

# Eucharistic Adoration and Benediction



## Eucharistic Adoration

Eucharistic Adoration is spending time with Jesus in the Blessed Sacrament.

## Exposition

The Priest or Deacon will place a consecrated host in a monstrance.

After the priest or deacon begins with the opening prayers, he will sing *O Saving Victim*, either in Latin or English. Liturgy of the hours may be celebrated during exposition, or there may be prayers, songs, reading from scriptures and a brief homily. The following eucharist song may be sung in Latin or English.

### O Saving Victim

#### Latin:

1. *O salutaris Hostia  
Quae caeli pandis ostium;  
Bella premunt hostilia,  
Da robur, fer auxillium.*
2. *Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.*

#### English:

- O saving Victim, open wide.  
The gate of heaven to us below.  
Our foes press on from every 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.*

## **Tantum Ergo**

### **Latin:**

1. *Tantum ergo Sacramentum  
Veneremur cernui,  
Et antiquum documentum  
Novo cedat ritui;  
Praestet fides supplementum  
Sensuum defectui.*

*Genitori Gentioque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio;  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.*

### **English:**

*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.*

## **Adoration**

You'll then have time with Jesus in silent prayer. During this time, you can pray in whatever way you want, bringing Jesus your needs, desires, fears, regrets, and more. Exposed Adoration officially ends with benediction.

## **Silent Prayer**

### **Litany of the Most Precious Blood of Our Lord Jesus Christ**

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

Christ, hear us. *Christ, hear us.*

Christ, graciously hear us. *Christ, graciously hear us.*

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Blood of Christ, only-begotten Son of the eternal Father, *save us.*

Blood of Christ, Incarnate Word of God, *save us.*

Blood of Christ, of the New and Eternal Testament, *save us.*

Blood of Christ, falling upon the earth in Agony, *save us.*

Blood of Christ, shed profusely in the Scourging, *save us.*

Blood of Christ, flowing forth in the Crowning with Thorns, *save us.*

Blood of Christ, poured out on the Cross, *save us.*

Blood of Christ, price of our salvation, *save us.*

Blood of Christ, without which there is no forgiveness, *save us.*

Blood of Christ, Eucharistic drink and refreshment of souls, *save us.*

Blood of Christ, stream of mercy, *save us.*

Blood of Christ, victor over demons, *save us.*

Blood of Christ, courage of Martyrs, *save us.*

Blood of Christ, strength of Confessors, *save us.*

Blood of Christ, bringing forth Virgins, *save us.*

Blood of Christ, help of those in peril, *save us.*

Blood of Christ, relief of the burdened, *save us.*

Blood of Christ, solace in sorrow, *save us.*

Blood of Christ, hope of the penitent, *save us.*

Blood of Christ, consolation of the dying, *save us.*

Blood of Christ, peace and tenderness of hearts, *save us.*

Blood of Christ, pledge of eternal life, *save us.*

Blood of Christ, freeing souls from purgatory, *save us.*

Blood of Christ, most worthy of all glory and honor, *save us.*

Lamb of God, who taketh away the sins of the world, *spare us, O Lord.*

Lamb of God, who taketh away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who taketh away the sins of the world, *have mercy on us, O Lord.*

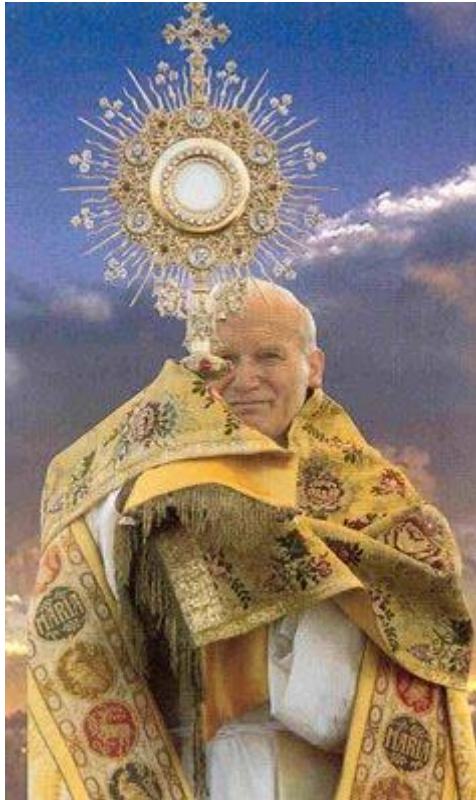
V. Thou hast redeemed us, O Lord, in Thy Blood.

R. And made us a kingdom for our God.

Almighty and eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world and willed to be appeased by his blood. Grant, we beg of Thee, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the present life so that we may rejoice in its fruits forever in Heaven. Through the same Christ our Lord. Amen.

## Benediction (Blessing)

The priest approaches the altar, genuflects and kneels, then incenses the Monstrance from the kneeling position. He stands and faces the Eucharist while praying the closing prayer. Then wearing the humeral veil, a scarf-like garment that covers his hands, the priest steps up and genuflects. He blesses the people using the monstrance or ciborium. The priest will then return the Eucharist to the Tabernacle, ending the time of Adoration.



## Prayers before Benediction

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 forever and ever.

Amen.

## The Divine Praises

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints. Amen.

## Reposition

After the Divine Praises, the priest or deacon places the Blessed Sacrament in the Tabernacle. The people may say an acclamation or sing another song such as the following.

1. Holy God, we praise thy name!

Lord of all, we bow before thee!

All on Earth thy sceptre claim,

All in Heav'n above adore thee;

Infinite thy vast domain,

Everlasting is thy reign.

2. Hark! the loud celestial hymn

Angel choirs above are raising!

Cherubim and seraphim,

In unceasing chorus praising,

Fill the heav'ns with sweet accord;

Holy, holy, holy, Lord!

## **What is Perpetual Adoration?**

Perpetual Adoration is when a Catholic Church has Exposition of the Blessed Sacrament for twenty-four hours a day...all year long! Sometimes churches may require a code to enter a chapel during specific hours, especially late at night or early in the morning.

## **What is a Holy Hour?**

A Holy Hour is when you spend one hour praying in Adoration. You can make a Holy Hour at any time or you can sign up for a specific hour at your local parish!