

After the door of the tabernacle is closed we sing the hymn called "Holy God We Praise Thy Name."

*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.*

*Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.*

Prayers for a visit to the Blessed Sacrament or for the prayer time during Eucharistic Adoration

Prayers to know your vocation

Pray the *Glory Be* to be reminded that we live for the glory of God, not for the glory of me.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.



Pray the *Our Father* to learn God's plan for our life, so that we can do God's will here and now, as it is done by the angels and saints in heaven.

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Pray the *Hail Mary* for the courage to say "yes" to God's plan for our life.

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Conclude with the following prayer:

O God, give us wisdom to know your plan for our lives, whether to be married in the Church, a single person dedicated to service, a religious, or a priest in the Archdiocese of Dubuque. Give us also a generous heart to say "yes" to whatever you have planned for us, for to do your will is our source of happiness. And give us the strength to be faithful to that way of life, and so please you, benefit other people, and make our way to heaven. We look to the humility and charity of Jesus as our example to follow, and we ask the intercession of blessed Mary. May it be so. Amen.

Prayer of Abandonment

by Blessed Charles de Foucauld

My Father, I abandon myself to you. Do with me as you will. Whatever you do with me, I thank you. I am prepared for anything. I accept everything, provided your will is fulfilled in me and in all creatures. I ask for nothing more my God. I give myself to you with all the love of my heart. And for me it is a necessity of love, this gift of myself, this placing myself in your hands, without reserve, in boundless confidence, because you are my Father. Amen.

Soul of Christ

by St. Ignatius of Loyola

Soul of Christ, be my sanctification.
Body of Christ, be my salvation.
Blood of Christ, fill all my veins.
Water from Christ's side, wash out my stains.
Passion of Christ, my comfort be.
O good Jesus, listen to me.
In Thy wounds, I happily would hide.
Never to be parted from Thy side.
Guard me, should the foe assail me.
Call me when my life should fail me.
Bid me come to Thee above.
With Thy saints to sing Thy love.
World without end. Amen.

The Jesus Prayer

Using a rosary, on each bead recite the following prayer, saying it slowly, with attention:

"Lord Jesus Christ, Son of God,
have mercy on me, a sinner."



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"What I really prefer is...

adoration



*...in the evening, even when I get
distracted and think of other
things, or even fall asleep praying.
In the evening then, between
seven and eight o'clock, I stay in
front of the Blessed Sacrament for
an hour in adoration."*

– Pope Francis

We can pray anywhere, but praying in a Catholic church is special for a number of reasons: it is a house of prayer; its architecture and art help focus our attention on God; its atmosphere of silence makes prayer easier; and it has a **tabernacle**.

The tabernacle is a locked box, usually found in the front of the church. The Eucharist is placed there after Mass so it can be taken to people who are hospitalized or homebound, and to be the focus of prayer.



To be clear, the focus is not on the tabernacle, but on what it contains: the Holy Eucharist, also called the Blessed Sacrament, which is the Body, Blood, Soul, and Divinity of Jesus, under the appearance of bread (a Host consecrated at Holy Mass).

The presence of Jesus in the Blessed Sacrament kept in the tabernacle is why we **genuflect** (bend the knee) when we come into a Catholic church, and why we go there to pray.



Making a visit to the Blessed Sacrament

We can stop in a Catholic church for a short visit to Jesus in the Blessed Sacrament: make a genuflection, kneel down, and pray for a special intention, or to say sorry for our sins, or to thank God, or just to say I love you to God.

Or we can spend a longer time in prayer, sitting or kneeling in adoration of Jesus present in the Holy Eucharist kept in the tabernacle.

Adoration of Jesus in the Holy Eucharist

Sometimes the Eucharist is taken out of the tabernacle and placed in a vessel called a monstrance (from the Latin word “to show”), so that the **consecrated Host** can be seen. This prayer practice is called Eucharistic Adoration.



We don't actually see the face of Jesus, but the Blessed Sacrament displayed in the monstrance is a reminder of a lot of things about the life and message of Jesus:

- God wants us with him in heaven, but we can't go there on our own
- God became man, Jesus, to make of himself a bridge for us from earth to heaven
- Jesus gives us teaching and example about how to honor God and benefit others
- Jesus died on the cross and rose from the dead to gift us with eternal life
- God does all inspired by a love we don't have to earn and that we can't lose

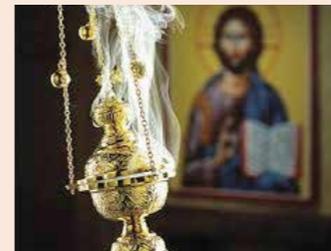
During Eucharistic Adoration we present ourselves before the Real Presence, that is, Jesus who is really present in the Blessed Sacrament. We look at Jesus, maybe just to marvel at how much we are loved by God, or to express our love for Jesus, or as an unspoken prayer for something we need. We can remain silent before Jesus, or speak to him in prayer, using our own words, or prayers written by others.

Jesus ultimately gave us the gift of the Eucharist as spiritual food to be eaten. Eucharistic Adoration doesn't distract us from that at all; in fact, just the opposite. A lot of people who practice Eucharistic Adoration are even moved to go to daily Mass and Communion. They want to be closer to Jesus, they want to be touched, healed, forgiven, strengthened, and protected by Jesus in Holy Communion.

How to do Eucharistic Adoration and Benediction

When the Holy Eucharist is taken out of the tabernacle and placed in the monstrance on the altar, we kneel down in adoration.

Incense is burned in a censer as a way of showing honor to God, and as a symbol of our prayers rising to God in heaven. “Let my prayer be incense before you; my uplifted hands an evening offering” (Psalm 141:2).



We sing the hymn “O Saving Victim”

*O saving Victim, open wide
The gate of Heaven to us below;
Our foes press on from every side;
Thine aid supply; Thy strength bestow.*

*All praise and thanks to Thee ascend,
For ever more, blessed One in Three.
O grant us life that shall not end,
In our true native land with Thee. Amen.*

Following the hymn is time for prayer, which might include the Rosary, or the Divine Mercy Chaplet, or the Liturgy of the Hours, or reading the Sunday Bible readings, or saying prayers like those printed in this pamphlet, or using our own words.

At the end of the prayer time, incense is once again burned. We sing the hymn “Down in Adoration Falling.”

*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.*

If a priest or deacon is leading Eucharistic Adoration, he says a prayer that ends with him saying: *You have given them Bread from heaven.* We respond: *Having within it all Sweetness.*

After the prayer, a priest or deacon will give the Benediction: he holds the monstrance in his hands and blesses us by making the Sign of the Cross over us.

When he holds the monstrance he covers his hands with a cloth called a humeral veil. This is to signify that the blessing comes from Jesus in the Blessed Sacrament that is placed in the monstrance, and not from the priest or deacon.



At the end of Eucharistic Adoration, with or without Benediction, we pray “The Divine Praises” as the Blessed Sacrament is put back in the tabernacle.

The 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 St. Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.