

Visits *to the* Blessed Sacrament

By

St. Alphonsus Liguori

Re-edited from the critical Italian edition
and newly written into English (c. 1952)
by The Redemptorist Fathers

TAN Books
Charlotte, North Carolina

Imprimi Potest: Michael Curran, C.S.S.R.
Provincial Superior
Limerick
October 23, 1952

Imprimi Potest: + Patrick
Bishop of Limerick
Limerick
November 1, 1952

Published in Ireland around 1952. Retypeset and republished
in 2016 by TAN Books, with permission of the Redemptorist
Provincial, Dublin.

Typography in this edition is the property of TAN Books and
may not be reproduced, in whole or in part, without written
permission of the publisher.

ISBN: 978-1-61890-233-7

Printed and bound in the United States of America.

TAN Books
Charlotte, North Carolina
www.TANBooks.com
2016

PRESENTED TO

Name

Date / Occasion

Personal Note

Dedication to
Our Lady
By the Author

MY most holy Queen, on the point of publishing the present little work, which treats of the love of your Son, I know not to whom I can better dedicate it than to you, my most beloved Mother, who, among all creatures, are His greatest lover. I believe that in making to you this little offering of a work composed for the sole purpose of inflaming souls more and more with the love of Jesus Christ I shall greatly please you, who desire to see Him loved by everyone as He deserves. To

you, then, I consecrate it, such as it is; do you graciously accept and watch over it, not indeed that I may receive the praises of men, but that all who read it may, for the future, correspond by their greater devotion and affection to the tender, the excessive love which our most sweet Saviour has been pleased to show us in His Passion and in the institution of the Most Holy Sacrament. As such, I place it at your feet and beseech you to accept, as entirely yours, both the gift and the giver, who has long since placed all his hope in you and wishes and hopes ever to call himself, and to rejoice in being,

Most gracious Lady,
Your most loving, though most
unworthy servant,
Alphonsus de Liguori



Contents

Dedication to Our Lady	vii
Instructions on the Visits	xi
How to Make a Visit	xxx
Prayer Before Each Visit	1
Spiritual Communion	3
Prayer To Our Lady After Each Visit	3
First Visit	5
Second Visit	9
Third Visit	13
Fourth Visit	17
Fifth Visit	21
Sixth Visit	25
Seventh Visit	29
Eighth Visit	33
Ninth Visit	37

Tenth Visit	41
Eleventh Visit	45
Twelfth Visit	49
Thirteenth Visit	53
Fourteenth Visit	57
Fifteenth Visit	61
Sixteenth Visit	65
Seventeenth Visit	69
Eighteenth Visit	73
Nineteenth Visit	77
Twentieth Visit	81
Twenty-First Visit	87
Twenty-Second Visit	91
Twenty-Third Visit	95
Twenty-Fourth Visit	99
Twenty-Fifth Visit	105
Twenty-Sixth Visit	111
Twenty-Seventh Visit	115
Twenty-Eighth Visit	119
Twenty-Ninth Visit	125
Thirtieth Visit	131
Thirty-First Visit	135
Benediction of the Most Blessed Sacrament	141



Instructions on the Visits

These Instructions are from the edition of the Visits published sometime between 1907-1944 by Mission Church Press, Boston, with the Imprimatur of William [O'Connell], Archbishop of Boston. The above heading and the Instruction subheadings were added by the present publisher, 2000.

The Visit to the Most Blessed Sacrament

OUR holy Faith teaches us, and we are bound to believe, that in the consecrated Host Jesus Christ is really present under the species of bread. But we must also understand that He is thus present on our altars

as on a throne of love and mercy, to dispense graces and there to show us the love which He bears us by being pleased to dwell night and day hidden in the midst of us.

It is well known that the Holy Church instituted the festival of Corpus Christi with a solemn octave, and that she celebrates it with the many usual processions and such frequent expositions of this Most Holy Sacrament, that men may thereby be moved gratefully to acknowledge and honor this loving presence and dwelling of Jesus Christ in the Sacrament of the Altar by their devotions, thanksgivings and the tender affections of their souls. O God, how many insults and outrages has not this amiable Redeemer had, and does He not have daily, to endure in this Sacrament on the part of those very men for whose love He remains upon their altars on earth! Of this He indeed complained to His dear servant Sister Margaret Alacoque [St. Margaret Mary], as the author of the *Book of Devotion to the Heart of Jesus* relates:

The Heart of Jesus

One day, as she was in prayer before the Most Holy Sacrament, Jesus showed her His Heart on a throne of flames, crowned with thorns and surmounted by a cross, and thus He addressed her: "Behold that Heart which has loved men so much, and which has spared itself nothing, and has even gone so far as to consume itself, thereby to show them its love; but in return the greater part of men show Me only ingratitude, and this by irreverence, tepidity, sacrileges and contempt which they offer Me in this Sacrament of love; and that which I feel the most acutely is that they are hearts consecrated to Me." Jesus then expressed His wish that the first Friday after the octave of Corpus Christi should be dedicated as a particular festival in honor of His adorable Heart, and that on that day all souls who loved Him should endeavor, by their homage and by the affections of their souls, to make amends for the insults which men have offered Him in this Sacrament of the Altar; and at the same time He promised abundant graces to all who should thus honor Him.



First Visit

Prayer: "My Lord Jesus Christ . . ." (page 1).

JESUS in the Blessed Sacrament is the source of everything that is good. He says to us: "If any man thirst, let him come to Me, and drink." (John 7:37). What torrents of grace have not the saints drawn from the fountain of the Blessed Sacrament! For it is there that Jesus distributes all the merits of His passion, as the Prophet Isaias foretold: "You shall draw waters with joy out of the Saviour's fountains." (Is. 12:3). The Countess of Feria, who afterwards became a Poor Clare, was called the spouse of the Blessed Sacrament because of her long

and frequent visits to It. When she was asked how she spent the many hours passed in this way in the presence of the Holy of Holies, she replied: "I could remain there for eternity. For is there not present there the very essence of God, which will be the food of the blessed in Heaven? And do you ask me what I do in His presence? Why not rather ask what is not done there? I love Him, I praise and thank Him and I ask for favors. What does a poor man do in the presence of a rich man? What does a sick man do in the presence of his doctor? What does a man parched with thirst do when he comes to a clear fountain? What does a starving man do when put sitting before a well-supplied table?"

O my most sweet and beloved Jesus, You who are my life, my hope, my treasure and the only love of my heart, what has it not cost You to remain with us in the Blessed Sacrament! So as to be able to dwell among us on our altars, You had to die; and in order to help us by Your presence there, how many insults have You not had to endure since then! Your love for us, and

the desire You have that we should love You, have outweighed everything.

Come then, O Lord, come into my heart! Close its doors forever so that for the future no creature may enter it to share the love which is due to You, that love which I desire to bestow entirely on You. Do You alone, my dear Redeemer, rule me; do You alone possess my whole being. And if ever I do not obey You perfectly, punish me severely, that I may be more careful to please You for the future. Grant that I may never again seek any pleasure other than that of pleasing You, of visiting You often, of speaking with You and of receiving You in Holy Communion. Let all who wish for other treasures seek them; the only treasure I love, the only one I desire, is that of Your love. It is for that alone I ask at the foot of the altar. Make me forget myself, so that I may remember only Your goodness. Blessed Seraphim, I envy you, not for your glory, but for the love you have for your God and mine. Teach me what I must do to love Him and to please Him.