

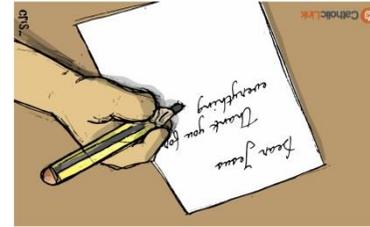
Instructions for folding:	
Fold in half short edge to short edge	
Cut along dotted line	
Open up paper	
Fold in half long edge to long edge	
Bring ends towards the centre to make plus shape	<p>1</p> <p>B  A</p> <p>2</p>
Fold side 1 to A	<p>B  1, A</p> <p>2</p>
Fold 2 to B	<p>2, B  1, A</p>
Fold in half. Front cover is page titled 'What to do during a visit to the Blessed Sacrament...'	

You can choose a passage right then and there, but it's also convenient that you read the day's Gospel, or pick a reflection from your prayer book. After this reflection, stay in silence and meditate on what you just read. It's important that in this moment you try to silence your mind and heart, reject distracting thoughts, and listen to what God is telling you. Silence is the door that predisposes the soul for listening. If you read a scene from the Gospel, you can imagine it and meditate about what it tells you, about how you participate in it, and about the feelings and thoughts that this reading arouses in your heart.



3. Spiritual reading and meditation

This is a very useful personal practice. You can keep a diary especially for the Blessed Sacrament where you write some meditations about what you just thought and felt. This is a memory aid for your spiritual life and it reminds you of the insights gained therein, before God Himself. Being able to go back to our encounters with the Lord strengthens us when times are hard.



4. Write

1. Initial greeting (enter in silence)



Enter in silence and reverence to the Church or the Chapel of the Blessed Sacrament. **Kneel down on both knees** before Him and make the sign of the Cross. Remember that it is God who is substantially present in that piece of bread.

## What to do During a Visit to the Blessed Sacrament: A Step-by-Step Visual Guide



After your meditation, you can pray the Rosary, the Via Crucis (Way of the Cross), another prayer about the Eucharist, or the day's Liturgy of the Hours (the latter according to the time of your visit).



5. Pray

In the presence of the exposed Blessed Sacrament, you can receive Him in your heart by doing a spiritual communion. This form of (small-c) communion is always something to do if by some impediment you can't receive the Sacrament of the Eucharist (for example you have failed to keep the 1-hr minimum fast, or are not in a state of grace). Here is one possible prayer to say in this instance (though it's not the only one, there are many others you can consult).  
 "My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen."



Prayer

6. Do a Spiritual Communion or a Chaplet

7. Final prayer (the Divine Praises)

Once you finish with your Adoration, offer a departing prayer – it can be your own spontaneous aspiration, or again something your prayer book. You can also pray the Divine Praises, which are a set of prayers that have the purpose of fighting against the world's evil:

*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 St. Joseph, her most chaste spouse.*

*Blessed be God in His Angels and in His Saints.*

*Amen.*