

ADORATION



What is “Adoration”?

“Adoration” means the worship of God. For Catholics, “having Adoration” often means *placing in a Monstrance a consecrated Host, so that the faithful might spend a certain amount of time before Jesus in prayer.*

In every Mass, in obedience to Jesus’ command to “do this in memory of me” (Lk 22:19), the Church repeats what Jesus did at the Last Supper on the night before He died. As a consequence, the Holy Spirit—through the instrument of the priest—changes bread and wine into the Body and Blood of Christ, as the Scriptures make clear and as the Church has always believed. In this way, Jesus makes *the sacrificial act by which He laid down His life for the world in love present on our altars*, so that we might offer ourselves along with Jesus in loving worship to the Father. In the Mass, we *gaze upon this love*, seeking to mirror this love in our lives.

Adoration of the Blessed Sacrament helps us to appreciate more deeply the Presence of Jesus in the Eucharist (a word for the Consecrated Host that means “thanksgiving,” recalling how Jesus “gave thanks” at the Last Supper—see 1 Cor 11:24). Adoration also helps us better appreciate and long for the Mass.

Things to do during Adoration

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.

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.”

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.

Pray the Rosary. St. 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.

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.

(Turn over to see the Order of Adoration)

THE ORDER OF ADORATION

Exposition of the Blessed Sacrament:

O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

O saving Victim, open wide
The gate of heav'n to us below;
Our foes press on from ev'ry side;
Your aid supply, your strength bestow.

To your great name be endless praise,
Immortal Godhead, One in Three.
O grant us endless length of days,
In our true native land with thee. Amen.

Time for Adoration:

Scripture reading, prayers, reflections, music, silence

Benediction & Reposition:

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.

To the everlasting Father,
And the Son Who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Presider: You have given them Bread from heaven (alleluia).

All: Having within it all Sweetness (alleluia).

Presider: O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen.

(Benediction of the Blessed Sacrament)

The Divine Praises (All):

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.

Hymn of Thanksgiving After Reposition:

Holy God, we praise Thy Name;
Lord of all, we bow before Thee!
All on earth Thy scepter claim,
All in Heaven above adore Thee;
Infinite Thy vast domain,
Everlasting is Thy reign.
Infinite Thy vast domain,
Everlasting is Thy reign.