



O Sacrament Most Holy



Act of Adoration

by Saint Alphonsus de Liguori (1696 - 1787)

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 Saviour, 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.

The Miracle Prayer

of Father Peter Mary Rookey

"Lord Jesus, I come before you just as I am. I am sorry for my sins, I repent of my sins, please forgive me. In your name I forgive all others for what they have done against me. I renounce Satan, the evil spirits and all their works. I give you my entire self, Lord Jesus, now and forever. I invite you into my life, Jesus. I accept you as my Lord, God and Saviour. Heal me, change me, strengthen me in body, soul, and spirit. Come, Lord Jesus, cover me with your precious blood, and fill me with your Holy Spirit. I Love You, Lord Jesus. I Praise You, Jesus. I Thank You, Jesus. I shall follow you every day of my life. Amen.

Pray this prayer faithfully no matter how you feel. When you come to the point where you sincerely mean each word, with all your heart, something good spiritually will happen to you. You will experience Jesus, and He will change your whole life in a very special way. You will see - Fr. Peter Rookey

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