

Time of Adoration before Jesus in the Blessed Sacrament

Jesus, I believe in You. Jesus, I believe in Your real presence in the Eucharist. Jesus, I believe You are here with me. Jesus, I believe You are in my heart. Jesus I believe in Your love for me. Jesus, I believe Your love is greater than every sin. Jesus, I believe Your love is greater than all evil. Jesus, I believe Your love can free me from sin.

Litany of Prayer

(Response after each invocation)

Jesus, heal my heart with Your love.

For the times I felt abandoned,
For the times I've been betrayed,
For the times I've been rejected,
For the times I've been forgotten,
For the times I've been disappointed,
For the times I've been let down by the Church,
For the times I've been lonely,
For the times I've been desperate,
For the times I've been lost, Jesus,
For the times I've been dejected, Jesus,
For the times I've been used, Jesus,
For the times I've been neglected,
For the times I've been starved for love,
For the times I've been deprived of affirmation,
For the times I've lost my way, Jesus,
For the times I've gone astray,
For the times I've made the wrong choices,

(Response after each invocation)

Jesus, come close to me.

Whenever I feel unseen,
Whenever I feel ignored,
Whenever I feel unimportant,
Whenever I feel useless,
Whenever I feel alone,
Whenever I feel abandoned,
Whenever I feel it would better if I didn't exist,
Whenever I feel misunderstood,
Whenever I feel used,
Whenever I feel forgotten,
Whenever I feel angry,
Whenever I feel anxious,
Whenever I feel depressed,

Whenever I feel envious,
Whenever I feel lustful,
Whenever I feel afraid,

(Response after each invocation)

Please forgive me Jesus.

For the times I've used others,
For the times I've failed to see,
For the times I have hardened my heart to a person in need,
For the times I've failed to do the right thing,
For the times I've given in to peer pressure,
For the times I've lied when someone needed me to tell the truth,
For the times I've looked away when someone needed my help,
For the times I've closed my ears to the helpless,
For the times I've chosen comfort over courage,
For the times I've turned my back on someone who is hurting,
For the times I've ignored my feelings,
For the times I've silenced my heart,
For the times I haven't been God's mercy for others,
For the times I've invalidated my own feelings,
For the times I've believed the lies of others,
For the times I've repeated the lies of others,
For the times I've suppressed righteous anger,
For the times I've given up in despair,
For the times I've failed to share You with someone who needs You,
For the times I have wrongly hidden my faith from others,
For the times I've misrepresented You in my

words or my actions,
For the times I have caused scandal with my
words or my actions,
For the times I've brought hatred instead of
love,
For the times I've brought division instead of
peace,
For the times I've brought gossip instead of
charity,
For the times I've torn down when I could have
built up,

(Response after each invocation)

Jesus, help me to believe.

When I doubt the power of God's love,
When I doubt God's love for me,
When I struggle to trust,

When I doubt that I am worthy of love,
When I doubt that I have a place in anyone's
heart,
When I wonder if I am enough,
When I doubt that I have what it takes,
When I feel helpless,
When I feel useless,
When I doubt that I have anything to offer,
When I doubt that I can make a change,
When I doubt that my efforts matter,
When I feel hopeless,
When I want to give up on my neighbor,
When I want to give up on my enemy,
When I want to give up on the Church,
When I want to give up on myself,
When I want to give up on You, God,

And let us pray together. **Jesus I need you. Jesus I trust in you. Jesus, I love you.**

Let us pray. Lord Jesus Christ You are the good Shepard Who rescues the lost. You are the Divine Physician Who heals the sick. You are the Savior Who washes away our sin in Your Blood. You are the beloved Son Who shares Your Sonship with us, along with the Father's love. We know that even if we do not feel it, You will continue to work this feeling in our hearts. We trust that You love us and desire our wholeness and are flourishing. Fill each of our hearts as we worship You and receive You in all your love in this Holy Eucharist. We make this prayer in Your name, Jesus Christ our Lord. Amen.