

**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 priest or deacon, wearing a humeral veil,  
picks up the monstrance and makes the Sign of the Cross over us,  
imparting a blessing (a benediction) from JESUS!*

### 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

Words by Fr. Ignaz Franz (paraphrased from the Te Deum), 1771

**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)**

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



**JESUS!**

A Guided Eucharistic  
**HOLY HOUR**

**EXPOSITION OF THE MOST BLESSED SACRAMENT**

**Opening Hymn: O Saving Victim**

Words by Saint Thomas Aquinas, 1264

**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.

**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, 1264

**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.