

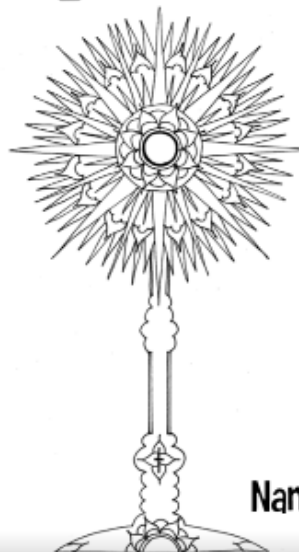
Write or draw prayers that you will offer during adoration.

(Thank God for all of your blessings. Ask God for forgiveness for things you have done to hurt others. Tell God what help you need. Ask God to help others.)

## My Prayers...

# My Adoration Book

“During a Holy Hour we grow more and more into His likeness.” ~Archbishop Fulton J. Sheen



Name \_\_\_\_\_



## What happens during Adoration?

Exposition  
Exposition Hymn

Eucharist is exposed in the Monstrance  
Time for Prayer

Benediction  
Benediction Hymn

Blessed by the Eucharist  
Eucharist is Reposed

## 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.

## 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

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

~Archbishop Fulton J. Sheen

- 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.