

Adoro Te Devote

I adore you devoutly, Godhead unseen,
who truly lies hidden under these sacramental forms.
My soul surrenders itself to you without reserve,
for in contemplating you it is completely overwhelmed.

Sight, touch, and taste are no guide in finding you,
and only hearing is a sure guide for our faith.
I believe everything that the Son of God has said,
and nothing can be truer than this Word of the truth.

Only the Godhead was hidden on the Cross,
but here the humanity is hidden as well.
Yet I believe and acknowledge them both
and make the same request as did the repentant thief.

I do not see the marks of the wounds, as Thomas did,
and yet I, too, own you as “My God.”
Grant that I believe in you more and more,
that I put my hope in you and that I love you.
Living Bread, that ever recalls
the Lord’s death and gives life to his servants,
grant to my soul to live by you
and always to taste your sweetness.

Lord Jesus, loving Pelican of heaven,¹
cleans me, a sinner, with your Blood;
for a single drop can save
the whole world from all its sin.

Jesus, as I look on your veiled presence,
I pray that what I long for so ardently may come about,
and that I may see your face unveiled
and be happy in the vision of your glory.

—Attributed to St. Thomas Aquinas (1225-1274)

¹ The pelican is an ancient symbol of the eucharistic Lord. It was believed that in times of want, a mother pelican would feed her children with her own blood.