

Holy Hour—a resource for Eucharistic Adoration

What is Eucharistic Adoration?

Adoration of the Blessed Sacrament is a form of prayer. The word *adoration* means ‘to pay honour or homage to someone or something’. The same Jesus, whom we receive in the Eucharist at Mass, is present in the monstrance on the altar. Adoration is a time to sit face-to-face with Jesus and deepen and strengthen your relationship with him.

What do I do in Adoration?

Adoration is a time of prayer with God. Adoration is not so much a time of ‘doing’ but rather a time of ‘being’—being present with the God who loves you. Adoration often involves times of silence. This is an opportunity to share your heart with God; to share your struggles and stresses, ask questions, share gratitude and praise. It is also a time to listen to what God may want to share with you.

There is a great story about an old farmer who would spend many hours in church staring at the tabernacle. One day, St John Vianney found the farmer in the church and asked him what he was doing. The man explained, ‘I look at Him and He looks at me.’

During a Holy Hour, you can sit or kneel in the presence of Jesus in the Eucharist. On the following pages of this booklet, you will find a simple meditation written by St Teresa of Calcutta, which you may like to use. It is to be prayerfully read as though Jesus is speaking directly to you.

Holy Hour template

*Parishes should feel free to adjust this format to suit their own circumstances.*

ENTRANCE HYMN

The celebrant places the Blessed Sacrament in a monstrance and displays it on the altar. The celebrant welcomes those present.

A time of silent prayer follows.

HYMN DURING ADORATION

A time of silent prayer follows.

GOSPEL READING

C The Lord be with you.

R And with your Spirit.

C A reading from the Holy Gospel according to Luke.

R Glory to you, O Lord.

Luke 1:39–45—The Visitation

Mary set out at the time and went with haste into the hill country to a town in Judah. She went into Zechariah’s house and greeted Elizabeth. Now it happened that when Elizabeth heard Mary’s greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, ‘Blessed are you among women, and blessed is the fruit of your womb. Why has this happened to me, that the mother of my Lord should come to me? Look as soon as your greeting reached my ears, the child in my womb leapt for joy. And, blessed is she who believed that what was said to her from the Lord would be fulfilled.’

HOMILY

A time of silent prayer follows the homily.

HYMN DURING ADORATION

PRAYERS OF INTERCESSION

Reader: Jesus, Good Teacher, amid the competing voices and noises of our world, help us to find moments of silence, that in the depth of our hearts we may hear your voice as Mary did.

R *Kyrie eleison* (sung)

Silent prayer

CGod our Father,grant each of us the courage to face the challenges of our time and the joy of living in friendship with you.We make our prayerthrough Jesus Christ, our Lord. Amen.

Reader Jesus, our Hope, we pray for all who are in need, and especially for those who suffer. May those who are struggling or in need be strengthened by your love and the knowledge of our prayers for them.

R *Kyrie eleison* (sung)

Silent prayer

C God our Father,fill the hearts of your peoplewith the hope and love of Jesus Christ. Through the power of the Holy Spirit, may they experience your loving care and mercy. We make this prayer through Christ, our Lord, Amen.

Reader Jesus, Good Shepherd, we pray for an increase in vocations to the priesthood and religious life, that many make it their choice in life, to serve you in their brothers and sisters.

R *Kyrie eleison* (sung)

Silent prayer

C Almighty Father, you have made each of us for a definite purpose. Grant us the grace to know the path you have planned for us in this life and help us respond to your call with a generous ‘yes’. We make this prayer through Jesus Christ, our Lord. Amen.

A time of silent prayer follows.

BENEDICTION OF THE BLESSED SACRAMENT

At the conclusion of our time of prayer, the celebrant moves to the altar, genuflects and kneels. The following eucharistic hymn is sung.

*Tantum ergo*

Down in adoration falling,   
this great Sacrament we hail;  
ancient types have long departed   
newer rites of grace prevail;  
faith for all defects supplying   
where the feeble senses fail.

Glory let us give and blessing   
to the Father and the Son,  
honour, might and praise addressing   
while eternal ages run;  
and the Spirit, too, confessing,   
who proceeds from both as One.

Amen.

C You have given them bread from heaven.

R Having in itself all delight.

C Let us pray.

O God, who in this wonderful Sacrament   
have left us a memorial of your Passion,   
grant us, we pray,   
so to revere the sacred mysteries of your Body and Blood   
that we may always experience in ourselves   
the fruits of your redemption.   
Who live and reign with God the Father   
in the unity of the Holy Spirit,   
one God, for ever and ever.

R Amen.

The celebrant then moves to the centre of the altar, and raising the monstrance blesses those present three times.

THE DIVINE PRAISES

The celebrant returns to his place and leads the congregation in the Divine Praises with all present repeating each petition after the celebrant.

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.

The Blessed Sacrament is returned to the tabernacle.

RECESSIONAL HYMN