

Adoration of the Blessed sacrament

- **POSE YOURSELF IN FRONT OF THE LORD.** (five minutes)
 - Here you can calm yourself
 - Call to your mind the presence of the Lord God.
 - Triune God
 - Holy family
 - Angels
 - Saints
 - Surrender yourself in front of the Eucharist
 - Yourself
 - Your activities
 - Your parents
 - Siblings
 - Neighbours
 - People who are against you etc.
- **PRAISE AND WORSHIP** (Five minutes)
 - Here can start praise and worship of the Holy Trinity.
 - Here you can use the ejaculation of “Praise you Jesus”, “Love you Jesus” etc
 - Here you can use the psalms to adore.
 - Select the Psalms which can be used for the Praise and Worship.
 - Ps. 30,89,95,92,103 et
 - Here instead of Psalms you can make small prayers of worship.
 - Lord I praise and worship you for this wonderful world
 - Lord I praise you for this beautiful life. Etc.
- **BIBLE READING** (five minutes)
 - It would be nice if you take the parables from the new testament.
- **REFLECTION ON THE PASSAGE OF THE BIBLE READ.** (Ten Minutes)
 - During the reflection you can place yourself in the place of person mentioned there. Eg.
 - In the parable of the Prodigal son
 - The Father of the Prodigal Son
 - Prodigal son
 - The brother of the prodigal son etc
- **PETITIONS/ SPONTANEOUS PRAYERS.** (ten Minutes)
 - During this session, connect yourself with the parable and pray.
 - Pray for yourself, family, friends, people in need, world etc.
- **THANKS GIVING.** (five minutes)
 - Here also you can use the Psalms
 - Ps. 106, 107,118, 136, etc
- **CONCLUSION.** (five Minutes)
 - Here you can conclude your adoration thanking God

NB: Try to stick to the timing, as far as possible during the initial stage. This would help you to get into a format. May God bless you during this special situation on the whole humanity. God Bless you.

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