



JESUS CHRIST IS TRULY PRESENT HERE

A PRAYER FROM THE HEART

Oh, Lord Jesus,

I believe that You are as truly present here in the Holy Eucharist as when You walked in Galilee where You ministered to the sick, the lame and the blind. Your ears of mercy were ever open to listen to the cries of the sorrowing and wounded, and Your lips ever ready to speak words of sympathy, comfort and encouragement to those who trusted in Your power to help them.

As a sinner, conscious of Your mercy, I come before You now to spend some moments in communion 'could you not watch one hour with me?', and too long have I neglected to respond to You.

Now, at last I come to You, Jesus, my patient and faithful Savior, to whom I can open my heart as someone who fully understands me.

Oh, Jesus, you know me better than I know myself. You perceive the innermost secrets of my heart and see there my longing to be totally Yours. Deep down within me I want to love You but at the same time I am aware of the promptings of my sinful nature drawing me away from You, and the unselfish service which I should render to You. Jesus, I have asked and now ask You again to grace me with a total love for You in spite of my weaker self. Fill each day of my life with acts of love for You and make me realize what Your love really means. Enlighten my understanding that I may clearly see that to love You means wealth beyond measure, and to serve You, reward without limit. Sweet Heart of Jesus, I implore that I may love You daily more and more.

In these privileged silent moments, to be here before You Lord, is all that matters. To shut the eyes of my body; to shut the eyes of my soul and to be still and silent; to expose my soul before You who are here exposed to me; to be here before You, the Eternal Presence through means of prayer. Empty me of all ideas, of all images. In the darkness here I am, simply to meet You without obstacles, in the silence of faith, before You, my Lord and Redeemer.

AMEN.