

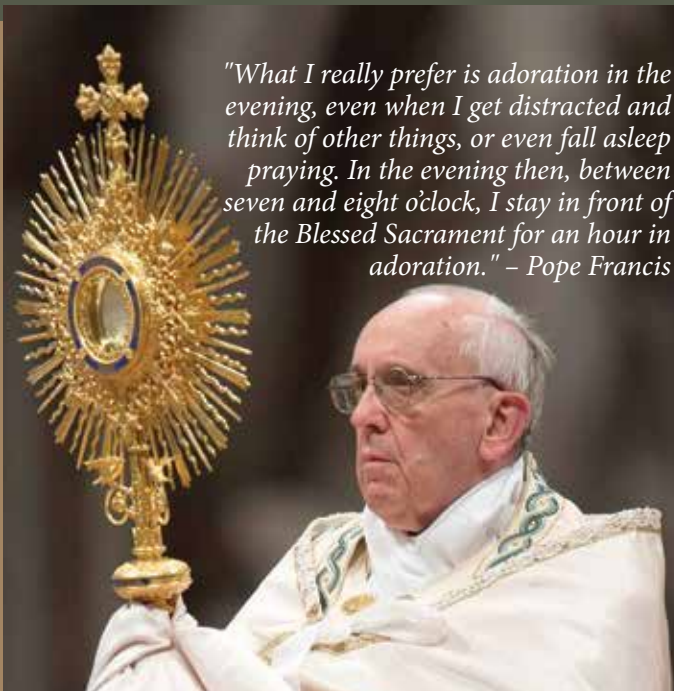
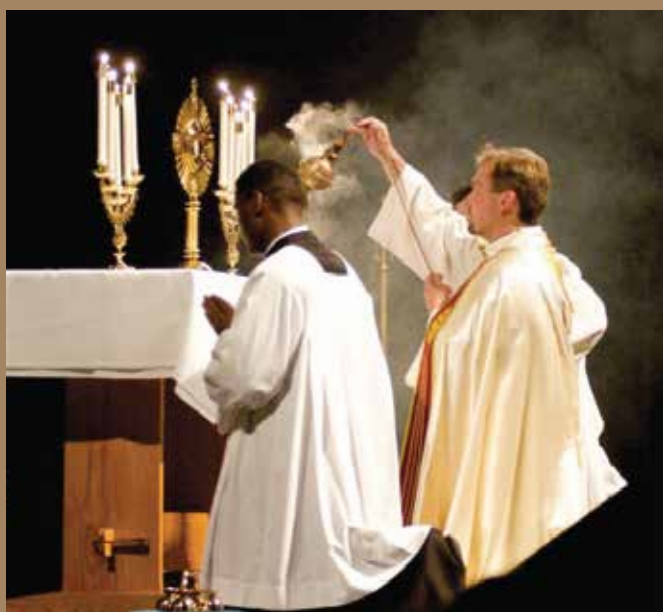
## Down in Adoration Falling

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.



*"What I really prefer is adoration in the evening, even when I get distracted and think of other things, or even fall asleep praying. In the evening then, between seven and eight o'clock, I stay in front of the Blessed Sacrament for an hour in adoration." – Pope Francis*

## Holy God We Praise Thy Name

Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in heaven 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 heavens with sweet accord:  
Holy, holy, holy, Lord.

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.

## Prayers to Know Your Vocation

- Pray the Glory Be to be reminded that we live for the glory of God, not for the glory of me.
- Pray the Our Father to learn God's plan for our life, so that we can do God's will here and now, as it is done by the angels and saints in heaven.
- Pray the Hail Mary for the courage to say "yes" to God's plan for our life.

## Prayer of Abandonment

by Blessed Charles de Foucauld

My Father, I abandon myself to you. Do with me as you will. Whatever you do with me, I thank you. I am prepared for anything. I accept everything, provided your will is fulfilled in me and in all creatures. I ask for nothing more my God. I give myself to you with all the love of my heart. And for me it is a necessity of love, this gift of myself, this placing myself in your hands, without reserve, in boundless confidence, because you are my Father. Amen.

## Soul of Christ by St. Ignatius of Loyola

Soul of Christ, be my sanctification.  
Body of Christ, be my salvation.  
Blood of Christ, fill all my veins.  
Water from Christ's side, wash out my stains.  
Passion of Christ, my comfort be.  
O good Jesus, listen to me.  
In Thy wounds, I happily would hide.  
Never to be parted from Thy side.  
Guard me, should the foe assail me.  
Call me when my life should fail me.  
Bid me come to Thee above.  
With Thy saints to sing Thy love.  
World without end. Amen.

# MAKING A VISIT TO THE BLESSED SACRAMENT EUCCHARISTIC ADORATION



ROMAN CATHOLIC  
ARCHDIOCESE  
of DUBUQUE  
Share Jesus Love

We can pray anywhere, but praying in a Catholic church is special for a number of reasons: it is a house of prayer; its architecture and art help focus our attention on God; its atmosphere of silence makes prayer easier; and it has a **tabernacle**.

The tabernacle is a locked box, usually found in the front of the church. The Eucharist is placed there after Mass so it can be taken to people who are hospitalized or home-bound, and to be the focus of prayer.

To be clear, the focus is on what the tabernacle contains: the Eucharist, also called the Blessed Sacrament, which we believe is the Body, Blood, Soul, and Divinity of Jesus, under the appearance of bread (a Host consecrated at Holy Mass).

The presence of Jesus in the Blessed Sacrament kept in the tabernacle is why we **genuflect** (bend the knee) when we come into a Catholic church, and why we go there to pray.

## MAKING A VISIT TO THE BLESSED SACRAMENT

We can stop in a Catholic church for a short visit to Jesus in the Blessed Sacrament: make a **genuflection**, kneel down, and pray for a special intention, or to say sorry for our sins, or to thank God, or just to say I love you to God.

Or we can spend a longer time in prayer, sitting or kneeling in adoration of the Eucharist that is kept in the tabernacle.



Tabernacle



Genuflection

## EUCCHARISTIC ADORATION

Sometimes the Eucharist is taken out of the tabernacle and placed in a vessel called a monstrance (from the Latin word “to show”), so that the **consecrated Host** can be seen. This prayer practice is called Eucharistic Adoration.

During Adoration we look at the Holy Eucharist placed in a monstrance. Just like looking at a photo of someone we



love, looking at the Eucharist reminds us of Jesus, helps to keep our love for Jesus alive until we can be with him at Holy Mass, and stirs up our desire to receive Jesus in the Eucharist at Communion time.



Monstrance



Consecrated Host

When we look at the Eucharist in the **monstrance** we don't actually see the face of Jesus, but we are reminded of a lot of things about Jesus:

- Jesus doesn't need us, but wants us
- If we won't come to Jesus, he comes to us
- Jesus became like us, except for sin, so that we can become like him
- Jesus gave us teaching and example to give direction to our lives
- Jesus died and rose from the grave to make it possible for us to go to heaven
- Jesus gave us the Eucharist as spiritual food to unite us to him
- Holy Communion strengthens us to live the life of Christ here and now
- Holy Communion is a pledge of our union with Jesus in heaven for eternity

Making a visit to the Blessed Sacrament in a Catholic church and Eucharistic Adoration both make us want to receive Holy

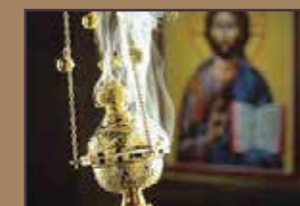
Communion. Unlike other food we eat, which we change into us, the Eucharist changes us into it, into Jesus. If we want, little by little, the mind and heart of Jesus, his humility and charity, his forgiveness and service, become a more evident part of our lives.

## How to do Eucharistic Adoration and Benediction

- A monstrance is set in a place where people can easily see and pray in front of it.
- Two or three candles are lit on either side of the monstrance.
- Hot charcoals are placed in a **censer** in preparation for burning incense in front of the Holy Eucharist when it is in the monstrance (incense is made from plant resin or spices which put off a perfumed smoke when burned).
- A minister of the Eucharist takes the Blessed Sacrament out of the tabernacle and places it in the monstrance.
- A hymn is sung, normally “O Salutaris Hostia,” which in English is called “O Saving Victim” (see below).
- The minister and servers genuflect before the Eucharist, kneel, place incense in the censer, and then swing the censer, making the sweet-smelling smoke rise in honor of the Divine Presence and as a symbol of our prayers and praise rising to God.
- The minister and servers then stand, genuflect, and move to the side in order to allow for a period of prayer.

*There is no required length of time for prayer, but it should perhaps be a long enough time to pray the Rosary, or the Divine Mercy Chaplet, or one of the prayers from the Liturgy of the Hours, or to read and reflect on the Sunday Bible readings, or to pray to know our vocation, or other prayers (see below). There should also be some silent time.*

- At the end of the prayer time, the minister and servers go back in front of the Eucharist, genuflect, kneel, place incense in the censer, and once again swing the censer in honor of the Divine Presence.
- A hymn is sung, normally “Tantum Ergo,” which in English is called “Down in Adoration Falling” (see below).
- After the hymn, the minister says: “You have given them bread from heaven.”
- The people reply: “Having all sweetness within it”
- A prayer is then said by the minister.
- If the minister of the Eucharist is a bishop, priest, or deacon, he blesses the people with the Eucharist in the monstrance. This is called Benediction, which comes from the Latin word for blessing.
- When the bishop, priest, or deacon holds the monstrance to make the Sign of the Cross, he covers his hands with a cloth called a **humeral veil**. This is to signify that the blessing comes from Jesus in the Eucharist, and not from the minister.
- If the minister of the Eucharist is not a bishop, priest, or deacon, he or she puts the Eucharist back in the tabernacle without giving a blessing.
- As the Eucharist is taken back to the tabernacle, a prayer called “The Divine Praises” is said (see below).
- Finally, a hymn is sung to conclude Eucharistic Adoration, normally “Holy God We Praise Thy Name” (see below).



Censer



Humeral Veil

## O Saving Victim

O saving Victim, open wide  
The gate of Heaven to us below;  
Our foes press on from every side;  
Thine aid supply; Thy strength bestow.

All praise and thanks to Thee ascend,  
For ever more, blessed One in Three.

O grant us life that shall not end,  
In our true native land with Thee. Amen.