

# My Adoration Book

~ Archbishop Fulton J. Sheen "into His likeness."

~ "During a Holy Hour we grow more and more

## What do you do during Adoration?

- Talk to Jesus in your heart about how you love Him, what you are sorry for, ways you want to thank Him, and for things you and other people need
- Sit quietly and look at Jesus, listening to Him
- Pray a Rosary or the Chaplet of Divine Mercy
- Read a story from the Bible or the life of a Saint
- Write or draw a prayer to Jesus
- Say prayers that you have memorized, like the Our Father, Hail Mary, Glory Be, etc.
- Sing a song to Jesus
- Listen to a Bible story being read out loud
- Listen to a priest teach or lead the group in prayer

## Bible Verses about Adoration

- Jesus asks the disciples to pray an hour with Him— Matthew 26:40
- The Eucharist is Jesus' Body— John 6:35, 53, 57, Matthew 26:26-28, 1 Corinthians 11:27
- About prayer— Psalm 4:1, Psalm 145:18, Proverbs 15:29, Matthew 7:11, Luke 11, Romans 8:26, Philippians 4:6

## Sit, Kneel, Stand?

- We always kneel during Exposition and Benediction. Kneeling a way to show honor and devotion to Jesus as King of the Universe.
- We stand while we sing *Holy God We Praise Thy Name* at the end of a Holy Hour.
- If you leave the spot you are sitting during Adoration, you should genuflect on two knees and bow your head instead of genuflecting on your right knee like normal.
- During the Holy Hour, kneeling is always appropriate, but it is also ok to sit while you are praying.

**“The greatest love story  
of all time is contained in  
a tiny white host.”**

**~ Archbishop Fulton J. Sheen**

## What is Eucharistic Adoration?

Eucharistic Adoration is when we spend time in prayer with Jesus in the form of the Blessed Sacrament. You can pray in any Catholic Church or Chapel for a short amount of time or a long amount of time. Jesus could be in a Tabernacle or a Monstrance while we are praying.

## What is the Blessed Sacrament?

Once a host has been Consecrated at Mass, we call it the Blessed Sacrament, or the Eucharist, or a Sacred Host, because it is no longer bread but is Jesus' Body.

## What is a Holy Hour?

A Holy Hour is when we spend a set amount of time (like an hour) in Eucharistic Adoration where a priest has Exposed the Blessed Sacrament and we pray together with other people. A Holy Hour will often begin with Exposition and ends with Benediction.

## What is Exposition?

Exposition is when a priest starts a Holy Hour by taking the Host out of the Tabernacle and placing it in the Monstrance. We call this exposing the Eucharist. We usually sing the song *O Saving Victim* during Exposition.

## What is Benediction?

Benediction is when we close a Holy Hour with special prayers. The word Benediction means blessing, and we are blessed with the Eucharist by the priest. We usually sing the song *Down in Adoration Falling* during Benediction.

## What is a Monstrance?

A Monstrance is a special stand that looks like a golden sunburst which holds the Eucharist up high so everyone can see it.

## O Saving Victim

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

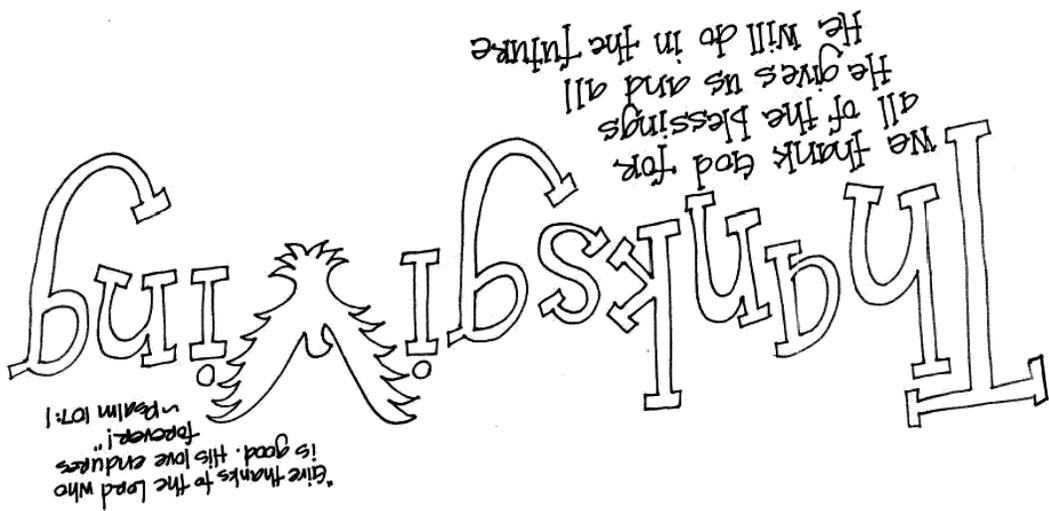
To your great name be endless praise;  
Immortal Godhead, One in Three;  
Grant us, for endless length of days,  
In our true native land to be.

## What happens during Adoration?

- Exposition
  - Eucharist is exposed in the Monstrance
  - Sing *O Saving Victim*
- Time for prayer
- Benediction
  - Sing *Down in Adoration Falling*
  - Blessed by the Eucharist
  - Sing the *Divine Praises*
  - Eucharist is Reposed
  - Sing *Holy God We Praise Thy Name*



On this page, you can write or draw what you would like to ask God for.



Give thanks to the Lord who is good. His love endures forever!  
 Psalm 107:1

We thank God for  
 all of the blessings  
 He gives us and all  
 He will do in the future

On this page, you can write or draw what you would like to thank God for.



**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.

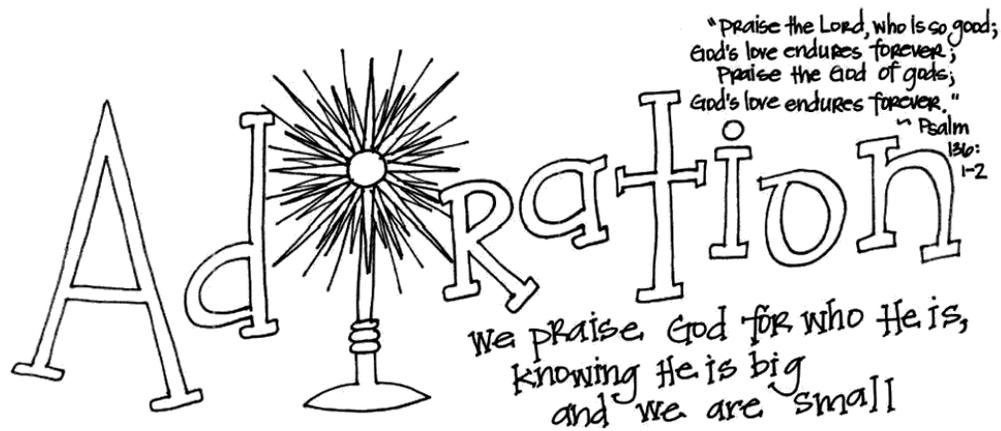
Holy Father, Holy Son,  
 Holy Spirit, Three we name thee;  
 While in essence only One,  
 Undivided God we claim thee;  
 And adoring bend the knee,  
 While we own the mystery.

**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 Jesus in the most Holy  
 Sacrament of the Altar.  
 Blessed be the Holy Ghost, the  
 Comforter.  
 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 Saint Joseph, her most  
 chaste spouse.  
 Blessed be God in his angels and in his  
 saints.

**Down in Adoration Falling**

Down in adoration falling,  
 Lo! the sacred Host we hail,  
 Lo! o'er 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 Holy Spirit proceeding  
 Forth from each eternally,  
 Be salvation, honor blessing,  
 Might and endless majesty. Amen.



 On this page, you can write or draw how you adore and praise God.



 On this page, you can write or draw how you are sorry and ask for forgiveness from God.