

WHAT TO DO DURING ADORATION

Being in the physical Presence of Jesus in the Blessed Sacrament is a very special and powerful thing, but... just what do you do while you're there? Do you just sit there for an hour and stare at the Eucharist? Well, you can, but that method of prayer doesn't work for everyone all the time. Here are some suggestions for how to pray during Adoration if you're not sure what to do:



JUST TALK TO JESUS

He's right there present in the Eucharist. Talk to him like you would any of your friends. Tell him how your day went, your plans for the weekend, all the problems you've been facing, etc.

Then, *listen* to what he has to tell you. It's not a conversation if only one person is talking.

EMBRACE THE SILENCE

In this busy world, filled with the noise of the everything happening around us, silence can often be hard to come by. Use this time to embrace the silence, to allow Jesus to speak to you without the distractions and noise that are usually in the way. In this time, it can be a lot easier to hear what he has to say.

JOURNAL

Write down your thoughts, emotions, what you're struggling with, what you're hopeful about, etc., and bring them to Jesus. Maybe treat it like you're writing a letter to Him. Writing things down can often help get you thinking.

READ THE BIBLE

One of the ways God speaks to us is through Scripture. If you're not sure where to start, try choosing one of the Gospel parables or the Psalms, or maybe one of the readings for the upcoming Sunday Mass. Start by asking Him to open your heart to what He has to tell you. Then, read through it slowly, seeing what stands out to you, and meditate on it.

LISTEN TO PRAISE AND WORSHIP

If you have earbuds with you, you can listen quietly to praise and worship music and sing to Jesus in your heart. Religious music can help lift our hearts to God.

ASK FOR INTERCESSION FROM THE SAINTS

Ask Mary, St. Joseph, your guardian angel, or any of the Saints for their intercession. Ask them to help improve your relationship with Christ and help you grow in your love for him.

PRAY THE ROSARY

The rosary is a powerful prayer that's always good to turn to if you're not sure what to pray. If you don't want to pray a full 5 decades, praying even one is efficacious. If not even that, pray one Hail Mary really well.

There are also other rote prayers that you can use, such as the Divine Mercy Chaplet or the Jesus prayer, that you may find helpful.

PRAY FOR OTHERS

Pray for your family, your friends. Pray for your enemies. Pray for Father Clint, Cardinal Dinardo, Auxiliary Bishop Sheltz, and Pope Francis. Pray for the sick, the lonely. Who else can you pray for?

DON'T DO ANYTHING

It's fine to do nothing! St. John Vianney once described a man who always came in to spend a long time with the Blessed Sacrament. When St. Vianney asked him what he said to Jesus during those visits, he replied, "I say nothing to Him, I look at Him and He looks at me!" It's a beautiful thing to just sit and spend time with Jesus, even if you have nothing to say.

EXPOSITION

O SALUTARIS HOSTIA

O salutaris Hostia
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robur, fer auxillium.

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

O SAVING VICTIM

O saving Victim, open wide
The gate of heaven to us below.
Our foes press on from every 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

BENEDICTION

TANTUM ERGO SACRAMENTUM

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

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

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

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.
Amen.

HOLY GOD WE PRAISE THY NAME

Holy God, we praise thy name
Lord of all, we bow before thee
All on earth they scepter claim
All in heaven above adore thee.
Infinite they 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!