



Congratulations. You have decided to bolster your prayer life. There is an initial enthusiasm and eagerness. Unfortunately, it usually does not last. Spending an hour or more can be quite daunting.

We know it is a good idea, beneficial and fruitful but we doubt that we have the right stuff to do it. Hey, I am just a regular person, how can I pray for a whole hour?

One of the things I did when I came home on break from the seminary was to visit my grandmother. My mom encouraged me to visit. I had no doubt that it was the right thing to do, but I was not so eager to do it. I rather have been playing ball. For the most part Grandma was confined to a chair. She did not have a TV. Without my mom there, I quickly ran out of things to say. I would look at the clock to see if I were there long enough. I loved my Grandmother, but it was challenging to visit and occupy the time. I fretted about my meager time home and thought of other things I could be doing. Now looking back, I am so glad that I had that time with my grandmother. I may not have fully appreciated it at the time and went more out of duty, but I am so glad I had that time with her. I still

remember her words of advice to me. I am the better for it.

So, it may feel with the adoration chapel. You know it is the right thing, but we run out of things to say and do during the hour. We check our watches to see if we put in enough time. Hopefully as with my visit with my grandmother, you will learn to appreciate and value the experience.

To help you spend time with Jesus, I put together some practices. They may be of some help. How you use it is up to you. Do not be surprised if you experience dry and restless moments. Just the desire to be with the Lord honors Him. He will bless you for it. No prayer is ever wasted.

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us”. St. Alphonsus Liguori

## **Adoration Chapel prayers**

### **1. Read the Bible and/or Spiritual Reading.**

Reading scripture is always a good thing but is especially helpful and meditative during adoration. There are many prayer books and apps that contain daily scripture readings.

You may try reading the Psalms or the Gospels reflecting on a verse that speaks to you. As you read scripture, ask yourself:  
How is this scripture speaking to my heart?  
What changes is God asking me to take?  
How will I go about making those changes?  
Make this part of your prayer. You may want to bring a notebook to journal your conversations.

You may choose to read a spiritual book (many good selections in our library). I just caution you that you be sure to read and pause. Your goal is not to get done as quickly as possible. Read a little and reflect

on what you have read. Talk to Jesus about what struck you.

2. **Pray the Rosary.**

The rosary is a beautiful prayer, one that many saints have prayed. St. Louis de Montfort said “When the Holy Rosary is said well, it gives Jesus and Mary more glory and is more meritorious than any other prayer.” What better way to give Jesus and Mary glory than to pray the rosary in front of the Blessed Sacrament?

**Joyful Mystery** (Monday & Saturdays)

Annunciation

Visitation

Birth of our Lord

Presentation

Finding of the Christ Child in the Temple

**Sorrowful** (Tuesday & Friday)

The Agony of Christ in the Garden.

The Scourging at the Pillar.

The Crowning with Thorns.

The Carrying of the Cross.

The Crucifixion and Death of Our Lord on  
the Cross

**Glorious** (Sunday & Wednesday)

Resurrection

Ascension

Descent of the Holy Spirit upon our Lady  
and the Apostles

The Assumption of Mary into heaven

The Coronation Mary is crowned queen of  
heaven and earth.

**Illuminous** (Thursday)

The Baptism of our Lord

The Wedding of Cana

Proclamation of the Kingdom

The Transfiguration

The Institution of the Holy Eucharist

You are always free to pray whatever mystery wish.

### **3. Pray the Chaplet of Divine Mercy**

Say it on the Rosary beads.

Sign of the Cross

1 Our Father

1 Hail Mary

1 Apostles' Creed

On large beads:

"Eternal Father we offer you the body and blood, soul and divinity, of your dearly beloved son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world."

On the small beads:

V: "For the sake of His sorrowful passion"

R: "Have mercy on us and on the whole world"

At the end of the five mysteries conclude with:

"Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

(repeat three times):

#### **4. Jesus Prayer**

The Jesus Prayer, also known as The Prayer, is a short formulaic prayer esteemed and advocated especially within the Eastern churches: "Lord Jesus Christ, Son of the living God, have mercy on me, a sinner." (there are many variations to this prayer, but this is the more common). The prayer has been widely taught and discussed throughout the history of the Orthodox Church. Use your prayer beads as you pray this prayer. Say it slowly and reflectively.

#### **5. Recite Prayers/pray for others.**

Eternal Savior, Your Son came on this earth so that He could be the bread of life! Thank You, Lord, because those who come to You shall not hunger, and those who believe in You will never thirst. Thank You for satisfying our hunger and quenching our thirst! Because of You, we are made whole, because of Your sacrifice we are free!



Precious Lamb, we do not take what You did for us for granted, Amen. John 6:35

Mighty Warrior, I thank You for this special period. We gather with hearts of adoration. We continually devote ourselves to the apostles' teaching and to fellowship, and to the breaking of bread and to prayer. Lord, we devote ourselves to the partaking of Your body and of Your blood as the Scriptures encourage us to. We partake in this so that we appreciate the fact that we have life in You, only by Your selfless sacrifice, Amen. Acts 2:42

We thank you, our Father, for that life which you have made known to us by Jesus your Son, by whom you made all things, and take care of the whole world. You sent him to become man for our salvation. You allowed him to suffer and to die. You raised him up, glorified him, and have set him at your right

hand, and in Him you have promised us the resurrection of the dead.

- a. Lord Almighty, eternal God, gather together your Church from the ends of the earth into your kingdom, as grain was once scattered, and now has become one loaf. Our Father, we also thank you for the precious blood of Jesus Christ, which was shed for us, and for his precious body, as Himself appointed us, “to proclaim his death. “For through him glory is to be given to you forever. Amen.
- b. “O my God, come to me, so that You may dwell in me and I dwell in You.” ~ St. John Vianney
- c. “Dearest Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not to count the cost; to fight, and not to heed the wounds; to labor, and not to seek to rest; to give of myself and not to ask

for reward, except the reward of knowing that I am doing your will.”

~ St. Ignatius of Loyola

d. Jesus, I thank You for giving me Your Body, Blood, Soul, and Divinity. In this Blessed Sacrament, I place my entire family into Your Sacred Heart, from my ancestors back to Adam and Eve to my progeny through the end of time and everyone in between. Heal and nourish us with the True Food from Heaven.

e. “Sweetest Jesus, Body and Blood most Holy, be the delight and pleasure of my soul, my strength and salvation in all temptations, my joy and peace in every trial, my light and guide in every word and deed, and my final protection in death. Amen.”

~ St. Thomas Aquinas

## **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

Permit me not to be separated from thee.

From the wicked foe defend me

At the hour of my death call me

And bid me come to thee.

That with thy saints I may praise thee.

For ever and ever. Amen.

## **6. Prayers of Intercession**

So many people ask us for our prayers. We immediately say yes. Our response to someone's difficulties is an automatic "I will pray for you." Yet how often do we keep our commitment? Your time in the adoration chapel allows you to pray for those who

need your prayers. Make a list of names and their needs. Quietly speak the name of that person to the Lord. Ask Him to watch over them and if He wills bring healing and wholeness to that person.

### **Be Okay with Silence**

Be still and know that I am God (Psalm 40:10)  
Just relax and be quiet before the Lord. Listen to what is going on inside of you. You do not always have to be busy or getting something done. Wasting time with Jesus is time well spent. The desire to be with Jesus is prayer in itself. Whatever is inside of you bring that to the Lord in prayer. Jesus told his apostles, “Come away by yourselves to a deserted place and rest a while.” (Mark 6:31) May you do just that before the Lord.

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need  
Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life and without  
You I am without fervor.

Stay with me, Lord, for You are my light and  
without You I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and  
follow You.

Stay with me, Lord, for I desire to love You very  
much and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to  
You.

Stay with me, Lord, as poor as my soul is I want it  
to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late and the day  
is coming to a close and life passes, death, judgment  
and eternity approaches. It is necessary to renew my  
strength, so that I will not stop along the way and  
for that, I need You. It is getting late and death

approaches, I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers, I need You.

Let me recognize You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by Communion, at least by grace and love.

Stay with me, Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen. - *St. Padre Pio*

Litany to the Blessed Sacrament (short form)

Jesus, Eternal High Priest of the Eucharistic  
Sacrifice,

**R. have mercy on us.**

Jesus, Divine Victim on the Altar for our salvation,  
**R.**

Jesus, hidden under the appearance of bread, **R.**

Jesus, dwelling in the tabernacles of the world, **R.**

Jesus, really, truly and substantially present in the  
Blessed Sacrament, **R.**

Jesus, abiding in Your fullness, Body, Blood, Soul  
and Divinity, **R.**

Jesus, Bread of Life, **R.**

Jesus, Bread of Angels, **R.**

Jesus, with us always until the end of the world, **R.**

Sacred Host, summit and source of all worship and  
Christian life, **R.**

Sacred Host, sign and cause of the unity of the  
Church, **R.**

Sacred Host, adored by countless angels, **R.**

Sacred Host, spiritual food, **R.**

Sacred Host, Sacrament of love, **R.**

Sacred Host, bond of charity, **R.**

Sacred Host, greatest aid to holiness, **R.**

Sacred Host, gift and glory of the priesthood, **R.**

Sacred Host, in which we partake of Christ, **R.**

Sacred Host, in which the soul is filled with grace,  
**R.**

Sacred Host, in which we are given a pledge of  
future glory, **R.**

Blessed be Jesus in the Most Holy Sacrament of the  
Altar. (3x)