



Prayer of Saint Alphonsus During Eucharist Adoration

My Lord Jesus Christ who, because of your immense love for humanity, remain day and night in this Sacrament, awaiting, calling, and welcoming all those who come to visit you, I believe that you are present here, I adore you in the abyss of my nothingness, and I thank you for having given yourself to me in this Sacrament, for having given me your Most Holy Mother Mary, as my advocate, and for having called me to visit you in this church.

Today greet your beloved heart, and I intend to greet it for three reasons. Firstly, in thanksgiving for this great gift. Secondly, to make amends for all the offences which you receive in this Sacrament. Thirdly, I intend in this visit to adore you in all the places of the earth where you are most abandoned.

My Jesus, I love you with all my heart. I repent for having so often offended your infinite goodness. With your grace, I resolve never to offend you again in the future; and at present, unworthy as I am, I consecrate myself entirely to you, I give you my affections and everything I possess. From this day on, do with me all that you please. I ask only for your holy love, for perseverance to the end of my life and for the perfect fulfillment of your will. I commend to you the souls of Purgatory, especially all those most devoted to the Blessed Sacrament and to Mary Most Holy I commend to you all poor sinners. I unite all my feelings to those of your most beloved heart, and thus united, I offer them to your eternal Father and I pray to him to accept them and to satisfy them out of love for you. Amen.

If this prayer is recited before the Blessed Sacrament, an indulgence of five years is granted. A plenary indulgence is obtained if the prayer is recited once a month for the Pope's intentions, after having confessed one's sins and received Holy Communion.



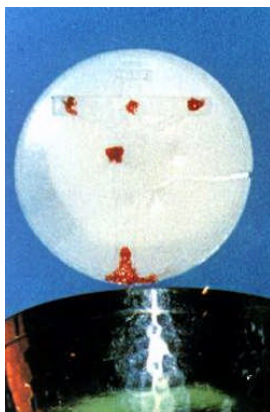
朝拜聖體前的禱詞

主，耶穌基督祢為愛我，充滿慈善仁愛，晝夜持續居住在這聖事內。凡是到祢台前朝拜祢的，祢都等候，召喚和接待他們。我堅信祢臨在祭台上的聖事內，我由我虛無的深淵裡朝拜祢，感謝祢所賞的恩惠，另外感謝祢在這聖事內將祢自己賞給我，並將祢的至聖母親---瑪利亞賜給我作中保，且召叫我到聖堂來問候祢。

我今天來朝拜祢至愛聖心，懷著三項目的：〈一〉為感謝祢的大恩；〈二〉為補償祢在聖體內所受的侮辱；〈三〉祢在天下聖堂的聖體內，少受尊敬，多遭遺棄，我願藉這次朝禮一併欽崇祢。

我後悔我以前曾多次得罪祢。我如今立志，在祢助祐下再不傷祢的聖心，現在，我不拘怎樣可憐，也把我整個地奉獻給祢，整個地交給祢，並克制我的一切意願、情感、希望和一切事物。自今以後，請使我和我的一切都為中悅祢。我什麼也不求，也不願，只願求祢那神聖的愛而堅定於善，恆心到底，並完善地承行祢的旨意。

我把煉獄中受苦的靈魂託付給祢，另外把那些敬愛聖體、孝愛聖母的靈魂，還有一切可憐的罪人都託付給祢。最後，我的救世主，請把我這一切善願與祢至愛聖心的情感結合在一起，這樣結合的愛情都奉獻給祢永遠的聖父，因祢的名懇求祂，而接納並垂允這些祈求。亞孟。



願耶穌至聖之體，常受讚美稱謝。

至聖聖體，天主聖體，稱頌感恩，永歸於祢。