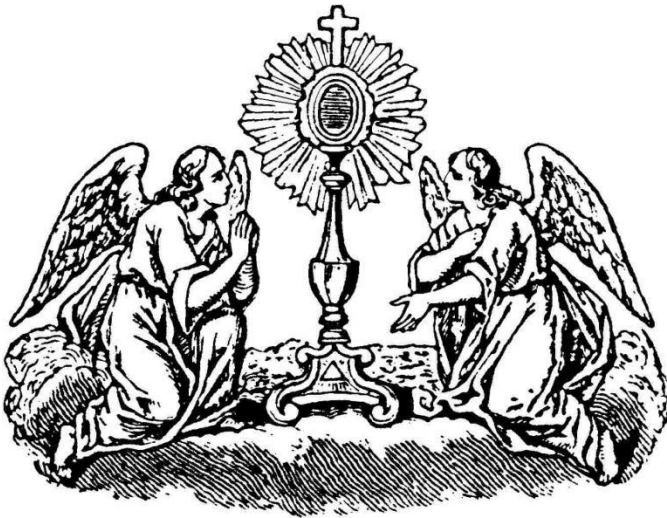


Holy Guardian Angels  
Regional School

# Understanding Adoration and Benediction



A simple guide to adoring  
our Lord through  
Eucharistic Adoration

## **What is adoration?**

It is highly fitting that Christ should have wanted to remain present to His Church in this unique way. Since Christ was about to take His departure from His own in His visible form, He wanted to give us His sacramental presence; since He was about to offer Himself on the cross to save us, He wanted us to have the memorial of the love with which He loved us "to the end," even to the giving of His life. In His Eucharistic presence He remains mysteriously in our midst as the one who loved us and gave Himself up for us, and He remains under signs that express and communicate this love:

The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease

(Catechism Catholic Church; 1380)

## **What do we do in adoration?**

Sometimes we can be intimidated to go to Adoration. It is not because we fear being with Jesus in prayer but rather we have never been taught what to do in an extended period of prayer. Is it alright to read, pray a Rosary, or reflect upon the Scriptures? Or do I have to sit there- not moving or making a sound, staring at a gold monstrance with a Host inside? While visiting our Lord in Eucharistic Adoration, we can pray in a variety of different ways. Here are some suggestions:

- 1.** Pray the Psalms or the Liturgy of the Hours Whether you are praising, giving thanks, asking for forgiveness or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.
- 2.** Recite the "Jesus Prayer" Say "Lord Jesus Christ, have mercy on me, a sinner," repeatedly as you quiet your heart and mind.
- 3.** Meditate using Scripture Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message.

**4.** Read the life of a saint and pray with him or her Most holy men and women have had a great devotion to Our Lord in the Eucharist. Read about them and pray their prayers before the Blessed Sacrament.

**5.** Pour out your heart to Christ and adore Him Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore You, O' Christ, present here and in all the churches of the world, for by Your holy cross You have redeemed the world."

**6.** Ask for forgiveness and intercede for others Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.

**7.** Pray the Rosary Pope John Paul II reminds us, "...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.

**8.** Sit quietly and just "be" in the presence of God Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.

## **Prayer of Adoration of the Eucharist**

My Lord Jesus Christ, I adore you in all the tabernacles of the world. I offer you my life in reparation for the sins against the Blessed Sacrament, the unworthy communions, disrespect, lack of reverence in your churches, and countless other sins against your most Holy Body and Blood. Please, my Lord, increase my faith in your Eucharistic presence so that my devotion may be fanned into a flame of love of you and that I may go into the world to proclaim your kingdom. I ask this of your mercy in your Holy Name. Amen.

# Rite of Eucharistic Exposition and Benediction

## Exposition of the Blessed Sacrament:

1~ Jesus is first placed in the Monstrance and placed on the Altar.

**Monstrance:** a sacred vessel designed to expose the consecrated Host to the faithful either for adoration in the church or for carrying in procession.



2~ During the placing of the monstrance onto the altar, a Eucharistic hymn is sung.

3~ During the Eucharistic hymn: Incense is presented before our Eucharistic Lord.

**Incense:** grains or power burned during a church service that releases a fragrant odor. This shows deep reverence and homage to the Lord. The smoke that rises up to the ceiling symbolizes our prayers rising up to heaven.



4~ Now we enter into Adoration.

5~ Once adoration is over we enter into Benediction of the Blessed Sacrament.

6~ We kneel and sing a “Benediction” Hymn (“Tantum Ergo”)

7~ While the hymn is sung: more incense is used.

8~ At the end of the hymn:

**Presider:** You have given them bread from heaven

**All:** Having within it all sweetness

(These words many change depending on the “presider”)

**9~** Now we go into the Eucharistic blessing:

**Presider:** Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, forever and ever.

**All:** (Amen.)

**10~** At the end of the blessing the blessed sacrament is elevated as the people are blest. The presider will elevate the Blessed Sacrament in the motion of the “sign of the cross”. The people make the “sign of the cross” as the monstrance makes it.

**11~** Once the Blessed Sacrament is placed back onto the Altar we recite the “Divine Praises”.

The Divine Praise:

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 St. Joseph, her most chaste spouse.

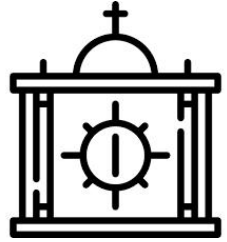
Blessed be God in His Angels and in His Saints.

**Prayer:** May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

**12~** After the Divine Praises Jesus is placed back into the tabernacle.

**Tabernacle:** It is a shrine or receptacle either round or rectangular that serves as a place for the exclusive reservation of the Blessed Sacrament.

**13~** Once Jesus is placed back into the Tabernacle...all will stand and sing a Recessional hymn of praise.  
("Holy God We Praise Thy Name")



## **Prayers for Adoration**

### **Angel's Prayer at Fatima**

"Most Holy Trinity; Father, Son, and Holy Spirit -- I adore Thee profoundly. I offer Thee the most precious body, blood, soul and divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifferences whereby He is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart Of Mary, I beg of Thee the conversion of poor sinners." Amen.

### **Sanctity of Life**

My God, we adore You here in the Blessed Sacrament.

As we kneel before You, we recognize You as the Creator of all Life. We thank You and praise You for the lives you have given to us and to those we love. Give us a true and lasting respect for all life, for we recognize it as coming from You. We pray for all who have suffered or died as a result of disrespect whether that suffering and death has come as a result of abuse, war, gossip, or abortion. We pray for an end for all disrespect of life. As we kneel before You we ask You to forgive all those who do not respect the sanctity of life. We repeat the words you spoke as you hung on the cross, 'Father, forgive them, for they know not what they do.' Amen.

## **Stay with us**

"Stay with us today, and stay from now on, every day, according to the desire of my heart, which accepts the appeal of so many hearts from various parts, sometimes far away... Stay that we may meet You in prayers of adoration and thanksgiving, in prayers of expiation and petition to which all those who visit this basilica are invited... May the unworthy successor of Peter and all those who take part in the adoration of Your Eucharistic Presence attest with every visit and make ring out again the truth contained in the Apostle's words: 'Lord, you know everything. You know that I love you.' Amen".

## **Hail to Thee, True Body**

Hail to thee, true body born  
From Virgin Mary's womb!  
The same that on the cross was nailed  
And bore for man the bitter doom.  
Thou, whose side was pierced and flowed  
Both with water and with blood;  
Suffer us to taste of thee,  
In our life's last agony.  
O kind, O loving one!  
O sweet Jesus, Mary's Son! Amen.

## **Prayer for the Spread of Perpetual Adoration**

Heavenly Father, increase our faith in the Real Presence of Your Son Jesus Christ in the Holy Eucharist.  
We are obliged to adore Him, to give Him thanks and to make reparation for sins.  
We need your peace in our hearts and among nations.  
We need conversion from our sins and the mercy of Your forgiveness.  
May we obtain this through prayer and our union with the Eucharistic Lord.  
Please send down the Holy Spirit upon all peoples to give them the love, courage, strength and willingness to respond to the invitation to Eucharistic Adoration.  
We beseech You to spread Perpetual Adoration of the Most Blessed

Sacrament in parishes around the world.  
We ask this in the name of Jesus the Lord. Amen  
Our Lady of the Most Blessed Sacrament  
Help us to spread the glory of Your Son through Perpetual  
Adoration. Amen.

## Chaplet of The Divine Mercy

Say it on the Rosary beads.

Sign of the Cross

1 Our Father

1 Hail Mary

1 Apostles' Creed

On large beads:

"Eternal Father we offer you the body and blood, soul and divinity,  
of your dearly beloved son, Our Lord Jesus Christ, in atonement for  
our sins and those of the whole world."

On the small beads:

V: "For the sake of His sorrowful passion"

R: "Have mercy on us and on the whole world"

End with (repeat three times):

"Holy God, Holy Mighty One, Holy Immortal One, have mercy on  
us and on the whole world"

