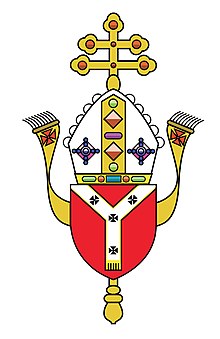
This booklet provides some support materials and exemplification to begin Eucharistic Adoration/Benediction in schools and parishes. It accompanies ‘My Blessed Sacrament Booklet’, Guidance Notes and supporting PowerPoint.

Praying before the Eucharist: an introduction



**Divine Praises**

Blessed be God

Blessed be his Holy Name

Blessed be Jesus, 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 Jesus in the Poorest of the Poor)

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.

NOTES:

Depending on the age/ability/experience of the audience, some or all of the **Divine Praises** can be repeated after the priest/deacon.

The **response** to the readings may be shortened with just one simple question, where appropriate.

**Songs and traditional prayers** can be changed to suit the age/ability/experience of the audience.

**Blessed be God**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)

**Gather:** Kneel and make the sign of the cross

**Sing:** *Father, we adore you,   
lay our lives before you,   
how we love you.*

***Adoration***

***We listen to God speaking to us in a reading from the Psalms  
Listen:*** *Psalm 96*Sing to the Lord a new song;  
Sing to the Lord, all the earth.  
Sing to the Lord and bless his name;   
every day tell how he saves us.  
Tell the nations of his glory;  
tell all peoples the miracles he does,  
because the Lord is great;   
he should be praised.

***Having listened to God speaking to us, think how we might respond.***

***Respond:***What is this psalm telling us to do?  
What would you like to thank and praise God for?  
How can you praise him through your thoughts, words and actions?

**Silent reflection:***(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)*

**Litany:**

RESPONSE: **Blest are you Lord God of all creation**

(1) For our mums, dads, grandparents and other family members

(2) For our friends and all those who care for us   
(3) For our teachers, priests and leaders who guide us  
(4) For all the animals and pets

(5) For the plants, trees and flowers  
(6) For our food and drink that keeps us alive and healthy

(7) For our homes and beds where we are cosy and safe

(8) For our church community that leads us in faith

**Traditional prayer:**

Glory be to the Father and to the Son and to the Holy Spirit.   
As it was in the beginning is now and ever shall be,

world without end. Amen

**Benediction**

**Divine Praises***(Choose some or all to repeat after the priest)*

**Reposition***(Jesus is placed back in the Tabernacle)*

**Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***Now our Adoration is ended***

***“Go forth… energised by the life and love of Jesus, praise and glorify God through your lives.”***

**Blessed be Jesus**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)  
 **Gather:** Kneel and make the sign of the cross

**Sing:** *Jesus, we adore you,   
lay our lives before you,   
how we love you.*

***Adoration  
We listen to God speaking to us in a reading from Luke***

***Listen:*** *Luke 4:18-19*  
“The Lord’s Spirit has come to me,  
because he has chosen me to tell the good news to the poor.  
The Lord has sent me to announce freedom for prisoners,  
to give sight to the blind, to free everyone who suffers,  
and to say, ‘This is the year the Lord has chosen.’”

***Having listened to God speaking to us, think how we might respond.***

***Respond:***What did the Lord choose Jesus to do?  
How can you be like Jesus and be his light in the world?  
What has God chosen you to do for others?

**Silent reflection:**(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)

**Litany:**

RESPONSE: **Praise to you, Lord Jesus**

(1) For bringing good news to the poor  
(2) For giving sight to the blind  
(3) For healing the sick and the lame  
(4) For freeing those who suffer  
(5) For being our light and our guide  
(6) For leading us to the Father  
(7) For dying on the cross to free us from sin  
(8) For showing us how to love others

**Traditional prayer:**

Our Father…

**Benediction**

**Divine Praises**(Choose some or all to repeat after the priest)

**Reposition**(Jesus is placed back in the Tabernacle)

**Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***“Go forth… energised by the life and love of Jesus, spread the good news of God’s love through your actions.”***

**Blessed be the Holy Spirit**

***Welcome to our Adoration***

**Exposition***(Jesus is taken out of the Tabernacle and placed in the Monstrance)*  
 **Gather:** Kneel and make the sign of the cross

**Sing:** *Spirit, we adore you,   
lay our lives before you,   
how we love you.*

***Adoration  
We listen to God speaking to us in a reading from Galatians  
  
Listen:*** *Galatians 5*  
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

***Having listened to God speaking to us, think how we might respond.***

***Respond:***What is this scripture passage telling us?  
Which fruits of the Holy Spirit can be seen through your actions?  
How can the Holy Spirit help you to be more like Jesus?

**Silent reflection:**

(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)

**Litany:**

RESPONSE: **Come Holy Spirit, fill our hearts and minds**

(1) That we can show your love to others  
(2) That we can be filled with your joy  
(3) That we can share your peace with those who hurt us  
(4) That we can be patient with those around us  
(5) That we can be kind to those in need  
(6) That we can make good choices  
(7) That we can be faithful to the Lord always  
(8) That we can be gentle to the earth and all living creatures  
(9) That we can show self-control

**Traditional prayer:**

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen

**Benediction**

**Divine Praises***(Choose some or all to repeat after the priest)*

**Reposition**(Jesus is placed back in the Tabernacle)

**Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***“Go forth…. energised by the life and love of Jesus, bring the love, joy and peace of Christ to all you meet.”***

**Blessed be Mary and Joseph**

***Welcome to our Adoration***

**Exposition***(Jesus is taken out of the Tabernacle and placed in the Monstrance)*

**Gather:** Kneel and make the sign of the cross

**Sing:** As I kneel before you, as I bow my head in prayer  
Take this day, make it yours and fill me with your love*Ave Maria gracia plena  
Dominus tecum benedicta tu*

***Adoration***

***We listen to God speaking to us in a reading from Luke***

***Listen:*** *Luke 2*The child’s father and mother marvelled at what was said about him. Then Simeon blessed them and said to Mary, his mother: “This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too.”When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. And the child grew and became strong; he was filled with wisdom, and the grace of God was on him.

***Having listened to God speaking to us, think how we might respond.***

***Respond:***What does this passage teach us about Mary and Joseph?

**Silent reflection:***(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)*

**Litany:**

RESPONSE: Mary and Joseph, pray for us

(1) That we will respond to God’s call like Mary and Joseph  
(2) That we will think of others before ourselves  
(3) That we will trust in God always, even when it is difficult  
(4) That we will grow in faith and holiness  
(5) That we will ponder God’s word in our hearts  
(6) That we will be a good example to those around us  
(7) That we will speak and listen to God often in prayer  
(8) That we will help others to grow in strength and wisdom

**Traditional prayer:**

Hail Mary…

**Benediction**

**Divine Praises***(Choose some or all to repeat after the priest)*

**Reposition***(Jesus is placed back in the Tabernacle)*

**Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***“Go forth… energised by the life and love of Jesus, respond to God’s call with a faithful heart.”***

**Blessed be the Angels and the Saints**

***Welcome to our Adoration***

**Exposition***(Jesus is taken out of the Tabernacle and placed in the Monstrance)* **Gather:** Kneel and make the sign of the cross

**Sing:** *Jesus, we adore you,   
lay our lives before you,   
how we love you.*

***Adoration  
We listen to God speaking to us in a reading from Colossians***

***Listen:*** *Colossians 3*You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you. And over all of those good things put on love. Love holds them all together perfectly as if they were one.

Let the peace that Christ gives rule in your hearts. As parts of one body, you were appointed to live in peace. And be thankful. Let Christ's word live in you like a rich treasure. Teach and correct each other wisely. Sing psalms, hymns and spiritual songs. Sing with thanks in your hearts to God. Do everything you say or do in the name of the Lord Jesus. Always give thanks to God the Father through Christ.

***Having listened to God speaking to us, think how we might respond.***

***Respond:***What can we learn from this reading?  
How should you as God’s ‘chosen people’ behave?

**Silent reflection:**(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)

**Litany:**

RESPONSE: **Make us your holy people, O Lord**

(1) That we will show mercy to those who hurt us  
(2) That we may be kind to those in most need  
(3) That we may be gentle and patient with ourselves and each other  
(4) That we will ask for forgiveness when we do not show love  
(5) That we will live in peace and harmony with others  
(6) That we will thank God for our blessings each day   
(7) That we will teach and correct each other wisely  
(8) That we will do everything in the name of the Lord Jesus Christ

**Traditional prayer:**

O Angel of God, my Guardian dear, to who God’s love commits me here, ever this day be at my side, to light, to guard, to rule to guide. Amen

**Benediction**

**Divine Praises***(Choose some or all to repeat after the priest)*

**Reposition***(Jesus is placed back in the Tabernacle)* **Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***“Go forth… energised by the life and love of Jesus, let Christ's word live in you like a rich treasure.”***

**Support Materials**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)

**Gather:** Kneel and make the sign of the cross

**Sing:** *(Add song here)*

***Adoration  
We listen to God speaking to us in a reading from the psalms***

***Listen:*** *(Insert scripture reading)*

***Having listened to God speaking to us, think how we might respond.***

***Respond:****(Insert question on scripture)*

**Silent reflection:**(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)

**Litany:**

RESPONSE:

*(Add simple prayers here eg 8)*

**Traditional prayer:**

*(add prayer here)*

**Benediction**

**Divine Praises***(Choose some or all to repeat after the priest)*

**Reposition***(Jesus is placed back in the Tabernacle)*

**Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***“Go forth… energised by the life and love of Jesus, …. (add mission linked to scripture)****”*