleluia!

resur - re - xit si - cut di - xit, al - le - lu - ia;
has risen as He said, alleluia!

o - ra pro no - bis De - um, al - le - lu - ia.
Pray for us to God, alleluia!

- Ÿ. Queen of Heaven, rejoice, alleluia!
R. For He Whom you merited to bear, alleluia!
Ÿ. Has risen as He said, alleluia!
R. Pray for us to God, alleluia!
Ÿ. Rejoice and be glad, O Virgin Mary, alleluia!
R. For the Lord is truly risen, alleluia!

(Let us pray:)

O God, Who have been pleased to gladden the world
by the Resurrection of Your Son our Lord Jesus Christ,
grant, we pray,
that through His Mother, the Virgin Mary,
we may receive the joys of everlasting life.
Through Christ our Lord. **R. Amen.**

Glory be...

PART THREE

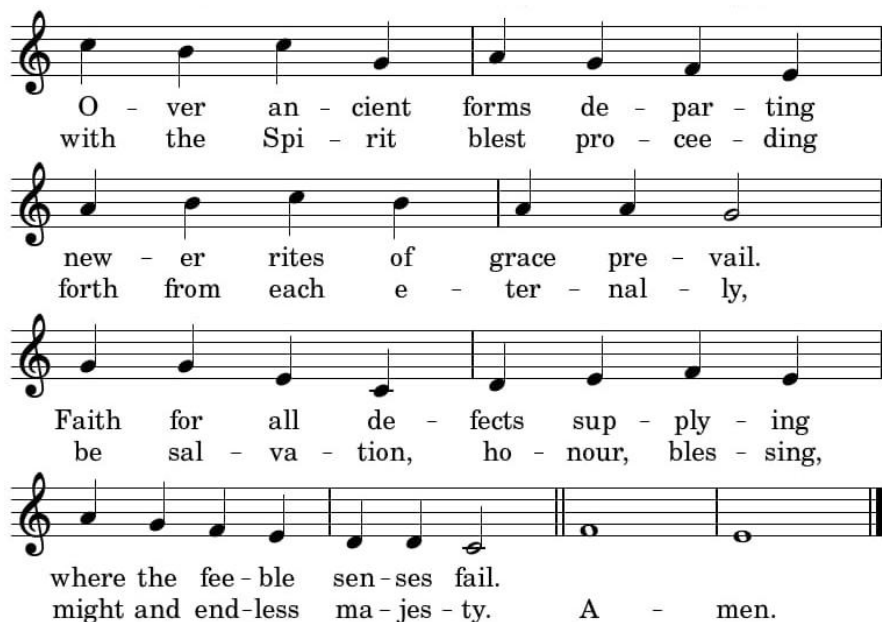
BENEDICTION WITH THE BLESSED SACRAMENT

Hymn at Benediction

1. Tan-tum er - go sac - ra - men - tum
2. Ge - ni - to - ri ge - ni - to - que,
ve - ne - re - mur cer - nu - i:
la - us et ju - bi - la - ti - o
Et an - ti - qum do - cu - men - tum
sa - lus, ho - nor, vir - tus quo - que,
no - vo ce - dat ri - tu - i:
sit et be - ne - dic - ti - o:
Præ - stet fi - des sup - ple - men - tum
Pro - ce - den - ti ab u - tro - que
sen-su-um de - fec - tu - i.
com-par sit lau - da - ti - o. A - men.

OR:

Down in ad - o - ra - tion fal - ling,
To the e - ver - las - ting Fa - ther,
this great Sa - cra - ment we hail.
and the Son who reigns on high,



Prayer at Benediction

PRIEST:

You have given them bread from heaven. (EASTER: Alleluia.)

ALL:

Having all sweetness within it. (EASTER: Alleluia.)

PRIEST:

Let us pray:

Lord Jesus Christ, You gave us the Eucharist
as a memorial of Your suffering and death.

May our worship of this Sacrament of Your Body and Blood
help us to experience the salvation You won for us
and the peace of the Kingdom

where You live with the Father and the Holy Spirit,
God, forever and ever. **R. Amen.**

Benediction

The Priest, dressed in the humeral veil, takes the monstrance and blesses everyone with the Blessed Sacrament.

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.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

The following may be added by the Priest after the Divine Praises:

(May the Heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection at every moment in all the tabernacles of the world, now until the end of time. **℟. Amen.)**

PART FOUR

REPOSITION OF THE BLESSED SACRAMENT

Hymn at Reposition

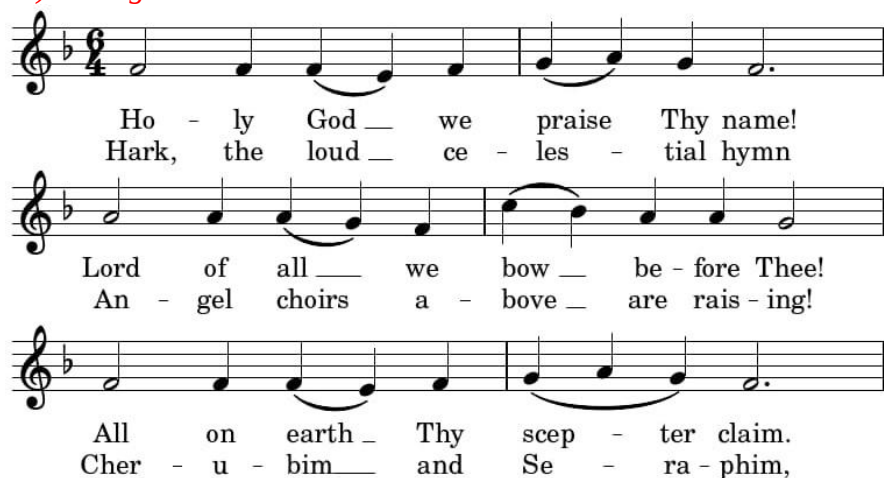
The Priest then takes the Blessed Sacrament back to the tabernacle. While this is happening, the following may be sung:



O — Sa - cra - ment Most Ho - ly,
O — Sa - cra - ment Di - vine,
all — praise and all thanks - gi - ving
be e - v'ry mo - ment Thine!

Closing Hymn

As the Priest returns to the sacristy, the following (or another suitable hymn) is sung:



Ho - ly God — we praise Thy name!
Hark, the loud — ce - les - tial hymn
Lord of all — we bow — be - fore Thee!
An - gel choirs a - bove — are rais - ing!
All on earth — Thy scep - ter claim.
Cher - u - bim — and Se - ra - phim,

All in hea - ven a - bove a - dore Thee:
in un - ceas - ing cho - rus prais - ing.

In - fi - nite Thy vast do - main,
Fill the hea - vens with sweet ac - cord,

e - ver - las - ting is Thy reign.
Ho - ly! Ho - ly! Ho - ly Lord!