

THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON



ADORATION
— OF THE —
BLESSED SACRAMENT

Time Spent with Jesus

“
Prayer is the
key that opens
the heart of
God.”

St John Vianney

Adoration is one of the greatest treasures of the Catholic Church, it is intimate time with the One who loves us. Some people describe it as “looking at Jesus, looking at me”.

On the face of it, this seems quite simple, but it can be a bit daunting as we are often used to very ordered rites and rituals – this guide explains some of the things you may want to do during this time of prayer.



GETTING STARTED

When entering or leaving the church or chapel where the Blessed Sacrament is exposed in the monstrance, we show extra reverence. This means that (if we are able to) instead of genuflecting, as we do when we reverence Jesus present in the tabernacle, we kneel for a few moments, on both knees, as we arrive or depart.

Make yourself comfortable:

Some people choose to kneel, others will sit quietly. There is no right or wrong, you just need to find the posture that helps you to focus on the Lord.

Bring along items that will help you to pray:

This could be a bible, rosary or even a way of listening to music in the presence of Jesus. In fact, our diocesan Youth Advisor Lizzie recommends her Spotify playlist which features a range of suitable hymns and songs: Click here >>> [Adoration](#) or search Lizzie Wakeling in Spotify Profiles and select her Adoration playlist (a Spotify login is required).

Don't worry about distractions:

Our lives can be very busy, and it is easy for our minds to wander. Prayer takes practice, and the more time you spend with the Lord, the easier it will be to focus, to listen and to rest in His presence.

“
Every single
grace comes to
the soul
through prayer.”

*St Faustina
Kowalska*

HOW DO I PRAY WHEN I AM WITH JESUS IN THE BLESSED SACRAMENT?

There are so many different ways of praying every day, but they can be divided into three major categories:

Vocal – Talking to God

Meditation – Thinking about God

Contemplation – Being with God

The easiest of these is **vocal prayer** which basically means speaking to God and offering Him your thoughts, worries, hopes and fears. We don't have to speak out loud, the Lord knows what is in our hearts and minds.

Meditation takes a little more practice and might be prompted by scripture or the writings of a saint. We might also be inspired by nature, or a blessing that the Lord has bestowed upon us.

Contemplation is both simple and yet elusive in its nature, requiring us to truly abandon ourselves before the Lord and simply bathe in the light of His glory and love.

"To please Me, dear child, it is not necessary to know much; all that is required is to love Me much, to be deeply sorry for ever having offended Me and desirous of being ever faithful to me in future."

VOCAL PRAYER

Speak to Jesus like He is your best friend. Tell Him everything that is on your mind and in your heart.

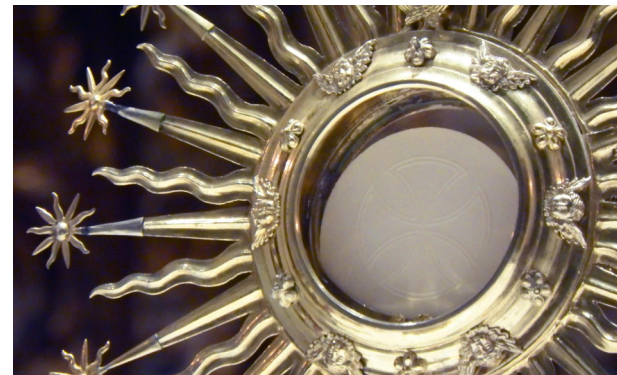
Remember to use the **ACTS** acronym if you are struggling to know what to say:

Adoration: Talk to God about how wonderful He is, focus on His character and your love for Him.

Contrition: Ask God for His forgiveness, offer Him those moments when you have not followed His will.

Thanksgiving: Acknowledge the many blessings in your life and thank God for them. We receive so many gifts from God, reflecting on these with gratitude is a wonderful thing to do.

Supplication: Ask God for anything. He is a generous and powerful God.



“
Prayer is true
rest.”

*St Francis of
Assisi*

“
Prayer is the
light of the
soul.”

*St John
Chrysostom*

“

Thanks to
prayer, we can
be with God.

”

*St Gregory of
Nyssa*

MEDITATION

For meditation-type prayer it will be useful to have a bible, a rosary or some spiritual reading with you. If you are using a bible, find a short piece of scripture and read it through. What does the text tell you about God?

If you are praying the rosary, what do the mysteries reveal to you about God?

If you are reading a book by a saint or a scholar, perhaps read a chapter or a paragraph. What do they say about who God is?

Meditation will often turn to vocal prayer as you begin to think more deeply about who God is, you may ask Him to reveal Himself to you more or deepen your understanding of Him. You might find yourself praying for others, that they may come to know His unending love. There is no right or wrong, just know that He loves you.

Alternatively, meditation may lead you to contemplative prayer.



CONTEMPLATION

Contemplation describes a deep stillness. A moment or two when you are truly connected with God. All distractions have stopped, and you are truly aware of His presence. Rest with Him a while and give thanks that He desires such a personal relationship with each and every one of us.

Praying in this way takes practice, so we encourage you to persevere, building up the time you spend in vocal and meditative prayer, which will lead you ever closer to the Lord.

GLOSSARY

Monstrance

A liturgical vessel used to display the consecrated Eucharistic Host.

Tabernacle

A fixed locked box where the Blessed Sacrament is reserved. The lit candle (sanctuary lamp) shows us that Jesus is present.

Genuflect

To briefly bend one knee as a sign of respect and worship.

“

If one prays,
from two grains,
four kernels will
grow.

”

St John Bosco



OUR HEARTS ARE RESTLESS
UNTIL THEY REST IN THE LORD

St Augustine

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