

A PRAYER RESOURCE FOR ADORATION OF THE BLESSED SACRAMENT

ADDORE



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My Dear Friends,

Jesus has to be at the center of whatever we do as a Church. In the Blessed Sacrament, Jesus has given us his very self, his own divine life. The Church calls us onward to renew in our hearts amazement at the heroic sacrifice of Calvary made present to us at each and every Mass as well as to deepen true love for the real presence of Jesus in the Eucharist. As we nourish any friendship, we must continue to nourish and grow our relationship with Jesus. The Eucharistic Revival is an opportunity to deepen our life for Jesus uniquely present in the most Blessed Sacrament. May this ADORE devotional be a blessing, renewing in you amazement at the grandeur of God and drawing you deeper into a loving relationship with Jesus Christ.



Sincerely yours in Jesus, the Lord of Life,

Archbishop Joseph F. Naumann



"Come to me, all you who labor and are
burdened, and I will give you rest."

+ Matthew 11:28



In adoration, Jesus Christ is truly present in the Eucharist, the very same Eucharist that we celebrate and receive during Mass.

The Eucharist has always been at the heart of the Church, it is the central Mystery of our Faith. St. John Paul II said that "the Church draws her life from the Eucharist...It stands at the center of the Church's life."

Jesus gave us the Eucharist at the Last Supper as a memorial of His Passion and as a promise of the glory to come. It is amazing that Our Lord Jesus makes Himself available to each of us day or night in the Blessed Sacrament!

Some people like to use the time to talk with Our Lord in prayer and reflection. Some come to simply 'be', to sit or kneel in the presence of the Creator of the Universe.

No matter what we are dealing with in life on any given day, Jesus is there to hear our prayer and walk with us. Jesus desires us as we are and nothing we can do will make Him love us any more or any less. His love for you is infinite.

Jesus is madly in love with you and He desires to spend time with you. He is there, waiting for us to come for a visit. We pray this booklet helps you and your family deepen your relationship with Our Lord.

What is Eucharistic Adoration?

Eucharistic Adoration is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar for all to see and pray in the presence of Christ.

Eucharistic Adoration is adoring our Lord Jesus Christ - His Body, Blood, Soul and Divinity - in the Holy Eucharist.

Christ is truly made present in the consecration of the Eucharist during Mass, we give the Blessed Sacrament the same honor and reverence accorded to Christ himself.

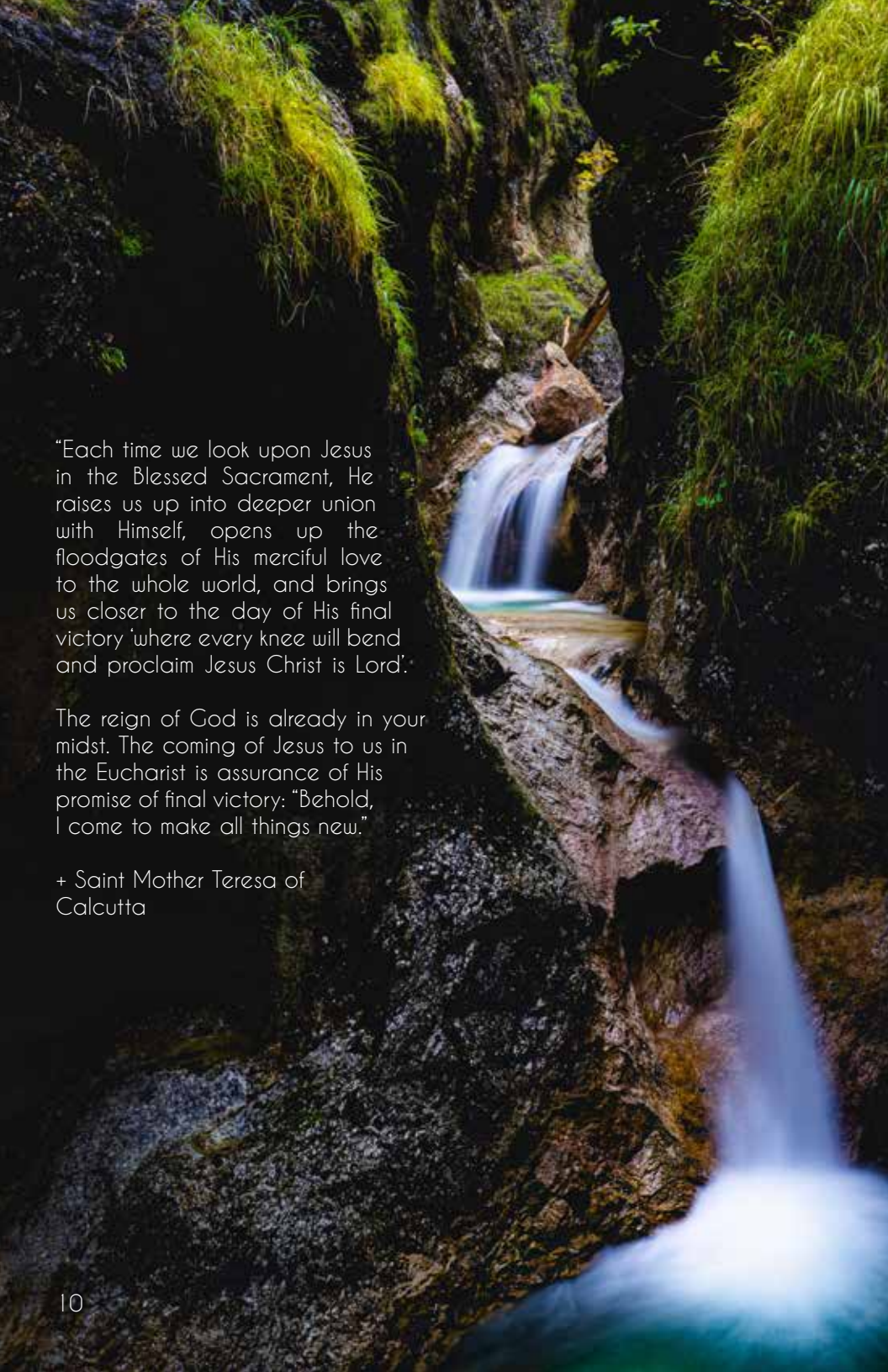
Adoration is the first attitude of man acknowledging that he is a creature before his Creator. During Adoration, we exalt the greatness of the Lord who made us (Catechism of the Catholic Church, 2628).

"My sweetest Joy is to be in the presence of Jesus in the holy Sacrament. I beg that when obliged to withdraw in body, I may leave my heart before the holy Sacrament. How I would miss Our Lord if He were to be away from me by His presence in the Blessed Sacrament!"

+ St. Katharine Drexel



About Adoration



“Each time we look upon Jesus in the Blessed Sacrament, He raises us up into deeper union with Himself, opens up the floodgates of His merciful love to the whole world, and brings us closer to the day of His final victory ‘where every knee will bend and proclaim Jesus Christ is Lord’.

The reign of God is already in your midst. The coming of Jesus to us in the Eucharist is assurance of His promise of final victory: “Behold, I come to make all things new.”

+ Saint Mother Teresa of Calcutta

“

When I am before the Blessed Sacrament I feel such a lively faith that I can't describe it. Christ in the Eucharist is almost tangible to me... When it is time for me to leave, I have to tear myself away from His sacred presence.

”

+ Saint Anthony Claret



What is proper etiquette during Eucharistic Adoration?

Respect the presence of the Lord - Upon entering/exiting the chapel pew/chair, those physically able are asked to demonstrate their reverence and adoration of the Lord by genuflecting on one or two knees or bowing from the waist, known as a profound bow, and acknowledging His Holy Presence.

We never leave Jesus alone - Out of respect, love and the need to protect the Real Presence of Jesus in His exposed and vulnerable state, an adorer must always be present when Jesus is exposed in the Blessed Sacrament.

Respect the Silence - Our time in Adoration is for quiet prayer and meditation in the presence of Jesus. Jesus in the Holy Eucharist is truly present in the Monstrance. During Adoration, our attention should be on Jesus. In order to quiet our minds and hearts to focus on Jesus, our devices should be silenced or off. Keep distractions to a minimum.

What is Prayer?

There are three main ways to think about prayer...

1. Prayer as relationship.

- + *"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy" (St. Therese of Lisieux).*

2. Prayer as presence.

- + *"The life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him." (Catechism of the Catholic Church, 2565).*
- + God is Trinity: Father, Son, and Holy Spirit. God has communion within Himself, it is part of His nature.
- + Placing yourself in and resting in His trinitarian Presence is as simple as turning to the Lord in your heart saying, "Come, Holy Spirit" or "Praise You, Lord."

3. Prayer as petition or requesting.

- + *It is the "raising of the mind and heart to God or the requesting of good things from God" (St. John Damascene).*
- + God knows we desire good things and He meets us at the well of our desires (John 4). Prayer is our response to the faith that God has placed in our hearts. Whether we are prompted or inspired to turn our heart or mind to the King of Heaven, it is a gift from God to do so.

Just as a good relationship is built on both talking and listening, we should strive to do both with God. **Above all, the best prayer we could ever pray is the most honest one. The Lord honors our honesty.**

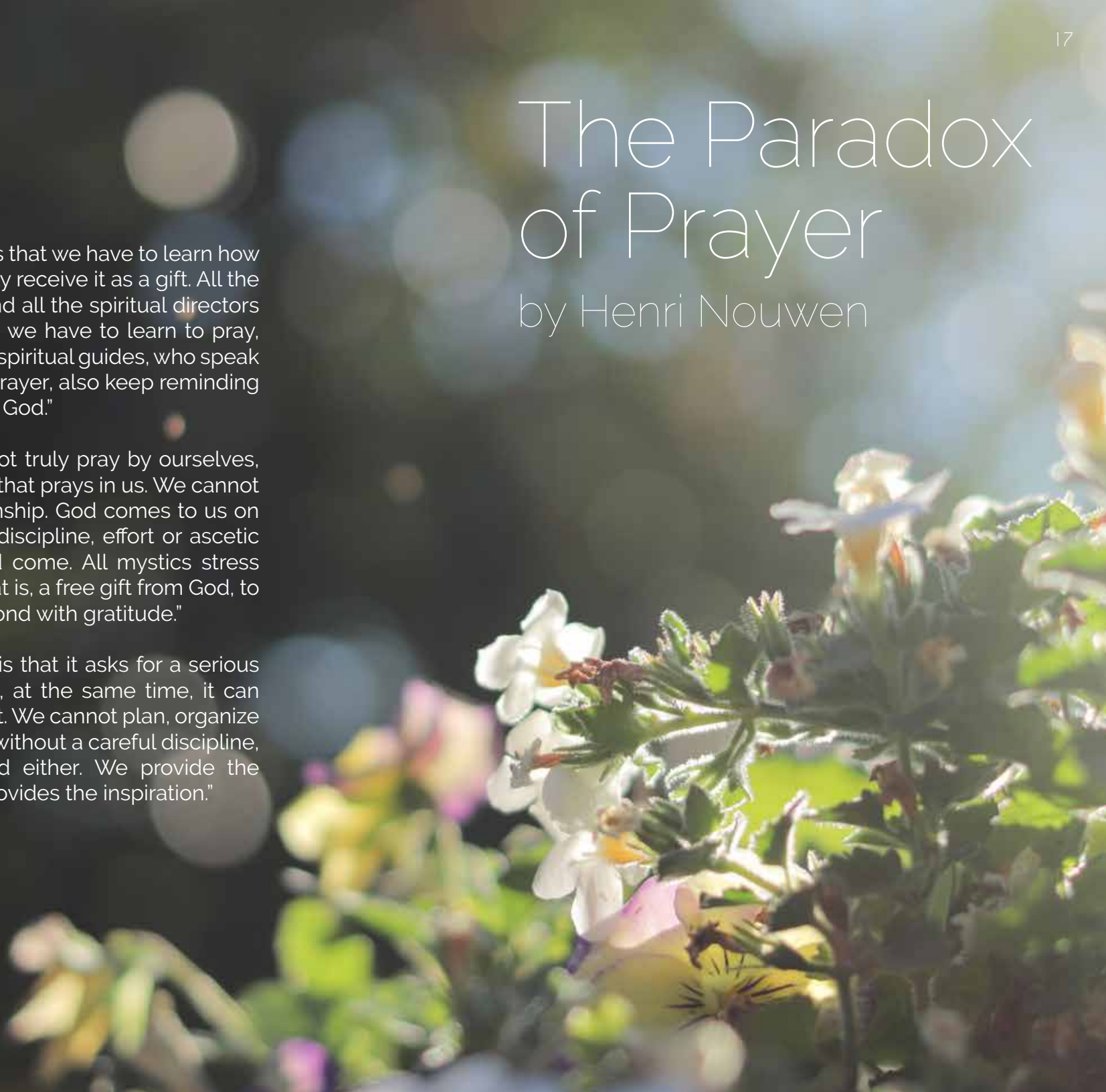
The Paradox of Prayer

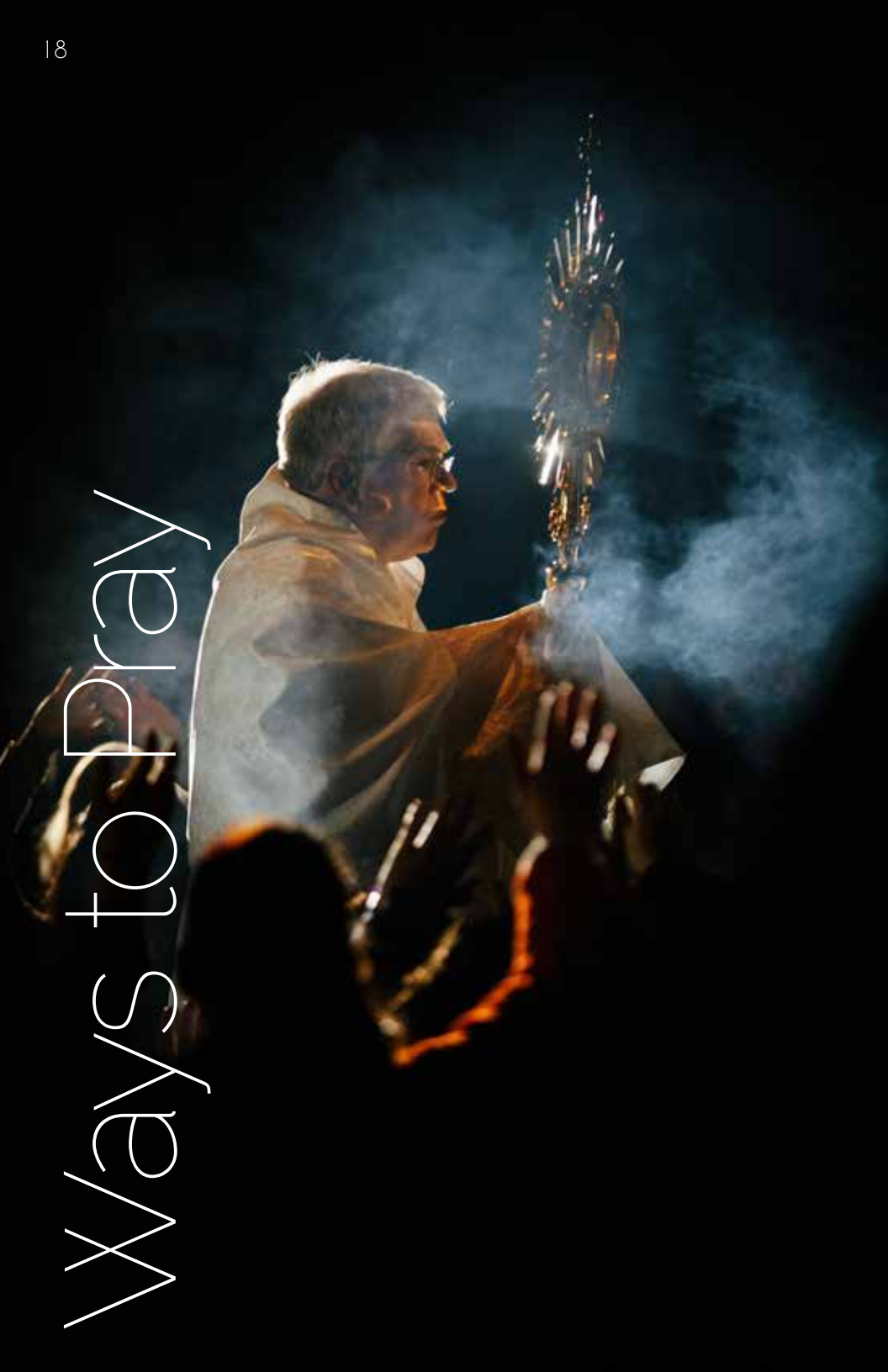
by Henri Nouwen

"The paradox of prayer is that we have to learn how to pray while we can only receive it as a gift. All the great saints in history and all the spiritual directors worth their salt say that we have to learn to pray, but the same saints and spiritual guides, who speak about the discipline of prayer, also keep reminding us that prayer is a gift of God."

"They say that we cannot truly pray by ourselves, but that it is God's Spirit that prays in us. We cannot force God into a relationship. God comes to us on God's initiative, and no discipline, effort or ascetic practice can make God come. All mystics stress that prayer is "grace," that is, a free gift from God, to which we can only respond with gratitude."

"The Paradox of prayer is that it asks for a serious effort on our part while, at the same time, it can only be received as a gift. We cannot plan, organize or manipulate God. But without a careful discipline, we cannot receive God either. We provide the perspiration and God provides the inspiration."





Praying Before the Blessed Sacrament

From the first Holy Thursday, the Most Holy Eucharist has been fundamental and central to the life of Catholics. Vatican II affirmed this by calling the Eucharist the "Source and Summit of the Christian Life". Through the Holy Sacrifice of the Mass, we come to a deeper union with Christ, our Lord and Savior.

Through time spent in prayer with the Eucharistic Christ, we come to a deeper knowledge of Our Lord and ourselves. And yet, when one prays before the Blessed Sacrament it can be difficult to find a way to begin. It can sometimes be a struggle to know what to say or how to listen to the God of the Universe.

To go and adore the Blessed Sacrament, especially when it isn't quite a habit yet, might not be that simple. We don't understand, we get bored, we don't know what to say, we go in briefly, we make a quick sign of the Cross and we go back out.

This booklet of prayers is meant to help you find a place to start praying and especially before the blessed sacrament. It is in no way an exhaustive booklet on prayer, nor is it meant to replace time spent in quiet adoration. It is simply a tool to help you start.

Be Present; Speak; Listen; Give Thanks. It will always be time well spent!

Praying Before the Blessed Sacrament

Initial Greeting (Enter in Silence)

Enter in silence with a spirit of reverence toward the Church or the Chapel of the Blessed Sacrament. Kneel down on both knees before Him and make the sign of the Cross. Remember that it is God who is substantially present in that piece of bread.

Prayer of Preparation

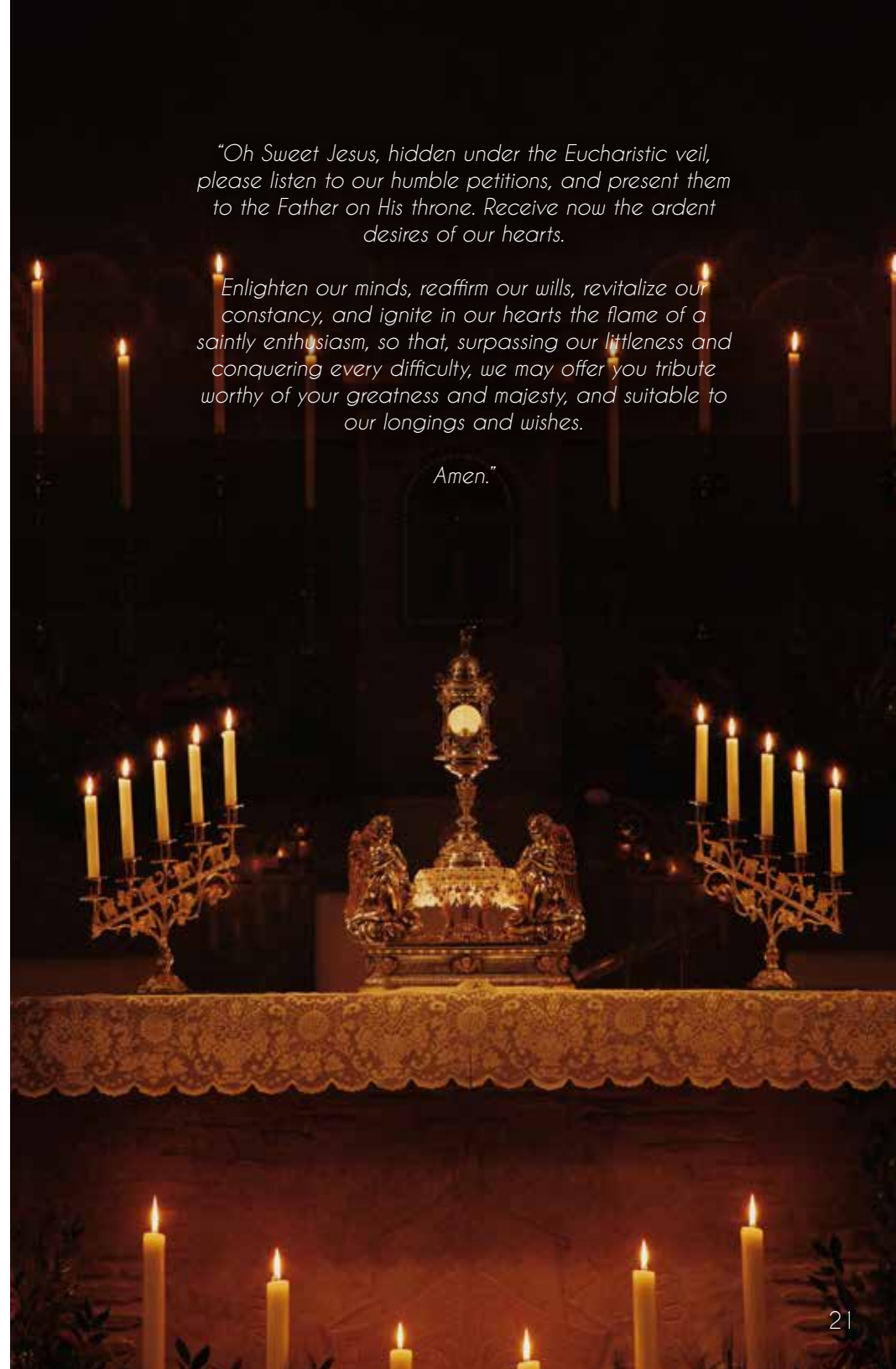
After getting settled, make a prayer to prepare your heart. It can be spontaneously made by yourself or taken from some prayer book. We recommend this prayer...



“Oh Sweet Jesus, hidden under the Eucharistic veil, please listen to our humble petitions, and present them to the Father on His throne. Receive now the ardent desires of our hearts.

Enlighten our minds, reaffirm our wills, revitalize our constancy, and ignite in our hearts the flame of a saintly enthusiasm, so that, surpassing our littleness and conquering every difficulty, we may offer you tribute worthy of your greatness and majesty, and suitable to our longings and wishes.

Amen.”



“

O Jesus! on this day, you have fulfilled all my desires. From now on, near the Eucharist, I shall be able to sacrifice myself in silence, to wait for Heaven in peace. Keeping myself open to the rays of the Divine Host, in this furnace of love, I shall be consumed, and like a seraphim, Lord, I shall love You.

”

+ St. Therese of Lisieux

Main Prayer

Choose a type of prayer that works for you. Treat Our Lord as you would one of your closest friends, with love and respect.

Feel free to silently tell Him whatever troubles or blessings you are experiencing in life. Silence is key for concentration in this intimate setting.

You can also pray whatever prayers you'd like: the Rosary, an Act of Spiritual Communion, or any other type of prayer presented in this booklet.

If you'd prefer, just give our Lord your heartfelt thoughts in meditation or reflection. Or, you can just sit in silence and keep Him company!

Final Prayer

Review your time in adoration and give thanks to the Lord for the time spent with him.

End with slowly praying an Our Father, Hail Mary, and Glory Be.



“

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.

”

+ St. Mother Teresa of Calcutta

Lectio Divina (Sacred Reading)

Lectio Divina (literally 'sacred reading') is a way of becoming personally immersed in Scripture, especially with the Gospels.

When we practice Lectio Divina, we can imagine we're actually involved in the events of Scripture — for example, Jesus healing the Centurion's servant. It's an intensely personal experience.

The method of lectio divina follows four steps: lectio (reading), meditatio (meditation), contemplatio (contemplation), and oratio (prayer).

1. Lectio (Read)

After you open yourself up to God in faith, read a short passage of Scripture you feel called to with prayerful attentiveness.

In your reading, you make an act of faith that God will guide you to the word, phrase, or verse in the biblical text through which God wants to speak to you or to nourish you.

As you read through the text, stop when you feel drawn or attracted to a given word, phrase, or verse in the sacred text. At this point you move on to Meditatio.

2. Meditatio (Meditate)

Now repeat the word, phrase, or verse over and over. Allow it to sink into your mind and heart. Savor the word.

Allow God to work through your mind, your intellect, your reason to help you personalize this word or phrase and apply it to your own life situation.

What does God want to say to you?

Don't force your prayer, but allow God to lead you into new insights and meanings. Pay attention to your thoughts and images. God may want to speak more to your heart than to your mind.

What feelings are stirring up within you?

Stay with this word as long as there is feeling, insight, and understanding. Be patient if nothing seems to be happening.

Let go of your agendas about what this word or phrase has meant to you in the past. When you feel like you have drawn all that you can from this word or phrase, you are ready to move on to Oratio.



3. Oratio (Prayer Response)

In oratio, you enter into a spontaneous, loving dialogue with God. Talk to God as you would talk to your closest and most intimate friend. Be totally honest about what you are thinking and feeling, no matter what it is.

What do you want to say to the God who loves you just the way you are?

What are your reactions to the insights and understandings that came to you during your time of meditation?

Let your response to God be expressed through praise, thanksgiving, contrition, or petition; let it be through desires, decisions, resolutions, commitments, or dedications.

At this time, decide whether you will incorporate the Word of God into your heart, life, and work or whether you will reject or dismiss it as of no worth or value to you. After you have dialogued with God, you are ready to move on to contemplation.



4. **Contemplatio (Contemplation)**

Now go back to your word, phrase, or verse. Simply repeat it over and over again. Then rest for a time of silence in God's loving embrace.

If distracting thoughts or feelings come into your mind return to your word or phrase. Rest with God. Be present to God just as you would be present to your best friend.

Invite God to give you new insights or to simply be present with you in this time of silence. Know that God is working within you, transforming you, even though you may not feel like anything is happening.

Make an act of faith that God is working in you in God's own time and way. "Thy will, not mine be done."

Conclusion

After completing the four steps with the word, phrase, or verse that you were drawn towards, you can stop and end your prayer. You can also continue reading on in the scripture until you find yourself drawn to another word, phrase, or verse. If so, then repeat the process, applying the steps of Lectio Divina.

“

If we approach with faith, we too will see Jesus... for the Eucharistic table takes the place of the crib. Here the Body of the Lord is present, wrapped not in swaddling clothes but in the rays of the Holy Spirit.

”

+ St. John Chrysostom

Daily Examen



What is the Daily Examen?

Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

How do I pray the Daily Examen?

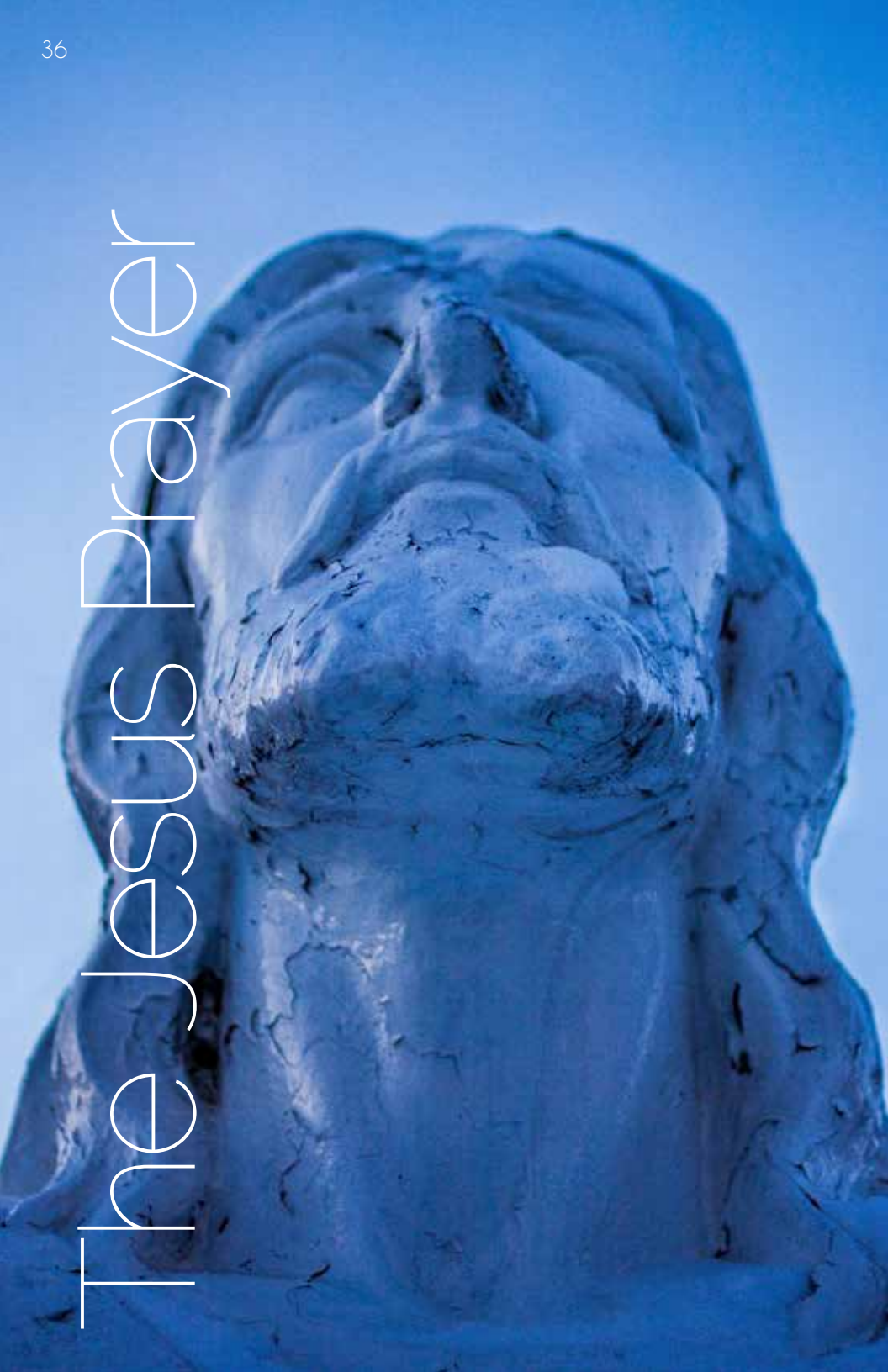
1. Be at peace. Remember that you are in the presence of God who loves you. Ask the Holy Spirit to help you make this exercise well.
2. Review your day. From going to sleep last night to preparing to do so tonight, recall where you were and the people you were with and what you were doing in the last 24 hours or so.
 - + Call to mind the good things you experienced and enjoyed.
 - + Ask yourself how God was present to you, speaking to you and in your heart, acting around you and on you as well as in you and through you.
 - + Ask yourself how you responded to God, people, and events:
 - + Were there ways that were especially good?
 - + Were there ways that were not so good?
 - + Did you fall into sins of any kind?
3. Spend some time thanking God for the positive things.
4. Ask God's forgiveness as necessary.
5. Ask God to give you new grace, hope, and courage in the day ahead.
6. Conclude with the Lord's Prayer or any other prayer you prefer or by simply speaking to God from your heart. Entrust yourself to God

“In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host... It is a source of comfort and light, particularly to those who are suffering.”

+ Pope Benedict XVI



The Jesus Prayer



The Jesus Prayer

The richness of the Jesus Prayer deepens our prayer life by simplifying it. No books, no beads, no bother. The Jesus Prayer is the anytime, anywhere prayer.

Long Form: "Lord Jesus Christ, Son of the Living God, have mercy on me a sinner."

Short Form: "Lord Jesus Christ, have mercy on me."

There are many variations. For example, we can simply repeat the name of Jesus, or say Lord Jesus Christ, have mercy on me. There is no right or wrong way to say it, provided the repetition is meaningful and comes from the heart in order to draw the mind to God.

Prepare Your Heart

Take some time to quiet yourself. Concentrate on your breathing for a while, becoming aware of the air as it comes into you and goes out. Begin your prayer by asking for the help of the Holy Spirit. It is only in the power of the Spirit that we can worthily pronounce the name of Jesus.

As you invoke the Name of Jesus, you should not deliberately shape in your mind any visual image of the Savior. Simply feel His presence.

The Jesus Prayer is a non-discursive, non-iconic prayer. Through the invocation of the Name, you feel His nearness with your spiritual sense. You know Him, not through a series of successive images or concepts, but with the unified sensibility of the heart.

Look on the Invocation, not so much as prayer emptied of thoughts, but as prayer filled with the Beloved. Let it be, in the richest sense of the word, a prayer of affection. It is with your loving affection that you do right to begin.



Begin to pray the Jesus Prayer using either the long or the short form.

Long Form: "Lord Jesus Christ, Son of the Living God, have mercy on me a sinner."

Short Form: "Lord Jesus Christ, have mercy on me."

When you breathe in, say the first part of the formula, "Lord, Jesus Christ, Son of the Living God." As you do so, imagine you are breathing into yourself the love, grace, and presence of the Lord Jesus. Imagine you are breathing into yourself all the loveliness of His being.

Then hold your breath for a brief moment in your lungs, and as you do this, imagine you are holding in yourself what you have breathed in, that your whole being is suffused with His presence and his grace.

As you breathe out, say the second part of the formula, "Have mercy on me a sinner." As you do this, imagine you are breathing out of yourself all your impurities, all the obstacles you are putting to his grace.

You can conclude your time of prayer by slowly praying the Our Father.

The Holy Hour



"The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world." +Venerable Fulton Sheen

Although you can spend any length of time before the Blessed Sacrament, it is customary to spend one hour in Adoration. We receive this tradition from Jesus' words to His Apostles in Matthew 26:40:

"So you could not keep watch with me for one hour?"

There are many ways of praying and many ways of making a holy hour for "the Spirit blows where it wills" (John 3:8). But sometimes we need a little guidance that helps us to focus.

Many people also spend time with Jesus in what we call a "holy hour," which can include the liturgical elements mentioned above. More often it is a time just for silent adoration.

A good way to spend an hour with our Lord in this manner is to divide your time into 15-minute segments each devoted to meditation in a spirit first of adoration, then contrition, thanksgiving, and, finally, supplication.

Your time spent with our Lord in a Holy Hour can be more important than you imagine.



“

Eucharistic adoration is the greatest of actions. To adore is to share the life of Mary on earth when she adored the Word Incarnate in her virginal womb, when she adored Him in the Crib, on Calvary, in the divine Eucharist.

”

+ Saint Peter Julian Eymard

Tips for Growing Your Prayer Life

When we pray, do we speak from the heights of our pride and will, or “out of the depths” of a humble and contrite heart?

He who humbles himself will be exalted; humility is the foundation of prayer.

Only when we humbly admit that “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer.

Here are twelve practical tips to help your prayer life thrive.

1. Consistency & Fidelity to Prayer

Anyone who has ever had a deep and meaningful friendship knows the value of seeing and talking with one another on a regular basis.

So too it is with God. We cannot develop a loving relationship with God unless we spend time with God, intentionally and consistently make time for God.

So make time to pray. One question you might ask yourself when you get up in the morning is: *When am I going to pray today?* Thomas Keating has written that the only way you can fail at prayer is by not showing up.

2. Quality Time

In order to be "people of prayer" we must give quality time to our prayer lives. *What time of day are you most alert and attentive to the Lord's promptings?*



“

Jesus wants you to do more than to go to Mass on Sunday. Our communal worship at Mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete.

”

+ Pope Saint John Paul II

3. Place & Space

It has been said that we can never learn to pray everywhere and all the time until we have first learned to pray somewhere, some of the time.

Where is the best place to pray, given the actual circumstances of your life? Is it your home or a particular room in your home? In church, outdoors, in your car while on your commute to work?

Having a consistent place to pray is important because being in a familiar space automatically disposes you to pray.

4. Posture

We can pray standing, sitting, kneeling, walking, or even lying down. It is very important to keep your spine straight.

You want a prayer posture that allows you to be relaxed and yet alert and attentive, able to listen.

5. Silence

Silence is critical to prayer. Silence is a skill that we can learn and cultivate. It takes a lot of practice and perseverance.

If our lives are filled with internal and external noise, it will be very hard to hear the movements of the Holy Spirit in your life.



6. Listening

Listening is a relational skill and a prayer skill. Learn how to listen to other people. Cultivate good listening skills. This will help you to be able to listen to God.

7. Surrender

We have to let go of our agendas. Practice "Thy will be done," rather than "My will be done." It is important to tell God what we want and desire, but we must be willing to leave the outcome of our prayers up to God.

8. Responding

We can respond with our lips and our feet. What changes are necessary in your life as a result of your encounter with God in prayer? How are you called to respond differently, especially with the people with whom you live and work?

9. Patience

Be gentle with yourself and with your prayer. It takes time to learn how to be a person of prayer. You will make mistakes. You will fall away from it, but keep coming back to it. Mother Theresa said, "We are not called to be successful, we are called to be faithful."



10. Relationship

As we grow in our capacity for intimacy with ourselves, we will grow in our capacity for intimacy with God. Learn to love the people you meet, those you like and those you don't like. All of this will help you prepare yourself to love God.

11. Preparation

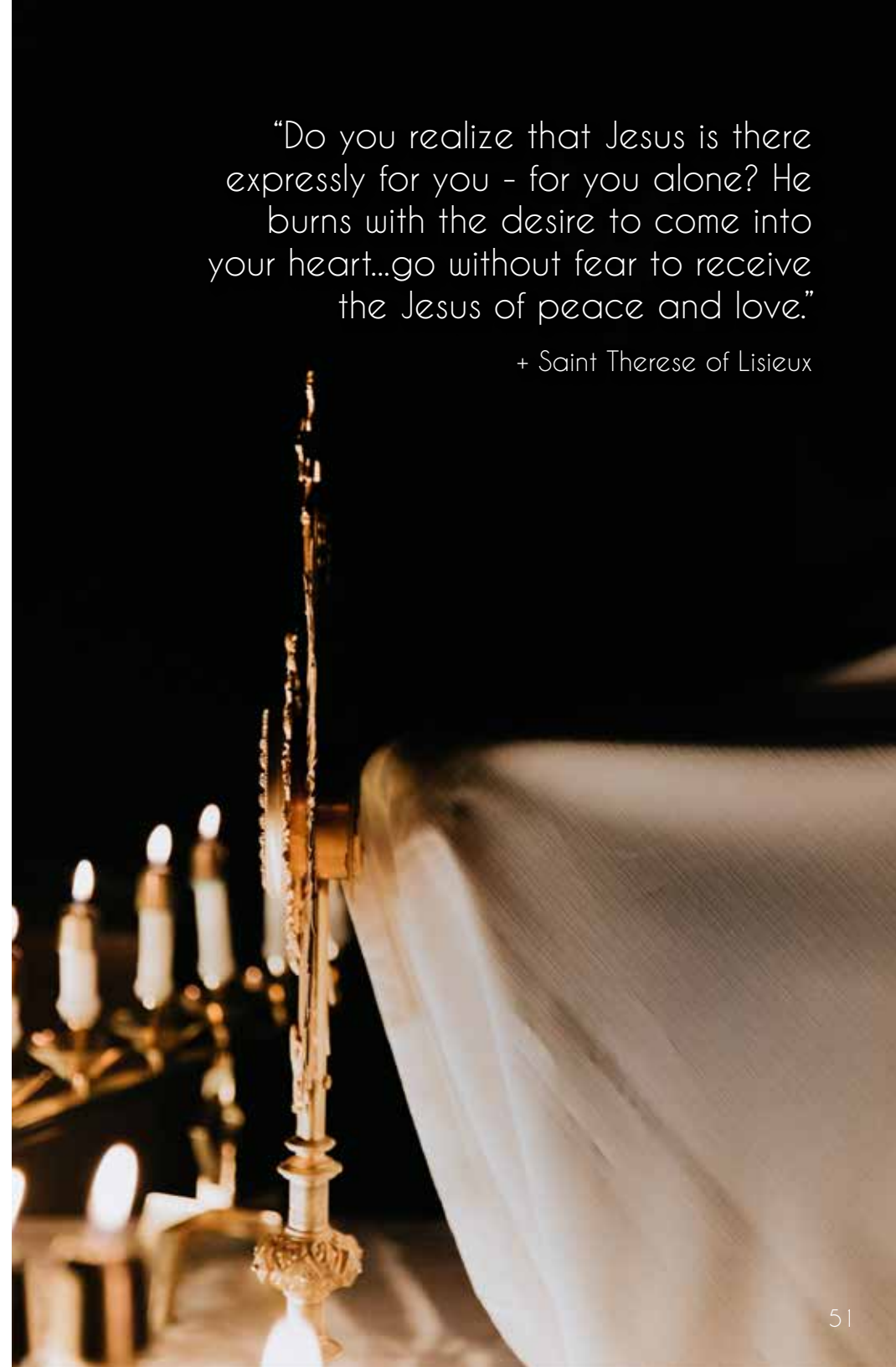
As you begin to pray, take a few moments to center yourself. Come to an inner quiet. Ask God to make His presence felt, and then call to mind why you are there, and what it is that you desire in your time of prayer.

12. Prayer Techniques

Discover what type of prayer works for you and what allows you to listen to God. Experiment with different ways of praying. Try ways of praying that perhaps you feel resistance towards. Often God can speak to us in surprising ways when we stretch ourselves beyond our comfort zone.

“Do you realize that Jesus is there expressly for you - for you alone? He burns with the desire to come into your heart...go without fear to receive the Jesus of peace and love.”

+ Saint Therese of Lisieux



Frequently Asked Questions



Q: Can I eat or drink in the Chapel?

A: Please refrain from bringing food and drink into the chapel, other than water if necessary.

Q: Can I bring my children to Adoration?

A: Yes! Jesus said, "Let the little children come to me, and do not hinder them, for the Kingdom of Heaven belongs to such as these." Matthew 19:14

Adoration is for young and old alike. Please foster an atmosphere of silence while in the adoration chapel, and use the same prudence you would at Mass for knowing when it might be best to step out for a moment.

Q: Can I bring books to Adoration?

A: Yes, there are many options for spiritual reading and reflection - Sacred Scripture, the Liturgy of the Hours, the Catechism, the Magnificat, and Catholic spiritual reading.

Be careful not to bring so many books or papers that could cause excessive distraction to others. Some Adorers like to bring a pen and paper to record any inspirations or resolutions that come to them during Adoration.

Q: Why do you light individual candles in the Chapel?

A: It isn't just the lighting of the candle that provides comfort. It is above all the prayer that accompanies it. After a person lights a candle, they can look at the religious statue or image nearby and offer a prayer from the heart, asking Jesus, Mary, or the saints for their heavenly assistance.

After the prayer is said, depending on the type of candle, it will remain lit for a few hours, several days, or even an entire week, symbolic that even if the person cannot pray for the petition at every minute, the saints in Heaven will carry on with their intention.

The flickering flame becomes a reminder to the petitioner and all who see it that in the darkest moment of a person's life, Christ's light shines, illuminating the darkness.

Q: What is the difference in spending time with Christ in the Tabernacle versus Christ exposed in the Monstrance?

A: Christ is truly present in the Eucharist, whether it be in the tabernacle or the monstrance. However, exposition allows for a more personal experience with Jesus Christ in the Eucharist because we can open ourselves to Christ in a visual and physical way. Being able to see Jesus exposed before us, instead of hidden in the tabernacle, can help us to better contemplate the Mystery of His Incarnation.

Q: What if I have to leave Adoration and no one else is there?

Please do not leave Jesus in the Blessed Sacrament unattended. If you must leave and no one is there, please close the doors on the tabernacle before you leave.

“

The Eucharist is the bread that gives strength... It is at once the most eloquent proof of His love and the most powerful means of fostering His love in us. He gives Himself every day so that our hearts as burning coals may set afire the hearts of the faithful.

”

+ Saint Damien of Molokai

Jesus' Invitation



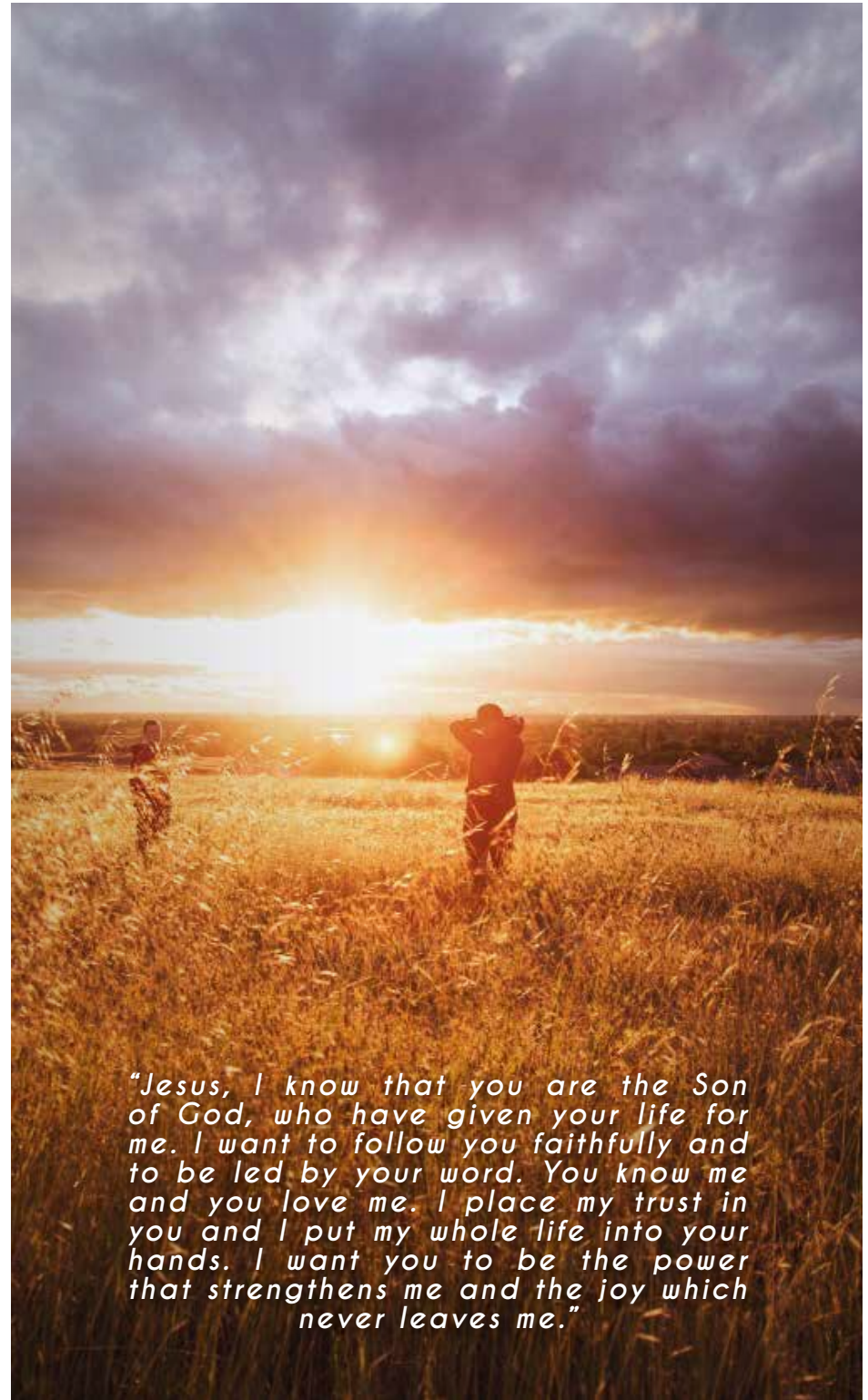
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"...Faith starts with God, who opens His heart to us
and invites us to share in his own divine life.

Faith does not simply provide information
about who Christ is; rather, it entails a personal
relationship with Christ, a surrender of our whole
person, with all our understanding, will and feelings,
to God's self-revelation.

So Jesus' question: "But who do you say that I am?",
is ultimately a challenge to the disciples to make a
personal decision in His regard."



Our Response



"Jesus, I know that you are the Son of God, who have given your life for me. I want to follow you faithfully and to be led by your word. You know me and you love me. I place my trust in you and I put my whole life into your hands. I want you to be the power that strengthens me and the joy which never leaves me."

Journal:

Journal:

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BOOKLET DESIGN BY LEE MCMAHON

"Come to me, all you who labor and are
burdened, and I will give you rest."

+ Matthew 11:28