

Eucharistic Adoration



Eucharistic Adoration has been practiced since the fourth century helping many Christians in their spiritual journey. While receiving Christ in the Eucharist is central to our faith, adoring Christ in the Eucharist is seen as naturally partnered with it. Pope Benedict XVI describes the relationship saying: "In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of Eucharistic celebration, which is itself the Church's supreme act of adoration. Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy." (Sacramentum Caritatis 66)

Eucharistic Adoration

Eucharistic Adoration is the spiritual practice of spending time in the presence of Jesus Christ in the form of the Eucharist. As Catholics, we believe Christ is truly present to us in body, blood, soul and divinity through the Eucharistic Host. At Adoration we are called to bring all our cares, concerns, prayers, hopes and thoughts to God as we seek respite from the busyness of daily life.

In this world where we are bombarded with words and images which do not leave much room for God who can come to us through mystery, symbol and silence, adoration is one way to make space for God and to pay attention to God's presence.

There are many ways we can spend this time with Christ. The most important thing is to give reverence to God and allow for periods of silence. Some people may choose to read from Scripture prayerfully. Others may sing a hymn of adoration. Others simply open themselves up to being loved by Jesus and to loving him in return. This is sometimes known as 'Christian contemplation' which is about gazing at God with the eyes of our hearts.

There is a story that exemplifies this act of contemplation. The story goes that a 19th century French priest, St John Vianney, Curé of Ars, France, had once encountered a peasant alone for hours in front of the Eucharist. The Curé asked the man "What do you say during all that time in front of the Eucharist?" The peasant answered "Nothing, I look at him and he looks at me."

What would it mean for you to be looked upon by Jesus with a loving gaze? Whatever you choose to do in this time, see it as making time for someone who matters to you, just as family and friends matter. Below are some prayers and psalms which you may wish to use.

Psalm 63

O God, you are my God, I seek you,
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
So I have looked upon you in the sanctuary,
beholding your power and glory.
Because your steadfast love is better than life,
my lips will praise you.
So I will bless you as long as I live;
I will lift up my hands and call on your name.
My soul is satisfied as with a rich feast,
and my mouth praises you with joyful lips
when I think of you on my bed,
and meditate on you in the watches of the night;
for you have been my help,
and in the shadow of your wings I sing for joy.
My soul clings to you;
your right hand upholds me.

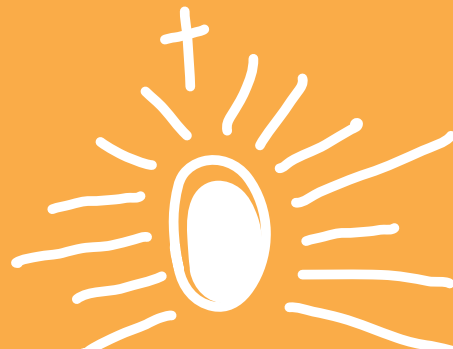
Psalm 139

O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways.
Even before a word is on my tongue,
O Lord, you know it completely.
You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.

If I say, 'Surely the darkness shall cover me,
and the light around me become night,'
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully
made. Wonderful are your works.



TRADITIONAL PRAYERS

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
within thy wounds hide me.
Suffer me not to be separated from thee.
From the malignant enemy defend me.
In the hour of my death call me
and bid me come unto thee,
that with all thy saints,
I may praise thee forever and ever.
Amen.

Tantum Ergo

Down in adoration falling, this great sacrament we hail;
over ancient forms departing newer rites of grace prevail;
faith for all defects supplying where the feeble senses fail.
To the everlasting Father, and the Son who reigns on high,
with the Spirit blest, proceeding forth from each eternally,
be salvation, honour, blessing, might and endless majesty.

OTHER PRAYERS

Saint Francis of Assisi's Prayer Before the Blessed Sacrament

We adore you, O Lord Jesus Christ, in this church and all the
churches of the world, and we bless you, because, by your holy
Cross you have redeemed the world. Amen.

Canticle of Mary

My Soul proclaims your greatness, O my God,
and my spirit has rejoiced in you, my Saviour,
For your regard has blessed me,
poor, and a serving woman.
From this day all generations
will call me blessed,
For you who are mighty, have made me great.
Most Holy be your Name.
Your mercy is on those who fear you
throughout all generations.
You have shown strength with your arm,
You have scattered the proud in their hearts' fantasy.
You have put down the mighty from their seat,
and have lifted up the powerless.
You have filled the hungry with good things,
and have sent the rich away empty.
You, remembering your mercy,
have helped your people Israel,
As you promised Abraham and Sarah.
Mercy to their children, forever.

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