

# Visita Iglesia

The tradition of Visita Iglesia is a sacred invitation to draw closer to God — to deepen our faith in the Real Presence of Christ in the Blessed Sacrament and to accompany Him in spirit during the most solemn moments of His Passion. As we journey from one church to another, we symbolically walk with Jesus in His hours of suffering, His intense prayer in Gethsemane, and His final acts of love and service to His disciples.

This devotion is not only a pilgrimage of the feet but of the heart. It invites us to reflect on the Paschal Mystery — the very heart of our faith — and to unite our lives more fully with Christ who gave Himself for our salvation.

This prayer guide has been prepared to assist you during each of the seven church visits. At the first church, you will find an Invitation to Prayer and an Opening Prayer. Each of the seven reflections offers Scripture-based meditations to help you enter more deeply into the mystery of Christ's suffering and love. A final prayer is provided for the last church to conclude your time of devotion and thanksgiving.

May this journey lead you to a renewed encounter with Jesus — present in the Eucharist, alive in His Word, and faithful to the end.

# Suggested Prayers And Reflection

## Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Invitation to Prayer

As I kneel before you, Lord Jesus, present in the Blessed Sacrament, endow me with your grace and guide me as I make my pilgrimage. May my presence today signify my desire to accompany you and meditate on your ultimate sacrifice for our salvation.

## Opening Prayer

Lord Jesus Christ, you who have given us the Eucharist and through this sacred meal commanded us to “Do this in memory of me.” Thank you for giving us your most Precious Body and Blood.

As you came to be with us in our joys and sufferings, you have given us hope and life. I come before you at this moment in front of the Blessed Sacrament to be with you in your agony on this night of your sufferings on the cross for our salvation.

Guide me that I may be able to meditate on your Paschal Mystery and value the great love you have given us for our eternal life. I want to follow you and imitate you, my Lord and my God.

Grant me the grace and courage to walk in your footsteps and continue my journey in life despite my weaknesses and the challenges I face. But knowing that in giving my whole heart to you, you will be my Good Shepherd leading me to the path of everlasting happiness. Amen

## Salutation

To be recited in every church.

Blessed be the name of the Lord.

R: Now and forever.

Lord Jesus Christ, who under the wonderful Sacrament, has left us a memorial of your Passion, grant that we may venerate the sacred mysteries of your Body and Blood that we may experience within ourselves the effects of your redemption. You who live and reign with God the Father, in the unity of the Holy Spirit, God, for ever and ever. Amen.

# 1st Church: The Institution of the Eucharist

## Matthew 26: 26-30

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

When they had sung a hymn, they went out to the Mount of Olives.

## Reflection

Jesus initiated a means for us to always remember him and his ultimate sacrifice through the Sacrament of the Holy Eucharist. Christ instituted this Sacred Meal to share with us the food of eternal life. In the Eucharist, it is not only the bread and wine that are transformed into the Body and Blood of the Lord. We are to be transformed as well, each time we receive him through his Word and in the Sacrament, we receive to be witnesses to the world. Let us give thanks to the Lord for this heavenly gift and our foretaste of the heavenly banquet that we can receive daily. It is the food that sustains us. It is the food that nourishes our soul. It is the food that will bring us to a life in the bosom of the Father.

# 2nd Church: The Washing of the Disciples' Feet

## John 13: 4-10, 12-15

Jesus rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. He came to Simon Peter, who said to him, "Master, are you going to wash my feet?" Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later." Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me." Simon Peter said to him, "Master, then not only my feet, but my hands and head as well." Jesus said to him, "Whoever has bathed\* has no need except to have his feet washed, for he is clean all over; so you are clean, but not all." So when he had washed their feet [and] put his garments back on and reclined at the table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

## Reflection

We have seen the humility of Jesus throughout his ministry. From the moment he was conceived until the time that his body was laid in a borrowed tomb. In Jesus' time, the action he performed in washing the feet of his disciples was a duty of a slave accorded to the visitors of his or her master. But Jesus, the Son of God, showed us the example of humility in service or the servant leader that we are all called to be. Jesus said, "Whoever wishes to be great among you shall be your servant." We have been given a command and an example to follow as we serve our brothers and sisters in humility with great gladness and joy. In our humble service, we glorify God not just through our words but more so with our deeds, attaining our heavenly reward.

## 3rd Church: Jesus' Priestly Prayer

John 17: 1- 4, 6, 9-10, 11b, 14-15, 17- 21

Jesus raised his eyes to heaven and said, "Father, the hour has come. Give glory to your son, so that your son may glorify you, just as you gave him authority over all people, so that he may give eternal life to all you gave him. Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ. I glorified you on earth by accomplishing the work that you gave me to do. "I revealed your name to those whom you gave me out of the world. They belonged to you, and you gave them to me, and they have kept your word. I pray for them. I do not pray for the world but for the ones you have given me, because they are yours, and everything of mine is yours and everything of yours is mine, and I have been glorified in them. Holy Father, keep them in your name that you have given me, so that they may be one just as we are. I gave them your word, and the world hated them, because they do not belong to the world any more than I belong to the world. I do not ask that you take them out of the world but that you keep them from the evil one. Consecrate them in the truth. Your word is truth. As you sent me into the world, so I sent them into the world. And I consecrate myself for them, so that they also may be consecrated in truth. I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me.

### Reflection

In the priestly prayer of Jesus, he offered himself for us so that his suffering and death may gain for us true happiness and the glory of eternal life. Even in his last moments, he was not concerned about himself but for the very people his Father gave him. He was concerned for us and consecrated us to himself, the Truth. Christ's last prayer was offered for us in the company of his disciples. Let us offer our prayer of thanksgiving to him who loves us until the end, and acknowledge his saving act. Let us remain steadfast in our faith in his Real Presence each time we celebrate the Eucharist and during our special moments with him through the Blessed Sacrament.

## 4th Church: The Agony in the Garden

Luke 22: 39-46

Jesus went, as was his custom, to the Mount of Olives, and the disciples followed him. When he arrived at the place he said to them, "Pray that you may not undergo the test." After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." [And to strengthen him an angel from heaven appeared to him. He was in such agony, and he prayed so fervently that his sweat became like drops of blood falling on the ground.] When he rose from prayer and returned to his disciples, he found them sleeping from grief. He said to them, "Why are you sleeping? Get up and pray that you may not undergo the test."

### Reflection

Jesus has invited us to pray; to pray so as not to undergo the temptation of the devil. The Lord of Prayer asked us to pray when we make great decisions, when we are grateful, and when we are in sorrow, to call on the Father for guidance and protection. Jesus has taught us to give primary importance to the will of the Father and align our plans, our lives to himself, who is the Way, the Truth and the Life. In every trial and temptation, let God be our refuge and consolation as we thank him for teaching us to pray.

## 5th Church: The Call to Keep Watch

### Matthew 26: 38-45

Then he said to them, “My soul is sorrowful even to death.\* Remain here and keep watch with me.” He advanced a little and fell prostrate in prayer, saying, “My Father,\* if it is possible, let this cup pass from me; yet, not as I will, but as you will.” When he returned to his disciples, he found them asleep. He said to Peter, “So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test.\* The spirit is willing, but the flesh is weak.” Withdrawing a second time, he prayed again, “My Father, if it is not possible that this cup pass without my drinking it, your will be done!” Then he returned once more and found them asleep, for they could not keep their eyes open. He left them and withdrew again and prayed a third time, saying the same thing again. Then he returned to his disciples and said to them, “Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners.

### Reflection

Have we become so busy in life that we cannot offer an hour of our time for the Lord? We have become prisoners of our own time if spending time with the Lord in prayer is a waste of time. We value other activities more than spending time with God. We have preoccupied ourselves with material things and worry about worldly pleasures. We have other priorities, and the least of which is our relationship with our God. Let us take this time to renew our commitment to the Lord, even just for an hour. Let us persevere to spend time with Him who loves us more than we can have ever imagined.

## 6th Church: Jesus is Betrayed and Abandoned

### Mark 14: 44-40

His betrayer had arranged a signal with them, saying, “The man I shall kiss is the one; arrest him and lead him away securely.” He came and immediately went over to him and said, “Rabbi.” And he kissed him. At this they laid hands on him and arrested him. One of the bystanders drew his sword, struck the high priest’s servant, and cut off his ear. Jesus said to them in reply, “Have you come out as against a robber, with swords and clubs, to seize me? Day after day I was with you teaching in the temple area, yet you did not arrest me; but that the scriptures may be fulfilled.” And they all left him and fled.

### Reflection

Jesus was abandoned by his closest disciples, who promised to be faithful to him at all times. Many times we are like the Apostles, who were faced by trials and challenges, and deserted their Teacher and Friend. But when the time came for the Apostles to fully conceive the mission entrusted to them after the Resurrection, they became bold witnesses to the Gospel. Yes, we have abandoned the Lord when we fail to love, when we fail to offer mercy, when we fall into temptation. But coming to know him more deeply and abiding in his love, Christ will grace us with the power of the Holy Spirit to be courageous witnesses of the Gospel. Let us stand by our commitment graced to us through our Baptism. Let us be faithful to our Teacher and Friend who is always faithful to us. We cannot just leave him when we are put to the test. Let us carry our cross and follow him.

## 7th Church: Jesus Affirms His Identity

### Mark 14: 60-64

The high priest rose before the assembly and questioned Jesus, saying, “Have you no answer? What are these men testifying against you?” But he was silent and answered nothing. Again the high priest asked him and said to him, “Are you the Messiah, the son of the Blessed One?” Then Jesus answered, “I am; and ‘you will see the Son of Man seated at the right hand of the Power and coming with the clouds of heaven.’” At that the high priest tore his garments and said, “What further need have we of witnesses? You have heard the blasphemy. What do you think?” They all condemned him as deserving to die.

### Reflection

Jesus was sentenced to death like an ordinary criminal. He was brought before the assembly of high priests, cursed, defiled, accused and condemned because of their anger and hatred against him. Jesus showed them love and patience in return. What Christ has shown the high priest, before the Sanhedrin, brought justice and peace to us and to the world. Jesus showed them, even to the end, his love and forgiveness for enemies. He is our example par excellence. He shows us every day to walk in holiness of life, to be like His Father, who caused the sun and the rain to fall on the good and the bad, for it is the way to the perfect life that God has called us.

### Final Prayers

The following prayer is said at the last church.

#### Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

For the intentions of our Holy Father Pope Francis and our Bishops.

*One Our Father.... Hail Mary.... Glory Be...*

### Closing Prayer

Soul of Christ, sanctify me. Body of Christ, save me.

Blood of Christ, inebriate me. Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me. Within your wounds conceal me.

Do not permit me to be parted from you. From the evil foe protect me.

At the hour of my death call me.

And bid me come to you, to praise you with all your saints for ever and ever. Amen.