

BENEDICTION

Benediction is a Eucharistic devotion practiced in many of our parishes, particularly at the conclusion of Adoration. It offers us an opportunity to praise Christ our Lord through song, prayer and meditation. These are the songs from Benediction.

O Sacrum Convivium

O sacred banquet,
in which Christ is received,
the memory of his Passion is renewed,
the mind is filled with grace,
and a pledge of future glory is given to us.

O Salutaris (O Saving Victim)

*O salutaris hostia, Quae caeli pandis ostium:
Bella premunt hostilia, Da robur fer auxilium.*

*Unitrinoque Domino Sit sempiterna gloria:
Qui vitam sine termino Nobis donet in patria.*

O Saving Victim

O Saving Victim, op'ning wide
The gate of heav'n to us below!
Our foes press on from ev'ry side:
Your aid supply, your strength bestow.

To your great name be endless praise,
Immortal God-head, one in Three;
O grant us endless length of days
When our true native land we see.

Tantum Ergo (Come Adore)

*Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.*

*Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:*

*Procedenti ab utroque
Compar sit laudatio. Amen.*

Come Adore

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.

To the ever lasting Father,
And the Son who reigns on high,
With the Spirit Blest proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen

LITANY

This form of petition invites us to think about God's saving love through sharing with us the life of His Son and the Trinity. The litany can be prayed alone or as part of Benediction.

Litany of the Most Blessed Sacrament

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.

PRAYING with the LORD in front of the BLESSED SACRAMENT



I am the the bread of life. Whoever comes to me will never hunger, and whoever believes in me will never thirst. (John 6:35)



The presence of the Blessed Sacrament in the tabernacles of Catholic churches offers us the opportunity to pray in the company of our Lord.

In the company of the Lord, we can share a conversation.

Scripture tells us that Jesus went out to the desert to fast and pray at the start of his ministry. He was tempted by the enemy, but with the aid of prayer and God’s word, was able to resist all temptations.

Jesus knew that his Father was always near to him. God is always near to you and even more so here in the Blessed Sacrament. His loving heart is seeking you—calling out to you over the responsibilities, the noise and the distractions of daily life. “Draw near to God, and he will draw near to you...” (James 4:8)

You have come to this church moved by his Holy Spirit. Ask the Holy Spirit to continue to guide you, to prepare you to receive Jesus’ love and like Jesus to learn of God’s will for you.

Here in the presence of the Blessed Sacrament remember “he who obeys me dwells in security, in peace, without fear of harm.” (Proverbs 1:33)

Lord Jesus, you know my heart and love me in spite of my weaknesses. I ask you to bring me closer to you and by your great love, free me from everything that separates me from you and your family - the Church. Thank you for your Holy Presence, Real and Admirable in this blessed sacrament of your love- the Eucharist. Accept my prayer and let me hear your words. Amen.

The Prayer of Dialogue

St. Teresa of Avila describes prayer as that of a close sharing between friends.

Our conversations with the Lord are often motivated by a desire to give thanks, to praise, to ask for something for ourselves or others, or to seek forgiveness.

These are all forms of prayer, all seeking, as King David asked, “...a clean heart create for me, God... open my lips; my mouth will proclaim your praise...” (Psalm 51:12, 17)

The following steps offer one way to begin a conversation with the Lord.

Enjoy the silence: Focus during this time before the Blessed Sacrament on the prayer of silence. Save conversations for outside the church after you have finished praying.

Settle into a comfortable position: Quiet your mind. Distraction is the biggest obstacle to prayer; take a minute to clear your mind. Ask God to help you let go of distracting thoughts. Give thanks to God for the blessings he has given you: life, health, work, family and friends.

Call on the Lord for help: Doubt and pride can also hinder your friendship with God. Remember some of the marvelous things Jesus did when He lived among us and trust that He desires to give you joy, goodness and peace; there is nothing that He cannot do when you let Him enter into your life. Ask Jesus to help you open yourself to change.

Ask our Lord’s forgiveness for the times you have not been aware of his presence and for your sins. If you have been away from the sacrament of Reconciliation for a long time or have grave sins, take courage and take advantage of the sacrament tonight or at one of the times posted in the church. Trust Him.

Praying with Scripture

Another form of sharing is to pray with Scripture. Choose one of the following passages and spend some time reflecting and sharing your thoughts in conversation with our Lord.

“Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink.’” (John 6:53-55)



“Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.... I am the bread of life; whoever comes to me will never hunger and whoever believes in me will never thirst.” (John 6:27, 35)



“Jesus then said to the Twelve, ‘Do you also want to leave?’ Simon Peter answered him ‘Master, to whom shall we go? You have the words of eternal life.’” (John 6: 67-68)



“Then he took a cup, gave thanks, and gave it to them, saying, ‘Drink from it all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.’” (Matthew 26:27)



Lord, I hve put my prayers and intentions in your hands. I trust that in your love and kindness you will guide me along the path of goodness until the day when I will see you face to face and live with you forever. Amen.