

**With Immaculate Mary  
we adore the Lord Jesus  
received in Holy Communion**

**Prayer of the parish community  
on the first Saturday of the month  
after the Holy Mass  
(2)**

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To see the original Polish text ← click, please!

Prayer led by three people: **W, B, P.**

Duration of prayer with songs: about 16 min.

Full text of St. Faustina's *Diary* at <https://www.saint-faustina.org/diary/>

**W** Immaculate Mary! Fulfilling Your request to consecrate the First Saturdays of the month to Your Immaculate Heart, today we, the community of the Parish....., wish to stay together with our priests for another prayer vigil. **(0:26)**

**B** We know that one of the four practices of this devotion is the reception of Holy Communion. Just now, Jesus, Your Son, came to each of us under the shroud of the Most Holy Host. However, we do not want to fulfill this practice in a minimalist way: we want to receive Jesus as we might have never done before – we want to rejoice in the opportunity to be with Him longer than we usually do. In this, we want to imitate You, o Mary. In the mystery of the Nativity of Him, we see You gazing with wonder at the Child You have just given birth to in a grotto in Bethlehem. He, the incomprehensible God, really is now bodily – like every human being – with You and with us. **(1:13)**

**B** Christmas Carol: *Silent Night* – 1st stanza<sup>1</sup> **(0:35)**

**P** Dearest Jesus, hidden under the whiteness of the Most Holy Host! It is a marvelous gift that on this first Saturday of the New Year, in the communion of faith with Mary Immaculate and communion with all the saints, we can abide in love before Your Divine Majesty! Though our eyes do not see Your loving eyes, though the word spoken by Your mouth does not reach our ears, though we do not smell the fragrance of Your garments which Your Immaculate Mother wove for You... **(0:52)**

**W** Though we cannot feel the beating of your loving Heart, as it was able to Apostle John at the Last Supper, nor experience the warmth of the touch of Your hands with which You so generously blessed Your sisters and brothers... Though You do not make Your presence known in any way, we, thanks to Your grace, accept with profound reverence from the Church the astonishing teaching of Your real bodily presence under the robe of the Most Holy Host. We know that You are here...we know that You are here as any human being... You are and love with Your human Heart by the power of God... **(1:04)**

**B** Saint Sister Faustina of the Blessed Sacrament recorded in her *Diary*: **1419** Today there was nocturnal adoration. I could not take part in it because of my poor health, but before I fell asleep I united myself with the sisters who were at adoration. **1420** When I steeped myself in prayer, I was transported in spirit to the chapel, where I saw the Lord Jesus, exposed in the monstrance. In place of the monstrance, I saw the glorious face of the Lord, and He said to me **(1:01)**

**P** *What you see in reality, these souls see through faith. Oh, how pleasing to Me is their great faith! You see, although there appears to be no trace of life in Me, in reality it is present in its fullness in each and every Host. But for Me to be able to act upon a soul, the soul must have faith. O how pleasing to Me is living faith!* **(0:37)**

**W** I believe, o Jesus hidden under the covering of the Most Holy Host, I deeply believe that You are here with me. I believe that You are not only spiritually but also in the flesh, that is, in the same physical, bodily, human way as You were in the Promised Land two thousand years ago when You were conceived of the Holy Spirit in the Immaculate Womb of the Virgin Mary, to live as a man, as one of us, for the glory of the Father, and as a man, as one of us, to die out of love for Him and us... You are here as we are here: not only spiritually, but physically, bodily in the same Upper Room gathered together... You are here as God, who is a man, a man of about 33 years old... **(1:14)**

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<sup>1</sup> To listen to the Christmas Carol *Silent Night* on YouTube, [please click here!](#)

**B** You are here... you desire my love... Do I love You as You desire? Is the response to Your presence for me, Your loving presence, my love for You...? As I look now at the white Host in the monstrance, do I know that hidden in the whiteness of the Host is Someone who has a name... who has the name *Jesus* that is dearest to me... that means “God is Salvation,” who has the name *Emmanuel*... that means “With us is God”?... (0:46)

**B** Song: *The Hidden Jesus* – 1st stanza (0:53)

**P** I believe that just as You, o Jesus, are hidden under the veil of the Most Holy Host which I see on the altar in a golden monstrance, so You are also hidden in this Host which I can no longer see because since Holy Communion it has been hidden under my heart...Under my heart, You are hidden who love... You love me...You love us... I know You desire to love me... and You desire my loving... (0:43)

**W** Jesus, Almighty God, do You really care about my love? I know that You care about it and that the immensity of Your love consists in it that You want me to be able to love You with the same love! O God, You really want me to be like You in love! And I know that You do not require of me any extraordinary effort, an effort beyond my human capabilities... (0:39)

**B** Jesus, it is not so much that You want me to begin exerting myself in acquiring love but not exerting myself in resisting the Holy Spirit when **now**, after Holy Communion, He descends and leads me into greater intimacy with You! He, the Holy Spirit, now in prayer after Holy Communion, enables me to love You as You desire from me. He will gradually lead me to the profound conviction that You are here now, just as You were two thousand years ago in the Holy Land... (0:51)

**P** The Holy Father John Paul II, in his encyclical „*Dominum et Vivificantem*,” No. 55, showed how important it is “to know and feel vividly the strength of the tension and struggle going on in man between openness to the action of the Holy Spirit and resistance and opposition to him, to his saving gift. The terms or poles of contrast are, on man’s part, his limitation and sinfulness, which are essential elements of his psychological and ethical reality; and on God’s part, the mystery of the gift, that unceasing self-giving of divine life in the Holy Spirit. – **Who will win? The one who welcomes the gift.**” (1:07)

**P** Song: *Veni Creator Spiritus* – 1st stanza<sup>2</sup> (0:32)

**W** To accept the Gift... – this is the task set clearly! So, Jesus, do I already know what is worth doing when You, God, come to change bread into Body, wine into Blood, and ordinary time into extraordinary? Do I know what Gift I received a few minutes ago when I received Holy Communion? (0:32)

**B** I believe, Jesus, that your presence under the covering of the Most Holy Host, Your sacramental presence, is unique. What does “unique presence” mean to me? I believe that although You give Your graces to me constantly and especially during every prayer, nevertheless, You give them exceedingly abundantly through the sacraments and primarily through the Blessed Sacrament. I believe that during the Holy Mass, You give graces most abundantly – You give here the greatest graces. (0:53)

**P** Moreover: I believe that the union of love that I receive in Holy Communion is Your greatest gift... I believe, and I thank You with emotion for this greatest gift – union in Holy Communion. (0:21)

**W** O Jesus! Coming to me in Holy Communion, You – God and Man in one Person – ask me with love thirsting for reciprocity: do you recognize the particular significance of the minutes that flow from the moment when you received Me under the species of the Sacred Host? That is: do you see your Lord and Spouse under the whiteness of the Host, its shape, its fragrance, its taste...? Do you see Me, your Jesus? Are you gifted with the spiritual seeing of the Invisible God who for you became the suffering Servant of Yahweh, the Man rejected by His own? Do you know that I am really here in My wounded body... that I am here bodily, bodily just like you... that I am right beside you, very close to you... that I am for you... with love for you? (1:21)

**B** You ask me, Jesus, whether in Holy Communion I perceive an extraordinary time, a time burning with the immensity of Your love... do I appreciate this extraordinary time, hidden under the flowing seconds of time measured by the ordinary clock... do I perceive that the time of Holy Communion is the time of our love... (0:35)

**P** You ask me, o Jesus: Do you have good eyesight, and does your heart have the gift of kindness for Me – that gift for which My Heart thirsts? Do you have time for Me after the Holy Mass... time for us to meet in sacramental union... one-on-one... time for spousal love... do you have time-love for Me for which I am thirsting... (0:36)

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<sup>2</sup> To read the text and listen to the *Veni Creator Spiritus* hymn, [please click here!](https://www.adoracja.bielsko.opoka.org.pl/shepherd/worship2.html)