**Roman Catholic Parish of Saints Benet & John Fisher**



Adoration of the Blessed Sacrament

Every Thursday from 6.30pm to 8.00pm at St. Benet’s Catholic Church

Come before Jesus

Seek Him,

Adore Him,

Listen to Him.

**DIVINE MERCY PRAYER**

OPENING PRAYER

You expired Jesus, but the source of life gushed forth for soul, and an ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy, envelope the whole world and empty yourself out upon us.

**O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!**

Begin by saying one Our Father and one Hail Mary and the Apostles Creed.

**THE OUR FATHER**

Our father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen

**THE HAIL MARY**

Hail Mary, full of grace, the Lord is with thee. Blessed are thou amongst women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen

**THE APOSTLES’ CREED**

I believe in God, the Father Almighty, Creator of Heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell, on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father Almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Then, on the OUR FATHER beads, you will say the following words:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, Our Lord Jesus Christ in Atonement for our sins, and those of the whole world.

On the **HAIL MARY** beads, you will say the following words:

For the sake of His sorrowful passion, have mercy on us and the whole world.

In conclusion, **THREE TIMES** you will say the following words:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and the whole world.



**PRAISES OF THE DIVINE MERCY**

**Divine Mercy**, gushing forth from the bosom of the Father,

**I trust in You**

**Divine Mercy**, greatest attribute of God

**I trust in You**

**Divine Mercy**, incomprehensible mystery

**I trust in You**

**Divine Mercy**, Fountain gushing forth from the mystery of the Most Blessed Trinity,

**I trust in You**

**Divine Mercy**, unfathomed by any intellect, human or angelic,

**I trust in You**

**Divine Mercy**, from which wells forth all life and happiness,

**I trust in You**

**Divine Mercy**, better than the heavens

**I trust in You**

**Divine Mercy**, source of miracles and wonders

**I trust in You**

**Divine Mercy**, encompassing the whole universe

**I trust in You**

**Divine Mercy**, descending to earth in the Person of the Incarnate Word,

**I trust in You**

**Divine Mercy**, which flowed out from the open wound of the Heart of Jesus,

**I trust in You**

**Divine Mercy**, enclosed in the Heart of Jesus for us, and especially for sinners

**I trust in You**

**Divine Mercy**, unfathomed in the institution of the Sacred Host,

**I trust in You**

**Divine Mercy**, in the founding of Holy Church

**I trust in You**

**Divine Mercy**, in the Sacrament of Holy Baptism

**I trust in You**

**Divine Mercy**, in our justification through Jesus Christ

**I trust in You**

**Divine Mercy**, accompanying us through our whole life

**I trust in You**

**Divine Mercy**, embracing us especially at the hour of death,

**I trust in You**

**Divine Mercy**, endowing us with immortal life,

**I trust in You**

**Divine Mercy**, accompanying us every moment of our life,

**I trust in You**

**Divine Mercy**, shielding us from the fire of hell,

**I trust in You**

**Divine Mercy**, in the conversion of hardened sinners,

**I trust in You**

**Divine Mercy**, astonishment for Angels, incomprehensible to Saints,

**I trust in You**

**Divine Mercy**, unfathomed in all the mysteries of God

**I trust in You**

**Divine Mercy**, lifting us out of every misery

I trust in You

**Divine Mercy**, source of our happiness and joy,

I trust in You

**Divine Mercy**, in calling us forth from nothingness to existence,

**I trust in You**

**Divine Mercy**, embracing all the works of his hands,

**I trust in You**

**Divine Mercy**, crown of all God’s handiwork,

**I trust in You**

**Divine Mercy**, in which we are all immersed,

**I trust in You**

**Divine Mercy**, sweet relief for our anguished hearts,

**I trust in You**

**Divine Mercy**, only hope of despairing souls,

**I trust in You**

**Divine Mercy**, repose of hearts, peace amidst fear,

**I trust in You**

**Divine Mercy**, delight and ecstasy of holy souls

**I trust in You**

**Divine Mercy**, inspiring hope against hope,

**I trust in You**



Eternal God, in whom mercy is endless and the treasury of compassion, inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself.

**O incomprehensible and limitless Mercy Divine, To extol and adore you worthily, who can?**

**Supreme attribute of almighty God,**

**You are the sweet hope of sinful man.**

Into one hymn yourselves unite, stars, earth and sea, and the incomprehensible Divine Mercy in concert praise charmingly. Amen.

**TO THE DIVINE MERCY**

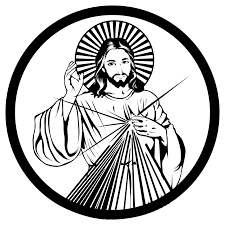
I fly to your mercy, compassionate God, who alone are good. Although my misery is great, and my offenses are many. I trust in your mercy because You are the God of mercy and it has never been heard of in all ages, nor do heaven or earth remember, that a soul trusting in your mercy has been disappointed.

O God of compassion, You alone can justify me and you will never reject me when I, contrite, approach your merciful heart, where no one has ever been refused, even if he were the greatest sinner. For your Son assured me “Sooner would heaven and earth turn into nothingness than my mercy fail to embrace a trusting soul.” Amen.

Jesus, Friend of a lonely heart. You are my haven, You are my peace, You are my salvation, You are my serenity in moments of struggle and amidst an ocean of doubts. You are the bright ray that lights up the path of my life. You are everything to a lonely soul. You understand the soul even though it remains silent. You know our weakness and like a good physician, you comfort and heal, sparing us sufferings, experts that you are.



**A PRAYER FOR DIVINE MERCY**



O Greatly Merciful God, Infinite Goodness, today all mankind call out from the abyss of its misery to your mercy – to your compassion, O God; and it is with its mighty voice of misery that it cries out.

**Gracious God do not reject the prayer of this earth’s exiles!**

O Lord, Goodness beyond our understandings, who are acquainted with our misery through and through, and know that by our own power we cannot ascend to you, we implore you.

Anticipating us with your grace and keep on increasing your mercy in us, that we may faithfully do your holy will all through our life and at death’s hour.

Let the omnipotence of your mercy shield us from the darts of our salvation’s enemies, that we may with confidence, as your children, await your final coming, that day known to you alone.

And we expect to obtain everything promised us by Jesus in spite of all our hope:

Through his merciful heart as through an open gate we pass through to heaven. Amen.





**PERPETUAL NOVENA PRAYERS IN HONOUR OF OUR LADY OF THE MIRACULOUS MEDAL**

O Lord Jesus Christ, who has vouchsafed to glorify, by numberless miracles, the blessed Virgin Mary, Immaculate from the moment of her conception, grant that all who devoutly implore her protection on earth, may eternally enjoy your presence in heaven, who, with the Father and Holy Spirt, live and reign, God, forever and ever, Amen.

O Lord Jesus Christ, who for the accomplishment of the greatest works, have chosen the weak things of the world, that no flesh may glory your sight; and who for a better and more widely diffused belief in the immaculate conception of your Mother, have wished that the miraculous Medal may be manifested to Saint Catherine Laboure, grant, we beseech you, that filled with like humility, we may glorify this mystery by word and work. Amen.

**A PRAYER OF SAINT LOUISE**

Most Holy virgin, I believe and confess your holy and Immaculate Conception. Pure and without sin, most pure Virgin, through your virginal purity, your Immaculate Conception, your privilege of being the Mother of God, obtain for us from your divine son, humility, charity, great purity of mind and body, the gift of prayer, a holy life and a happy death. Amen.

**MEMORARE**

Remember, O most compassionate Virgin Mary, that never was it known that anyone who fled to your protection, implore your assistance, or sought your intercession, was left unaided. Inspired with this confidence, we fly unto you, O Virgin of virgins our Mother, to you we come; before you we kneel, sinful and sorrowful. O Mother of the Incarnate, despise not our petitions, but in your clemency hear and answer them. Amen.

**NOVENA PRAYER**

O Immaculate Virgin Mary, Mother of our Lord Jesus Christ and our Mother, penetrated with the most lively confidence in your all powerful and never failing intercession, manifested so often through the Miraculous Medal, we your loving and trustful children implore you to obtain for us the graces and favours we ask during this Novena, if they be beneficial to our immortal souls, and the souls for whom we pray. **(Here pause and privately form your petitions)**

You know, O Mary, how often our souls have been the sanctuaries of your son who hates iniquity. Obtain for us then a deep hatred of sin and that purity of heart, which will attach us to God alone so that our every thought, word and deed, may tend to his greater glory. Obtain for us also, a spirit of prayer and self-denial that we may recover by penance what we have lost by sin and at length attain to that blessed abode where you are the Queen of angels and of men. Amen.

**AN ACT OF CONSECRATION TO OUR LADY OF THE MIRACULOUS MEDAL**

O Virgin Mother of God, Mary Immaculate, we dedicate and consecrate ourselves to you under the title Our Lady of the Miraculous Medal. May this Medal be for each one of us a sure sign of your affection for us and a constant reminder of our duties toward you. Ever while wearing it, may we be blessed by your loving protection and preserved in the grace of your son. O most high powerful Virgin, Mother of our Saviour, keep us close to you every moment of our lives. Obtain for us your children, the grace of happy death; so that, in union with you, we may enjoy the bliss of heavens forever. Amen

***O Mary conceived without sin,***

***Pray for us who have recourse to you (3 times)***



**PRAYER FOR FAMILY LIFE**

Dear Lord, with Mary and Joseph, you have lived within a family.

Teach me always to appreciate the precious gift of being part of a family

Show me ever new ways to protect and comfort those closest to me; and let me, each day, do something that will say “I love you” without speaking the words; but remind me also to frequently say those words. Let me never part from any member of my family in anger, prompt me always to turn back without delay – to forgive and be forgiven. And let me see your image within each person, in my own family, and in my greater family, knowing that in your Kingdom, we will truly be one family, united by your sacrifice on the Cross. Amen.

**PRAYER FOR DIVINE GUIDANCE**

Grant me, I beseech You, almighty and most merciful God, fervently to desire, wisely to search out, and perfectly to fulfil all that is well pleasing unto You. Order my worldly condition to the glory of Your name; grant me the knowledge, desire and ability to do that which You require of me, so that I may walk with You unto my perfect end. Give me, O Lord, a steadfast heart which no unworthy affection may debase; give me an enduring heart which no tribulation can wear out; give me an upright heart which no unworthy purpose may tempt aside. Bestow upon me, O Lord my God, understanding to know You, diligence to seek You, wisdom to find You, and a faithfulness that may finally possess You.

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**OUR PARISH PRAYER**

Almighty God

By whose gift the blessed Abbot St Benet Biscop gained wisdom and breadth of vision, grant that, by your grace, we may imitate his love of praising you in the beauty of holiness and of magnifying you upon earth with music, that hereafter we may sing the new song in the heavenly city; and grant us also that same fidelity of your servant St Benet to the path of evangelical perfection, neither looking back nor lingering in the way; and that hastening to you without stumbling, we may lay hold upon eternal life.

Almighty God,

By whose gift your bishop and martyr, St. John Fisher gained wisdom that enabled him to confirm the true faith with the crown of martyrdom, grant that by your grace, we may imitate his missionary and apostolic zeal in our call to evangelise your people.

Good lord do now in your mercy change and make the soft and slippery earth into hard stones. May the prayers of St John Fisher give us the courage to proclaim our faith by the witness of our lives.

In your mercy, O Lord, be pleased to bless our Parish Community, with increased membership, bring healing to the sick and strength to the elderly. May your Holy Spirit guide and direct our young people with vision.

Heavenly Father graciously bless the barren with the fruit of the womb and safe delivery to pregnant mothers. Hear our prayer and bless the unemployed with work.

In your mercy and love, shield us from the snares of the enemy, and may your Holy Angels dwell with us. We make our prayers through Christ Our Lord. Amen.



**THE LITANY OF THE MOST BLESSED SACRAMENT**

Lord, have mercy Lord, have mercy

Christ, have mercy Christ, have mercy

Lord, have mercy Lord, have mercy

God our Father in heaven have mercy on us

God the Son, Redeemer of the world have mercy on us

God the Holy Spirit have mercy on us

Holy Trinity, one God have mercy on us

Jesus, Eternal high Priest of the

Eucharistic Sacrifice have mercy on us

Jesus, Divine Victim on the Altar for

Salvation have mercy on us

Jesus, hidden under the appearance

Of bread have mercy on us

Jesus, dwelling in the tabernacles of the

World. Have mercy on us

Jesus, really, truly and substantially present

in the Blessed Sacrament have mercy on us

Jesus, abiding in your fullness, Body,

Blood, Soul and Divinity have mercy on us

Jesus, Bread of Life have mercy on us

Jesus, Bread of Angels have mercy on us

Jesus, with us always until the end of

of the world have mercy on us.

Sacred Host, summit and source of all

worship and Christian life have mercy on us

Sacred Host, sign and cause of the unity

of the church. Have mercy on us

Sacred Host, adored by countless angels have mercy on us

Sacred Host, spiritual food have mercy on us

Sacred Host, Sacrament of Love have mercy on us

Sacred Host, bond of charity have mercy on us

Sacred Host, greatest aid to holiness have mercy on us

Sacred Host, gift and glory of the Priesthood have mercy on us

Sacred Host, in which we partake of Christ have mercy on us

Sacred Host, in which the soul is filled

with Grace have mercy on us

Sacred Host, in which we are given a

pledge of future glory have mercy on us

Blessed be Jesus in the Most Holy Sacrament of the Altar

Blessed be Jesus in the Most Holy Sacrament of the Altar

Blessed be Jesus in the Most Holy Sacrament of the Altar

For those who do not believe in your

Eucharistic presence have mercy, O Lord

For those who are indifferent to the

Sacrament of your love have mercy on us

For those who have offended you in the

Holy Sacrament of the Altar have mercy on us

That we may show fitting reverence when

entering your holy temple, we beseech you, hear us

That we may make suitable preparation

before approaching the altar, we beseech you, hear us

That we may receive you frequently in Holy

Communion with real devotion and true humility we beseech you, hear us

That we may never neglect to thank you for

so wonderful a blessing we beseech you, hear us

That we may cherish time spent in silent

prayer before you we beseech you, hear us

That we may grow in knowledge of this

Sacrament of sacraments, we beseech you, hear us

That all priests may have a profound love

of the Holy Eucharist we beseech you, hear us.

That they may celebrate the Holy Sacrifice

of the Mass in accordance with its sublime

dignity, we beseech you, hear us

That we may be comforted and sanctified

with Holy Viaticum at the hour of our death, we beseech you, hear us

That we may see you one day face

to face in heaven, we beseech you, hear us

Lamb of God, you take away the sins of the World spare us, O Lord

Lamb of God, you take away the sins of the World graciously hear us, O Lord

Lamb of God, you take away the sins of the World have mercy on us

**V**. O Sacrament Most Holy, O Sacrament Divine,

R. All praise and all thanksgiving be every moment thine

Let us pray:

Most merciful Father,

You continue to draw us to yourself

Through the Eucharistic Mystery

Grant us fervent faith in this Sacrament of love,

In which Christ the Lord himself is contained, offered and received.

We make this prayer through the same Christ our Lord. Amen

(by St Julian Peter Eymard)



**BENEDICTION**

O salutaris hostia O saving victim, opening wide

Quae caeli pandis ostium: the gate of heaven to man below;

Bella premunt hostilia our foes press on from every side

Da robur, fer auxilium your aid supply, your strength bestow.

Uni trinoque Domino To your great name be endless praise

Sit sempiternal Gloria: immortal Godhead, one in three

Qui vitam sine termino O grant us life that shall not end

Nobis donet in patria. In our true native land with thee.

Amen. Amen

**SILENT PRAYER AND ADORATION**

(Silent prayer before the Eucharistic Lord; depending on the available time, it may be appropriate to alternate periods of silent adoration with further readings, songs or prayers.)

**TANTUM ERGO**

Tantum ergo sacramentum Therefore we, before Him

veneremur cernui bending, this great Sacrament

et antiquum documentum revere. Types and Shadows

novo cedat ritui; have their ending

praestet fides supplementum for the newer rite is here.

sensum defectui. Faith, our outward sense befriending. Makes the inward vision clear.

Genitori, genitoque; Glory let us give, and blessing

laus et jubilation, to the Father and the Son,

salus, honor, virtus quoque honour, might and praise

sit et benedictio addressing

procedenti ab utroque while eternal ages run;

compar sit laudation. Amen ever, too, his love confessing

who from both, with both is one.

Amen

**V.**  Panem de caelo praestitisti V. Thou hast given Thy People

eis (Alleluia) bread from Heaven (Alleluia)

**R.** Omne delectamentum, in R. Having all sweetness in it.

se habentem. (Alleluia) (Alleluia)

Oremus:

Deus qui nobis, sub O God who in this wonderful

Sacramento mirabilia, passionis sacrament has left us a

Tuae memoriam reliqusiti memorial of Thy passion; help

Tribue quaesumus; ita nos us to reverence the sacred

corporis et sanguinis tui sacra mysteries of Thy body and blood,

mysteria venerari; ut that we may experience in our

tuae frutum in nobis jugiter lives the effects of Thy

sentiamus. Qui vivis et regnas redemption; who livest and

in saecula saeculorum. Amen reignest forever and ever. Amen

**THE DIVINE PRAISES**

Benedictus Deus Blessed be God

Benedictus Nomen Sanctum eius Blessed be His Holy Name

Benedictus Iesus Christus, Blessed be Jesus Christ

Verus Dues et verus Homo true God and true man

Benedictum Nomen Iesu Blessed be the Name of Jesus

Benedictum Cor eius

Sacratisissimus Blessed be His Most Sacred Heart

Benedictus Sanguis eius

pretiosissimus Blessed be his Most Precious

Blood

Benedictus Iesus in sanctissimo

Sacramento Altaris Blessed be Jesus in the Most Holy Sacrament of the Altar

Benedictus Sanctus Spiritus,

Paraclitus Blessed be the Holy Spirit, the Paraclete

Benedicta excels Mater Dei,

Maria sanctissima Blessed be the great Mother of God, Mary Most holy

Benedicta eius sancta et immaculate

Conception Blessed be her holy and immaculate conception

Benedicta eius Gloria assumption Blessed be her glorious assumption

Benedictum nomen Mariae, virginae

et Matris Blessed be the name of Mary, Virgin and Mother

Benedictus sanctus Ioseph, eius

castissimus sponsus Blessed be Saint Joseph, her most chaste spouse

Benedictus Deus in suis angelis et

In suis sanctis Blessed be God in His angels and in His saints.

**ADOREMUS**

Adoremus in aeternum Let us adore for ever the most

Sanctissimum Sacramentus. Holy Sacrament

Laudate Dominum O praise the Lord,

Omnes gentes, all you nations,

laudate eum omnes populi acclaim Him all you peoples!

Quoniam confirmata est super Strong is his love for us;

nos misericordia eius he is faithful for ever.

et veritas Domini manet

in aeternum.

Gloria Patri et Filio Glory be to the Father

et Spiritui Sancto and to the Son and to the

sicut erat in principio Holy Spirit

et nunc et as it was in the beginning

simper et in saecula is now and ever shall be,

saeculorum. Amen world without end. Amen

Antiphon

Adoremus in aeternum Let us adore for ever the most

sanctissimum Sacramentum. Holy Sacrament.

**PRAYERS AFTER COMMUNION**

**AMINA CHRISTI**

Soul of Christ sanctify me.

Body of Christ, save me

Blood of Christ, inebriate me

Water from the side of Christ, wash me

Passion of Christ, strengthen me

Jesus, hear me. Hide me in your wounds

That I may never leave your side and never let me be parted from you

From the malicious enemy defend me.

In the hour of my death call me, and tell me come unto you,

that with your saints I may praise you through all eternity for ever and ever. Amen

**PRAYER TO THE HOLY SPIRIT**

Come, Holy Spirit,

Replace the tension within us with a holy relaxation;

Replace the turbulence within us with a quiet confidence;

Replace the fear within us with a strong faith;

Replace the bitterness within us with the sweetness of grace;

Replace the darkness within us with a gentle light;

Replace the coldness within us with living warmth;

Replace the night within us with your light

Replace the winter within us with your spring.

Holy Spirit, straighten our crookedness, fill our emptiness;

Blunt the edge of our pride and sharpen the edge of our humility.  
Light the fires of our love, quench the flames of our lust.

Let us see ourselves as you see us,

that we may see you as you have promised and

be fortunate according to your word:

“Blessed are the pure of heart, for they shall see God.”

