Prayer to Jesus in the Blessed Sacrament

Oh my God,
I firmly believe that Thou art really and corporally
present
in the Blessed Sacrament of the altar.
I adore Thee here present from the very depths of my
heart,
and I worship Thy sacred presence with all possible
humility.
Oh my soul, what joy to have Jesus Christ always with us,
and to be able to speak to Him,
heart to heart, with all confidence.
Grant, Oh Lord, that I,
having adored Thy Divine Majesty here on earth
in this wonderful Sacrament,
may be able to adore It eternally in heaven.

Amen.