

## Prayer before the Blessed Sacrament

Jesus, each time I look at the Sacred Host,  
sanctify my eyes that they may close more  
and more to all that is merely earthly.

Jesus, each time I look at the Sacred Host,  
send a ray of divine light into my soul  
that I may better know You and myself.

Jesus, each time I look at the Sacred Host,  
send a flame of love into my heart  
to consume everything in it  
that is displeasing to You and  
set it all on fire with Your love.

Now and eternally, may my only desire be  
to contemplate the infinite beauty  
of Your divine countenance,  
which delights the angels.

Amen.

- St. Arnold Janssen -



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