

## **Prayer at the Beginning of Adoration**

My Lord and my God,  
in the past you did call, from their busy daily lives,  
your servants, Moses, Elijah, John the Baptist, Mary of Nazareth,  
Mary of Bethany, her sister Martha, and Lazarus to spend time  
apart in prayer.

Now, Lord, You have called me,  
to spend time with You,  
to thank You for all the wonderful graces You have given me,  
to thank You especially for giving me Yourself in this sacrament,  
to thank You for inviting me to spend this hour with You.

Lord, You give me this space to be with You,  
I consecrate this hour for You and You alone.  
Cleanse this hour of all noise within me.  
Cleanse this hour of anything that might call me out of its stillness.  
May this time be a time of blessing for me.  
May this space, made sacred by Your presence become a time in  
which I wait upon You, my God, my Lord, my friend.

May prayerful peace come upon me, touching with grace all those  
whom I love and all on earth as well.

May all dark powers be impotent, unable to cross into this space  
that surrounds me with Your holiness.

Help me, my Lord, to set aside anything that may cause me to be anxious  
and allow me to live this hour fully and completely in the wonder  
of Your presence.

Lord, may my prayer be one with all persons throughout the world who  
are in solitude and stillness. May we form a silent hymn of Glory  
to You. Amen

## **Prayer at the End of Adoration**

My Lord, it is time for me to return. I thank You for this quiet time with  
You, unburdened by my normal duties of life.

This time alone with You has been renewing and re-creating for me, a  
time of healing of body and spirit.

It's rest has given a boost to my body.

It's silence has been a salve to my spirit.

This time apart with You has renewed within me a desire to be in  
communion wrtn all those whom I love.

Place within me the desire to join them and all others to proclaim Your  
goodness as we journey through life.

I thank You, Lord, for the grace of this solitude. I treasure this time now  
ending. Help me as I return to the flow of daily life. Prepare me for  
what I shall find, the good and the not so good, mistakes and  
successes, whatever I shall meet.

May this holy time of prayerful solitude, fill me with the necessary energy  
to once again take up the challenge of finding holiness in the midst of  
my work, in the center of my home.

Come, Lord Jesus, and accompany me as I return to the crowded and  
noisy crossroads of life. Amen.