

Priest/Deacon: Let us pray. Lord Jesus Christ,
You gave us the Eucharist as the 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, One God,
for ever and ever. Amen

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.

Closing Hymn: **Holy God We Praise Thy Name**

**1. 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. (repeat)

**2. Hark! the loud celestial hymn;
Angel choirs above are raising!
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heav'ns with sweet accord:
Holy, holy, holy, Lord! (repeat)**

“Let the children come to Me” Mark 10:14



A Guided Eucharistic
HOLY HOUR

The 100,000 Heartbeats Prayer

Most Sacred Heart of Jesus, truly present on the altar in the little white Host, I love You! I love You with all my heart and I know You love me with all Your Heart.

Jesus, my heart beats around 100,000 times a day.

I want each one of my heartbeats to say:

Jesus, I love You! Jesus, I love You! Jesus, I love You!

READ A STORY FROM THE CHILDREN'S BIBLE

PRAY ONE DECADE OF THE HOLY ROSARY

QUIET PRAYER TIME

BENEDICTION OF THE MOST BLESSED SACRAMENT

Benediction Hymn: Down in Adoration Falling

Words by Saint Thomas Aquinas

1. Down in adoration falling

Lo! The Sacred Host we hail;

Lo! o'er ancient forms departing,

Newer rites of grace prevail;

Faith for all defects supplying

Where the feeble senses fail.

2. To the everlasting Father,

And the Son who reigns on high,

With the Holy Ghost proceeding

Forth from each eternally,

By salvation, honor, blessing,

Might and endless majesty. Amen.

Priest/Deacon: You have given them Bread from Heaven.

All: Having within It all sweetness.

EXPOSITION OF THE MOST BLESSED SACRAMENT

Opening Hymn: **O Saving Victim**

Words by Saint Thomas Aquinas

**1. O saving Victim, open wide,
the gate of Heaven to man below,
Our foes press on from every side;
Thine aid supply, Thy strength bestow.**

**2. To Thy great Name be endless praise,
Immortal Godhead, One in Three!
Oh, grant us endless length of days,
In our true native land with Thee! Amen.**

GREET JESUS AND OPENING PRAYERS

Prayer to My Holy Guardian Angel

Angel of God, my guardian dear,
to whom God's love commits me here.

Ever this day be at my side
to light, to guard, to rule and to guide. Amen.

Prayer to Saint Michael the Archangel

Saint Michael, the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him we humbly pray; and do thou,

O Prince of the Heavenly Host, by the power of God,
cast into hell Satan and all the evil spirits, who prowl throughout
the world seeking the ruin of souls. Amen.

Prayer to Our Blessed Mother

My Queen and my Mother, I give myself entirely to you;
and to show my devotion to you, I consecrate to you this day
my eyes, my ears, my mouth, my heart, my whole being
without reserve. Therefore, good Mother, as I am your own,
keep me, guard me as your child. Amen.