

Day 13

Prayer of Blessing & Adoration



For Personal Reflection & Prayer

- Name a few blessings I have received recently.
- What most helps me when I take time for adoration: respectful silence? Humble acknowledgement that I am created by God? Adoration of God's greatness?

Take these considerations to the Lord in prayer, asking for light and strength.

Offer a prayer inspired by the words of Scripture:

*Lift up your heads, O gates
Be lifted up, O ancient doors!
That the King of Glory may come in.
Who is the King of glory?
The Lord of hosts, he is the King of glory!*

Psalm 24: 9-10

Pope Benedict XVI on Adoration

The Body and Blood of Christ are given to us so that we ourselves will be transformed in our turn. We are to become the Body of Christ, his own Flesh and Blood. We all eat the one bread, and this means that we ourselves become one. In this way, adoration, as we said earlier, becomes union. God no longer simply stands before us as the One who is totally Other. He is within us, and we are in him. His dynamic enters into us and then seeks to spread outwards to others until it fills the world, so that his love can truly become the dominant measure of the world.

I like to illustrate this new step urged upon us by the Last Supper by drawing out the



different nuances of the word "adoration" in Greek and in Latin. The Greek word is proskynesis. It refers to the gesture of submission, the recognition of God as our true measure, supplying the norm that we choose to follow. It means that freedom is not simply about enjoying life in total autonomy, but rather about living by the measure of truth and goodness, so that we ourselves can become true and good. This gesture is necessary even if initially our yearning for freedom makes us inclined to resist it.

We can only fully accept it when we take the second step that the Last Supper proposes to us. The Latin word for adoration is ad-oratio - mouth to mouth contact, a kiss, an embrace, and hence, ultimately love. Submission becomes union, because he to whom we submit is Love. In this way submission acquires a meaning, because it does not impose anything on us from the outside, but liberates us deep within.

https://www.vatican.va/content/benedict-xvi/en/homilies/2005/-documents/hf_ben-xvi_hom_20050821_20th-world-youth-day.html

