

Eucharistic Adoration Prayers

Opening Hymn (please kneel)

O Sacrament Most Holy.
O Sacrament Divine!
All praise and all
thanksgiving, be every moment
Thine! (Repeat 3 times)

Opening Prayer to the Blessed Sacrament (Together)

My Lord Jesus Christ, it is Your great love for us that keeps You day and night present in the Blessed Sacrament, full of compassion and love, waiting for us to visit You. I believe that You are really present in the Sacrament of the Altar. From the depth of my heart, I adore You and I thank You for the many graces You have given me, especially for the gift of Yourself in this Sacrament, for the gift of Your most holy Mother as my Mother and for the privilege of visiting You in this church at this time.

My Jesus, I love You with all my heart. I am sorry for my ingratitude and I now resolve, with the help of Your grace, never to offend You again. I consecrate my entire self to You, my thoughts, my feelings, and all that I have. From now on, do whatever You want with me. All I ask for is Your love and strength to do Your Holy Will.

Adoration (Together)

I adore You, Bread from Heaven. I adore You, Bread of Angels. I adore You, My Jesus, truly present in the Blessed Sacrament.
(Pause for silent adoration.)

I adore You, Jesus, my true life because You died for love of me. I adore You, Jesus, Divine Light because You show me the way to heaven. I adore You, Jesus, Divine Lamb, Who takes away the sin of the world.
(Pause for silent adoration.)

My God and Savior Jesus Christ, true God and true Man, I firmly believe that You are really and bodily present in the Blessed Sacrament of the Altar. From the very depths of my heart, I adore You.
(Pause for silent adoration.)

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Litany of Adoration

(Leader)

You are in the Holy Eucharist.
Body and Blood. Soul and Divinity.
You are My Lord and My God.
You are the Second Person
of the Blessed Trinity.
You are both God and Man.
You come to me in Holy Communion.
You are always in the tabernacle.
You take away our sins by the
Sacrifice of the Cross.
You obtain grace for us by the Cross.
You offer Yourself for us in the Holy
Sacrifice of the Mass.

(Response)

**I adore You, O Jesus.*

(Leader, slowly)

Pause for a period of silent adoration. *(Pause for silence.)*
Think of Jesus in the Blessed Sacrament. *(Pause for silence.)*
Speak to Our Lord in your own words. *(Pause for silence.)*
Make a promise to Jesus. *(Pause for silence.)*

(Response)

(Pause for silence.)
(Pause for silence.)
(Pause for silence.)
(Pause for silence.)

Contrition (Together)

My Jesus, I am sorry for my sins. I am sorry for the times I have offended You. Help me to turn away from sin. Help me to live more like You every day.

Litany of Contrition

(Leader)

For loving things more than You
For those, who do not attend Sunday Mass
For lack of respect for the name of God
For lack of respect for parents and authority
For attacks against life
For attacks against marriage and family
For offending You
For offending my neighbor
For offending those I love
In Your presence, we pray:
I confess to Almighty God...

(Response)

**I am sorry, Jesus.*

(Pause to ask Jesus' help to turn away from the sin you commit most often.)

Thanksgiving (Please sit, recite together)

Jesus, I thank You for the gift of my life and for every moment I live. I thank You for my parents, my family, my relatives and my friends.

Jesus, I thank You for the gift of faith, the grace of my baptism, the forgiveness of my sins, the gift of receiving Your Body and Blood in the Eucharist. I thank You for the priests, religious and teachers You send to me.

Litany of Thanksgiving

(Leader)	(Response)
Because You are in the Holy Eucharist	*Jesus, we thank You.
Because You offer Yourself in Holy Mass	*
Because You come to us in Holy Communion	*
Because You remain always in the tabernacle	*
Because of Your great love for us	*
Because of Your great goodness to us	*
Because You understand us	*
Because You love us	*
Because every gift comes from You	*
Jesus, because of Your Dear Sacred Heart	*

(Pause to thank Jesus for your blessings.)

Supplication (Kneel)

Jesus, I pray for peace in the world, in my family and in my heart. I ask You to bless my family and friends. I ask You to bless the poor and the homeless, the sick and the dying. I ask You to send more priests and religious, to bless our Pope, and to protect the church from all harm.

Litany of Supplication

(Leader)	(Response)
For our Holy Father, the bishops, priests and religious	*Hear us, O Jesus.
For our president and all political leaders	*
For our parents	*
For peace in the world	*
For all missionaries	*
For vocations	*
For respect for life	*
For holy families	*
For the sick and the dying	*
For the needs of the church	*
For those, who have fallen away from the church	*

(Pause to mention your special needs to Jesus.)

Vocation Prayer (Together)

Father in Heaven, we give you thanks for sending Your Son, Jesus Christ, into the world to be our Lord, Savior and High Priest.

We believe that, in the power of the Holy Spirit, Jesus won for us the gift of eternal life by His Sacrifice on the Cross.

We believe that Jesus renews this Sacrifice in the Holy Eucharist, through the ministry of His priests.

Father, we earnestly beseech you to raise up holy priests in your Church. Grant young men the strength to accept generously the call to the priesthood. May they joyfully give their lives so that all your people can receive your holy Word and Sacraments, especially the Holy Eucharist, the great gift of the Body and Blood of your Son, Jesus Christ, our Lord, Savior and High Priest, in whose name we make our prayer. Amen.

+Justin Rigali, Archbishop of St. Louis

Closing (Together)

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.

Closing (Repeat Opening Hymn)

For the intentions of Our Holy Father, the Pope, Our Father, Hail Mary, Glory Be

Contact Us

If you have information – suggestions, concerns, complaints – having to do with the subject matter of this brochure, or having to do with any other subject about Adoration at Saint Charles, please contact us at 812-269-1998

If your adoration assignment is coming up soon on a day you will not be able to keep your commitment, please email us with plenty of advance notice at help@onehourwithjesus.com

Thank you so much for your commitment to the Lord!