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## Chapter 10 | ADORATION OF THE BLESSED SACRAMENT

### ○ Saving Victim

*(O Salutaris Hostia)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

O saving victim, pledge of love  
who opens heaven's gate above;  
by hostile wars we are oppressed,  
be now our force, support, and rest.

To God the Father, and the Son,  
and Holy Spirit, three in one,  
be endless praise; may he above,  
with life immortal, crown our love. Amen.

### Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, heal me.  
Blood of Christ, drench me.  
Water from the side of Christ, wash me.

Passion of Christ, strengthen me.  
Good Jesus, hear me.  
In your wounds shelter me.  
From turning away keep me.  
From the evil one protect me.  
At the hour of my death call me,  
Into your presence lead me,  
to praise you with all your saints  
for ever and ever. Amen.

### I Devoutly Adore

*(Adoro te Devote)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

O Godhead hid, devoutly I adore thee,  
who truly are within the forms before me:  
to you my heart I bow with bended knee,  
as failing quite in contemplating thee.

Sight, touch, and taste in you are each deceived;  
the ear alone most safely is believed:  
I believe all the Son of God has spoken,  
than Truth's own word there is no truer token.

God only on the cross lay hid from view;  
but here lies hid at once the manhood too:  
and I, in both professing my belief,  
make the same prayer as the repentant thief.

Your wounds, as Thomas saw, I do not see;  
yet confess you my Lord and God to be:  
make me believe you ever more and more;  
in you my hope, in you my love to store.

O memorial of our Lord's own dying!  
O living Bread, to mortals life supplying,  
make my soul henceforth on thee to live;  
ever a taste of heavenly sweetness give.

O loving Pelican! O Jesus, Lord!  
unclean I am, but cleanse me in your blood:  
of which a single drop, for sinners spilt,  
can purge the entire world from all its guilt.

Jesus! whom for the present veiled I see,  
what I so thirst for, oh, vouchsafe to me:  
that I may see your countenance unfolding,  
and may be blessed your glory in beholding. Amen.

## Sing, My Tongue

*(Pange Lingua)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

Sing, my tongue, the Savior's glory,  
of his flesh the mystery sing;  
of the blood, all price exceeding,  
shed by our immortal King,  
destined, for the world's redemption,  
from a noble womb to spring.

Of a pure and spotless virgin  
born for us on earth below,  
he, as man with man conversing,  
stayed, the seeds of truth to sow.  
Then he closed in solemn order  
wondrously his life of woe.

On the night of that last supper,  
seated with his chosen band,  
he, the paschal victim eating,  
first fulfills the law's command.  
Then as food to all his brethren  
gives himself with his own hand.

Word made flesh, the bread of nature  
by his word to flesh he turns;  
wine into his blood he changes:  
even though sense no change discerns.  
If only the heart be in earnest,  
faith her lesson quickly learns.

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 everlasting Father,  
and the Son who reigns on high,  
with the Holy Spirit going  
forth from each eternally,  
be salvation, honor, blessing,  
might and endless majesty.

You gave them bread from heaven.  
and therein was sweetness of every kind.

*Let us pray:* God, who beneath this marvelous sacrament has left us a memorial of your passion, grant us, we pray, so to venerate the sacred mysteries of your body and blood, that we may ever feel within us the fruit of your redemption, who lives and reigns forever and ever. Amen.

### The Word from Above

*(Verbum Supernum)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

The Word descending from above,  
though with the Father still on high,  
went forth upon his work of love,  
and soon to life's last eve drew nigh.

He shortly to a death accursed  
by a disciple shall be given;  
but, to his twelve disciples, first  
he gives himself, the bread from heaven.

Himself in either kind he gave;  
he gave his flesh; he gave his blood;  
of flesh and blood all men are made;  
and he of man would be the food.

At birth, our brother he became;  
at board, himself as food he gives;  
to ransom us he died in shame;  
as, our reward, in bliss he lives. Amen.

O saving Victim! opening wide  
the gate of heaven to man below!  
our foes press on from every side—  
your aid supply, your strength bestow.

To your great name be endless praise,  
Immortal Godhead, One in Three!  
oh, grant us endless length of days,  
in our true native land, with thee.

### Sacred Solemnities

*(Sacris Solemniis)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

Let us with hearts renewed,  
our grateful homage pay,  
and welcome with triumphant songs  
this ever-blessed day.

Upon this hallowed night  
Christ with his brethren ate  
obedient to the ancient law,  
the Pasch before him set.

Which done himself entire,  
the true incarnate God,  
alike on each, alike on all,  
his sacred hands bestowed.

He gave his flesh; he gave  
his precious blood; and said,  
“Receive and drink ye all of this,  
for your salvation shed.”

Thus did the Lord appoint  
this sacrifice sublime,  
and made his priests its ministers  
through all the bounds of time.

Farwell to types! henceforth  
we feed on angels' food:  
the guilty slave—oh, wonder—eats  
the body of his God.

O Blessed Three in One,  
visit our hearts, we pray;  
and lead us on through thy own paths  
to thy eternal day. Amen.

### **Bread of Angels**

*(Panis Angelicus)*

*St. Thomas Aquinas (c. 1225–c. 1275)*

The bread of angels, bread of men is made;  
the truth and substance now exclude the shade.  
Oh! strange effect of love, the sovereign God  
becomes the poor, the slave, the sinner's food.

O Three and One, we humbly implore  
you to reveal yourself as we adore;  
by your own ways, instruct us how to move  
to that bright light, in which you dwell above. Amen.

### **Prayer for Divine Help**

O my Jesus, since it is your will that the fire of your  
divine love should be kindled in all hearts, fill mine with

this divine fire—with those holy flames that burn in your own most loving heart. Oh, make me sensible to your sacred presence.

My Jesus, you can do all things. Change, or destroy, in my heart everything that displeases you. Remain with me, for without you I cannot live. And grant that I may never be satisfied with anything less than you. Let me love you from this moment without ambivalence or imperfection. Cut away, destroy, absolutely and forever everything that is contrary in my soul to the purity of your love. Amen.

### Divine Praises

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 the 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. Amen.