



Oh, Jesus, as I receive this great sacrament, let my heart touch Your Sacred and Eucharistic Heart, and catch the flames of your love. Let our hearts be as one. May I become a shining light and radiate your love to all of those who come my way. May they feel your divine presence in my heart, that

It will be a healing balm to those in need.

Amen.



*Oh, most beautiful King of Glory, with your robe of royal red and your crown of imperishable gold, come and sit upon the throne of my heart today in Eucharistic splendor. Touch my soul with your soul.*

*As I kneel before you in profound adoration, fill me with your Eucharistic graces. Nourish my soul with that heavenly bread and inebriate me with Your Most Precious Blood.*

*Amen*

### **Reflections**



*Lord Jesus, You are the Bread of Life. You are food for our souls. As we carry Your Body and Blood, let it become a part of us, changing us, transforming us. May we become more docile to your Holy Spirit as we go about our day.*

*Amen.*



*Oh Lord, Jesus, I thank you for the precious gift of Your Body and Blood. I thank you, that you, the God of the universe, allow your soul to touch my soul. I thank you, that you give it new life, flooding it with grace and strength, infusing it with the virtues of faith, hope, and charity.*

*We praise you, Jesus, for this great treasure. Amen*