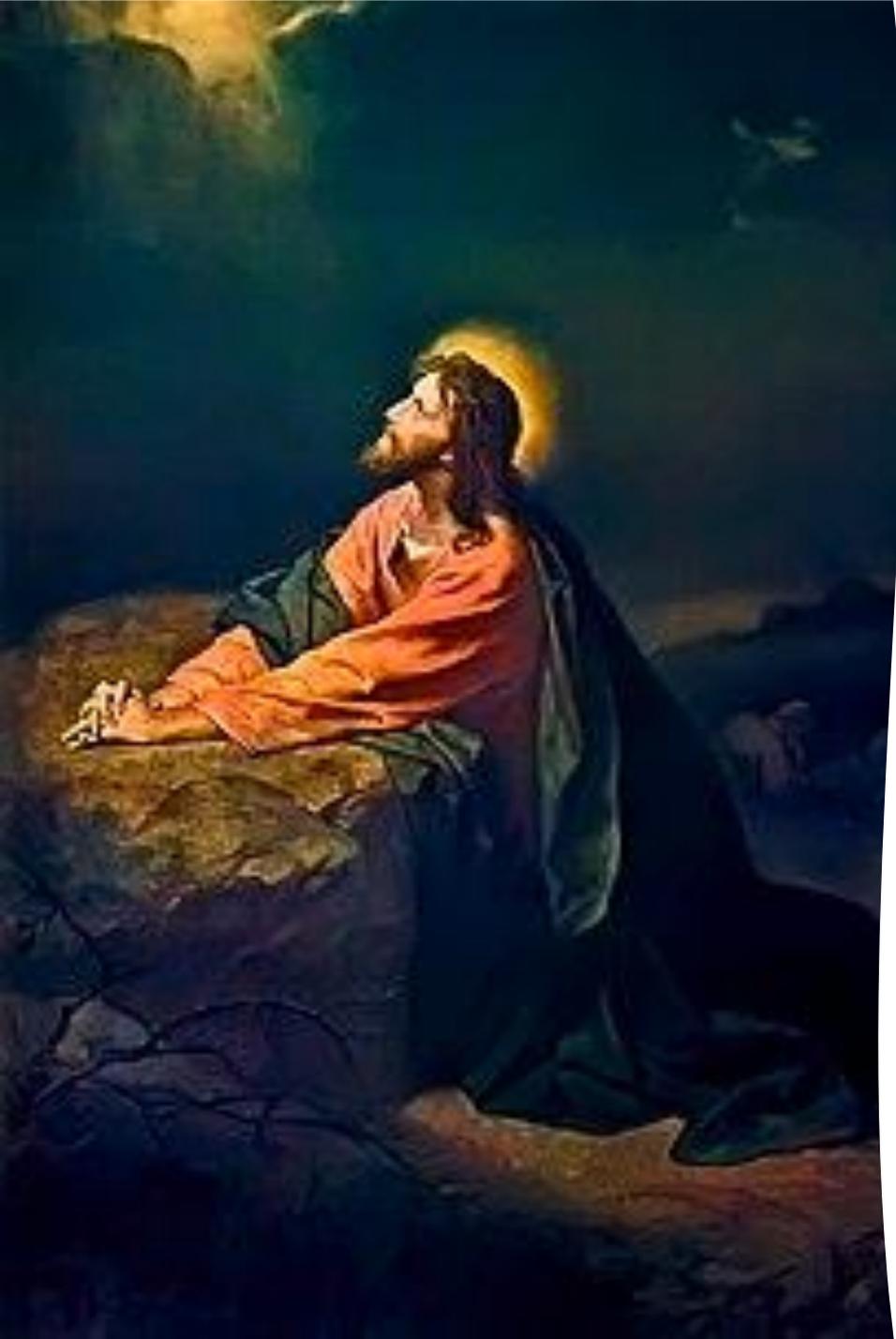


EUCCHARISTIC EXPOSITION, ADORATION AND BENEDECTION



Qs for Table Discussion

- What is the Eucharist?
- What do the words “**exposition**” & “**benediction**” mean? What do these words mean in the Catholic Church?
- What is **Adoration of the Blessed Sacrament**?

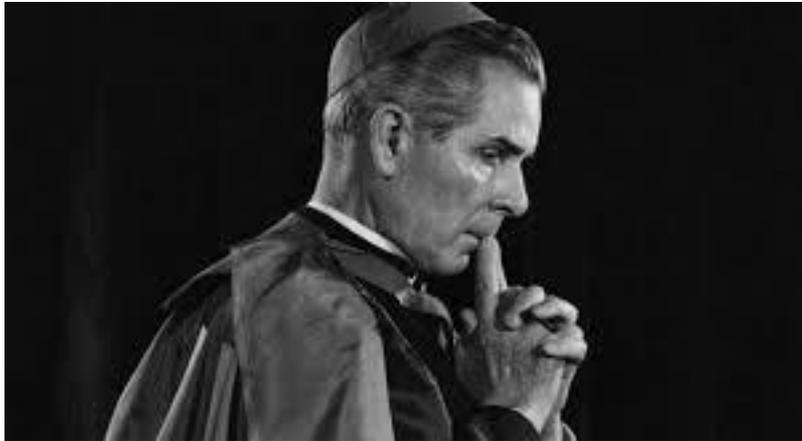


“Holy Hour” (another title for Adoration)

Matthew 26:40

You don't have to sit still during your Holy Hour in order to make it count. It's okay for it to be a natural extension of the rest of your prayer life. So, if there's something that really helps you focus your prayer, bring it to Adoration. Most of all, remember to receive the gift of Christ in the Eucharist and just be present to God.

Importance of Adoration



Venerable Archbishop Fulton Sheen
(1895-1979)

"The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him, to ask for such things as we need and to experience what a blessing there is in fellowship with Him."

(Whole Group) So, what do we need to have Benediction?

- The Eucharist**
- People**
- Priest or Deacon**
- A monstrance, and luna**
- Thurifer & incense boat**
- Vestments**

Benediction Rubrics: “How To...”

PREPARATIONS : The priest/deacon will vest in white stole and possibly even a “cope,” servers will carry the “*thurible*” and “*incense boat*.”

EXPOSITION: The priest / deacon will process to the center of the altar and bow, then go to the tabernacle, take the large “*pix*” to the main altar, place the “*luna*” into the “*monstrance*”, and then kneel. When he kneels, the first song begins.



O Saving Victim / O Salutaris

**O saving Victim, open wide
The gate of heav'n to us below,
Our foes press on from ev'ry 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.**

Adoration

At the end of the song or reflection after the song, standing, the thurible is filled with incense, then the priest/deacon incenses the monstrance containing the Eucharist. When he kneels, the music will start for the second song.



Down in Adoration Falling / Tantum Ergo

**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.**

BENEDICTION CHANT:

Presider: "You have given them Bread from Heaven."

Assembly: "Having within it all sweetness."

EUCCHARISTIC BLESSING:

Presider: Let us pray: Lord Jesus Christ, You gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever.

Assembly: Amen.



Jesus, I trust in You

Benediction (Eucharistic Blessing)

The Presider then blesses the assembly with the Blessed Sacrament. After the blessing, he returns the Blessed Sacrament to the tabernacle.

ACCLAMATION: 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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.



Closing Hymn: 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!**



Whole Group Sharing



- ❖ What do you do during our time before the Blessed Sacrament?
- ❖ What have you experienced during Adoration?
- ❖ Questions?
- ❖ Insights?