

Traditional Visit to the Blessed Sacrament

St. Alphonsus Liguori

Introduction:

At one time, in the not so distant past, the practice of a daily visit to the Blessed Sacrament was not uncommon. The faithful on their way home from the fields would stop in the village church or coming home from work they would stop in the neighborhood church. Priests, monks, and religious women, living in monasteries and convents with chapels would often stop into the chapel in the midst of their daily routine and make a quick visit to the Blessed Sacrament. Unfortunately this practice, because of a variety of reasons, fell into disfavor. Today, however, the practice is being revived with a renewed interest, because of the establishment of the practice of Perpetual Adoration in many parish churches and because of a renewed emphasis on the doctrine of the True Presence of Christ in the Blessed Sacrament.

The visits to the Blessed Sacrament by St. Alphonsus are a perennial favorite. Each visit (the saint provides the faithful with an appropriate visit for each day of the month) consists of an opening prayer, a meditation on the Eucharist, a spiritual communion prayer, a visit to the Blessed Mother, and finally a closing prayer:

***ALL PRAY:** My Lord Jesus Christ, I believe that you are really here in this sacrament. Night and day you remain here compassionate and loving. You call, you wait for, and you welcome, everyone who comes to you.*

Unimportant though I am, I adore you. I thank you for all the wonderful graces you have given me. But I thank you especially for having given me yourself in this sacrament, for having asked your own Mother to mother me, for having called me here to talk to you.

I am here before you today to do three things: to thank you for these precious gifts, to make up for all the disrespect that you receive in this sacrament from those who offend you, to adore you everywhere in the world where you are present in this living bread but are left abandoned and unloved.

My Jesus, I love you with all my heart. I know I have displeased you often in the past- I am sorry. With your help I promise never to do it again. I am only a miserable sinner, but I consecrate myself to you completely. I give you my will, my love, my desires, everything I own. From now on do what you please with me. All I ask is that you love me and that you keep me faithful to the end of my life. I ask for the grace to do your will exactly as you want it done.

I pray for the souls in purgatory- especially for those who were close to you in this sacrament and close to your Mother Mary. I pray for every soul hardened in sin. My savior, I unite my love to the love of your divine heart, and I offer them both together to your Father. I beg him to accept this offering in your name. Amen.

**Visit Read by Presider, followed by
a few moments of quiet reflection**

Spiritual Communion:

ALL: My Jesus, I believe you are really here in the Blessed Sacrament. I love you more than anything in the world, and I hunger to feed on your flesh. But since I cannot receive communion at this moment, feed my soul at least spiritually. I unite myself to you now as I do when I actually receive you. Never let me be parted from you.

**Visit to the Blessed Mother, read by Presider,
followed by a few moments of quiet reflection.**

Concluding Prayer:

ALL: Most Holy Immaculate Virgin and my Mother Mary, to you who are the Mother of my Lord, the Queen of the world, the Advocate, the Hope, the Refuge of Sinners, I have recourse today- I who am the most miserable of all.

I render you my most humble homage, O great Queen, and I thank you for all the graces you have conferred on me until now, particularly for having delivered me from hell, which I have so often deserved.

I love you, O most amiable Lady; and for the love that I bear you, I promise to serve you always and to do all in my power to make others also love you. I place in you all my hopes; I confide my salvation to your care.

Accept me for your servant and receive me under your mantle, O Mother of Mercy. And since you are so powerful with God, deliver me from all temptation; or rather obtain for me the strength to triumph over them until death.

Of you I ask a perfect love for Jesus Christ. From you I hope to die a good death. O my Mother, by the love which you bear to God, I beseech you to help me at all times, but especially at the last moment of my life.

Leave me not, I beseech you, until you see me safe in heaven, blessing you and singing your mercies for all eternity. Amen. So I hope. So may it be.