



PRAYER GUIDE TO

*Adoration &  
Confession*

# What is Adoration?

## WHAT IS ADORATION?

Eucharistic Adoration is an extended period of prayer with Jesus Christ in the Blessed Sacrament.

This may be a newer experience for you, but we want to encourage you to simply be present with the Lord and be still, silent and reverent in order to allow God to speak to you during this time.

Exposition of the Blessed Sacrament is more than a private devotion; it is a liturgical action! The liturgy is never focused on ourselves. Liturgical prayer is always oriented toward God.\*

Adoration should help us desire to receive Jesus in the Eucharist at Mass. What a gift that we can sit and contemplate who our Lord is AND receive Him at Mass.

If this is your first time, welcome! If you've been to adoration before, welcome! This can be an amazing opportunity to grow closer in relationship with Christ, but you have to make that choice to be open to receive God's love, His consolation, His presence.

How can you choose to love Jesus Christ during this time of prayer?

What is God trying to speak into your heart this evening?

\*'Pocket Guide to Adoration' Fr. Josh Johnson

## INSPIRATION FROM THE SAINTS

"When you approach the Tabernacle, remember that He has been awaiting you for twenty centuries."

St. Josemaria Escriva

"Jesus is present in the Eucharist to be met, loved, received and consoled."

St. John Paul II

"If we will only learn silence, we will learn two things: to pray and to be humble. You cannot love unless you have humility, and you cannot be humble if you do not love. From the silence of the heart God speaks."

St. Teresa of Calcutta

*① come let us adore Him*

Pray for understanding  
Pray for those around you  
Pray for peace, hope, charity  
Pray for the ability to love others well

When you are distracted, ask yourself "How can I bring God into what I am distracted by?"

## MONSTRANCE

Latin "Monstrare"  
means "To Show"

A transparent pyx, in which the consecrated host is exposed to view and adore.



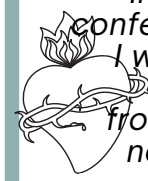
# How to go to Confession

## **EXAMINE YOUR CONSCIENCE**

Ask God to enlighten your heart about the sins that have hurt God, who loves you. Examine your sins, reflect honestly, be authentic.

## **BE BRAVE AND GET IN LINE.**

God sees your bravery and knows your desire to be healed by Reconciliation.

  
"In failing to confess, Lord, I would only hide you from myself, not myself from you."  
ST. AUGUSTINE

## **BEGIN YOUR CONFESSION!**

When you enter the confessional, Start with the Sign of the Cross and say the following (The priest will help you if you forget or get nervous!):

**SAY: FORGIVE ME FATHER, FOR I HAVE SINNED, IT HAS BEEN \_\_\_\_\_ LONG SINCE MY LAST CONFESSION AND THESE ARE MY SINS:**  
(HERE YOU WILL CONFESS YOUR SINS AND HOW MANY TIMES YOU'VE COMMITTED YOUR SINS TO THE PRIEST)

*Don't worry about telling the priest all the details of your sin, he just needs to know the type of sin and how many times.*

*Don't hold anything back! The priest has heard everything, really. Satan wants you to feel ashamed, but God wants you to be free!*

## **RECEIVE ADVICE AND COUNSEL**

The Priest may respond with counsel or advice! Feel free to ask questions and use this time to grow in understanding, but also be aware of those behind you in line waiting.

## **PRAY THE ACT OF CONTRITION:**

O my God, I am sorry for having offended You. In choosing to do wrong and failing to do good. I have offended You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. AMEN.

## **RECEIVE YOUR PENANCE**

The priest will give you a penance, or act of reparation, to do or say after you leave the confessional.

## **THE PRIEST WILL ABSOLVE YOU.**

This is the moment God forgives you from your sins! End with the Sign of the Cross and say AMEN !

**NOW REJOICE!** You have been forgiven again and healed! ALL THE SAINTS AND ANGELS ARE REJOICING WITH YOU AT THIS MOMENT !!!!! YOU ARE SET FREE

# THE RITE OF EUCHARISTIC EXPOSITION AND BENEDICTION

## BEFORE ADORATION



Prepare your heart, body and mind for this time of prayer by sitting somewhere that will help you focus on personal prayer with Christ and asking yourself questions like the following:

- What am I thankful for this evening?
- What do I want to bring to God in prayer today?
- How can I position myself to receive God's love today?
- Do I know that God loves me? Do I believe that He is good?

## BEGINNING ADORATION



***KNEEL WHEN THE CELEBRANT BRINGS THE EUCHARIST OUT  
TO BE EXPOSED ON THE ALTAR***

The celebrant will process the Eucharist up to the altar and Kneel. O Saving Victim is sung by the congregation.

### **O SAVING VICTIM (English)**

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

### **O SALUTARIS HOSTIA (Latin)**

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

Uni trinoque Domino  
Sit sempiterna gloria,  
Que vitam sine termino  
Nobis donet in patria.  
AMEN

## ADORATION

✝ *YOU MAY BE SEATED, KNEEL OR STAND FOR THIS PORTION OF ADORATION. MAKE THIS A TIME OF PRAYER AND REST.*

During this period there may be appropriate prayers, songs, readings from scripture, and sometimes a brief homily to help the congregation focus its attention to the worship of the Lord.

It is important to remember that the Eucharist is the REAL PRESENCE of Jesus Christ, prayer is a conversation with God. Use this time to talk to God, to think of God, to listen to what He might have to share with you.

*WHAT'S ON YOUR MIND? USE THIS SPACE TO JOURNAL YOUR THOUGHTS AND PRAYERS FROM THIS TIME OF PRAYER.*

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*"God loves me. I'm not here just to fill a place, just to be a number. He has chosen me for a purpose. I know it. He will fulfill it if I don't put an obstacle in his way. He will not force me. God could have forced Our Lady. Jesus could have come just like that. The Holy Spirit could have come. But God wanted Mary to say yes. It is the same with us.*

*God doesn't force us, but he wants us to say yes."*

*-ST. TERESA OF CALCUTTA-*

# BENEDICTION

After a period of meditation and reflection, the celebrant goes to the altar, genuflects, and kneels.



**ALL KNEEL AND JOIN IN SINGING THE TANTUM ERGO**

## DOWN IN ADORATION (English)

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

## TANTUM ERGO (Latin)

Tantum ergo Sacramentum  
veneremur cernui,  
et antiquum documentum  
novo cedat ritui;  
praestet fides supplementum  
sensuum defectui.

Genitori Genitoque  
laus et jubilatio,  
salus, honor, virtus quoque  
sit et benedictio;  
procedenti ab utroque  
compar sit laudatio.

AMEN



**REMAIN KNEELING WHEN THE CELEBRANT STANDS AND CHANTS:**

**CELEBRANT:** You have given them Bread from heaven.  
(During Easter time include "Alleluia")

**ALL: Having all sweetness within it**  
(During Easter time include "Alleluia")

**CELEBRANT:** Let us pray.

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

**ALL: Amen**

*The celebrant makes the Sign of the Cross over the people with the monstrance in silence. This is called Benediction !*

# REPOSITION AND DIVINE PRAISES



## ALL CONTINUE TO KNEEL DURING THE DIVINE PRAISES

*The celebrant will put the monstrance back on the altar, this is called Reposition and The Divine Praises may be said:*

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.



*The celebrant takes the Eucharist back to the Tabernacle to end our time of Adoration.*



## ALL STAND AND SING "HOLY GOD"

Holy God, we praise thy name;  
Lord of all, we bow before thee!  
All on earth thy sceptre claim,  
All in heav'n 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 heav'ns with sweet accord:  
"Holy, holy, holy Lord!"

Lo! the apostolic train  
Join, the sacred Name to hallow;  
Prophets swell the loud refrain,  
And the white-robed martyrs follow;  
And from morn to set of sun,  
Through the Church the song goes on.

Holy Father, Holy Son,  
Holy Spirit, Three we name thee;  
While in essence only One,  
Undivided God we claim thee;  
And adoring, bend the knee,  
While we own the mystery.

A N D T H E  
W O R D B E C A M E  
F L E S H A N D  
D W E L T A M O N G  
U S F U L L O F  
G R A C E A N D  
T R U T H

*John 1:14*



**ST. ANTHONY**  
YOUTH MINISTRY