

## VISIT TO THE BLESSED SACRAMENT ON SUNDAY

My Lord Jesus Christ, Who, for the love of which Thou barest to man, remainest night and day in this sacrament, full of compassion and love, awaiting, holding, and welcoming all who come to visit Thee: I believe that Thou art present in the Sacrament of the Altar. I adore Thee from the abyss of my nothingness, and I think Thee for all the graces which Thou hast bestowed upon me, and in particular for having given me Thyself in this Sacrament, for having given me Thy most Holy Mother Mary as my advocate, and for having called me to visit Thee in this church.

I now salute Thy most loving Self, and this for three ends: (1) In the thanksgiving for this great gift; (2) To make amends to Thee for all the outrages which Thou receives in this Sacrament from all Thy enemies; (3) I intend by this visit to adore Thee in all thy places on earth in which Thou art present in this Sacrament, and in which Thou art the least honored and the most abandoned.

My Jesus, I love Thee with my whole heart. I grieve for having hitherto so many times offended Thy infinite goodness. I resolve by Thy grace nevermore to offend Thee for the time to come. And now, miserable and unworthy though I be, I consecrate myself to Thee without reserve; I give Thee and renounce my entire will, my affections, my desires, and all that I possess. Henceforth, O Jesus, dispose of me and of all that I have as Thou pleases. All I ask of Thee and desire is Thy holy love, final perseverance, and the perfect fulfillment of Thy will. I recommend to Thee the souls in Hades, but especially those who had the greatest devotion to the most Blessed Virgin. I also recommended to thee all poor sinners. Finally, my dear Savior, I unite all my affections with the affections of Thyself, and I offer them, thus united, to Thy Eternal Father, and beseech Him in the Thy name to vouchsafe, for Thy love, to accept and grant them.