

Tantum Ergo/Adoration

Down in adoration falling
This great sacrament we hail
Over 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 Spirit blessed, proceeding
Forth from each eternally
Be salvation, honor, blessing
Might and endless Majesty
Jesus, Lamb of God
Saving love for all
Lord of heaven and earth
Father's love for all
I bow to you
Jesus, Lamb of God
Saving love for all
Lord of heaven and earth
I bow to you, I bow to you, I bow to you

Lord, I Need You

Lord, I come, I confess
Bowing here I find my rest
Without You I fall apart
You're the One that guides my heart

Refrain: Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You

Where sin runs deep Your grace is more
Where grace is found is where You are
And where You are, Lord, I am free
Holiness is Christ in me

Refrain

Teach my song to rise to You
When temptation comes my way
And when I cannot stand I'll fall on You
Jesus, You're my hope and stay

Refrain

All the People Said Amen

You are not alone if you are lonely
When you feel afraid, you're not the only
We are all the same in need of mercy
To be forgiven and be free
It's all you got to lean on
But thank God it's all you need

Refrain: And all the people said Amen, whoa oh
And all the people said Amen

Give thanks to the Lord for His love never ends
And all the people said Amen

If you're rich or poor, well it don't matter
Weak or strong, you know love is what we're after
We're all broken but we're all in this together
God knows we stumble and fall
And He so loved the world He sent His son to save us all
Refrain

Blessed are
The poor in spirit who are torn apart
Blessed are
The persecuted and the pure in heart
Blessed are
The people hungry for another start
For this is the Kingdom
The Kingdom of God
Refrain

Nothing I Hold On To

I lean not on my understanding
My life is in the hands of the Maker of heaven
I lean not on my understanding
My life is in the hands of the Maker of heaven
I lean not on my understanding
My life is in the hands of the Maker of heaven
I lean not on my understanding
My life is in the hands of the Maker of heaven

Refrain: I give it all to you God, trusting that you'll make
something beautiful out of me
I give it all to you God, trusting that you'll make something
beautiful out of me

Bridge 1: I lean not on my understanding
My life is in the hands of the Maker of heaven
I lean not on my understanding
My life is in the hands of the Maker of heaven

Bridge 2: And I will climb this mountain with my hands wide
open
I will climb this mountain with my hands wide open
There's nothing I hold onto

Prepare the Way

Prepare the way
Prepare the way
Prepare the way of the Lord

Jesus...

You are the light of the world
You are the light of the world
You are the light of the world
Jesus...

Holy Rosary Catholic Church

Advent Mission

The Examen

The Examen was St. Ignatius' way of better knowing himself and God. Each step can take only a few moments; the point is that it become a regular habit, the benefits of which a closer relationship with God, and ones' self-manifest themselves over time.

1. AWARENESS

Take a moment to be calm; recognize that God is with you, wherever you are.

2. HONESTY

Ask God to help you to be truly honest with yourself as you pray now, and to be open to whatever God might have to show you.

3. REVIEW

Ask yourself, "When did I both genuinely love and feel loved today? These moments reflect God's presence in your day. Notice the circumstances of these moments and take a moment to let them sink in. If you feel compelled to thank God, do so.

What did you struggle with today? Recognize the times when you would say you "failed" during the day. Consider that these failures can be opportunities to hear God's voice in your life and ask, "How did these moments feel?" If you feel compelled to express regret, do so, confident that God is ready to help.

4. TALK

Imagine God, or Jesus, as your friend, sitting with you. Share, as you would with a friend, and in whatever way you would like, whatever strikes you about your review of the day. Consider taking some time to listen for a response.

5. TOMORROW

Consider what your day may hold tomorrow. Ask God for help as you face that next day, and ask to recognize

God's presence as you go through your day.

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Try the App "Reimagining the Examen" to put this prayer form in the palm of your hand.

