

Spend some time Reading Scripture

Sometimes Jesus speaks to us through the words of scripture. It is a good idea to bring a Bible to adoration and spend time reading scripture. This will also help you grow your relationship with the Lord as you read passages and come to understand salvation history more fully.

Pray the Prayers of the Church

There are many devotional prayers that can be prayed in adoration such as the Divine Mercy Chaplet, the Rosary, and prayers devoted to the Sacred Heart of Jesus and His Precious Blood. Begin with the prayers offered in this bifold. Always end with the prayer of Divine Praises (see below).

Read the Writings of the Saints

There are many saints devoted to Jesus in the Eucharist. You can learn more about this devotion by reading their writings. Begin with *The Real Presence* by St. Peter Julian Eymard and *The Imitation of Christ* by Thomas à Kempis.

Lastly, Pray 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 Saint Joseph, her most chaste spouse. Blessed be God in his angels and in his saints. Amen.

New to Eucharistic Adoration?

How to talk to God

Open Your Heart to Receive Grace

Jesus is present to you right now in the Blessed Sacrament, where He offers himself for your needs. He intercedes for you to the Father, asking for mercy on you. He wishes for you to go to Him and ask Him for the grace you need to overcome temptations and grow in love for Him. He wants to take away all your doubt and help you grow in virtue and holiness. He wants to give you joy even in your suffering. He is here to lift you up after you have fallen. He is here to offer you His love. He is here to give you peace. He is here to give you courage.



God is present in the Eucharist, so avoid talking with others and please keep your phone off. When you arrive and leave, please genuflect and bless yourself with holy water.

Begin with a Prayer of Hope in Jesus

I believe, Jesus, that you are really here and present to me. I recognize my nothingness and I humbly bring myself into your presence, knowing that if You will it, You can give me the graces I need to grow in faith and love of You. Look into my soul and see the condition of it. Please help me. You are my God and I humbly give You praise and love as my Lord and my Master. I submit to Your absolute authority in my life. Please look at me with mercy, at all the areas of my life that are in most need of Your grace. I am unworthy to be in Your presence because I am a sinner and I have offended You many times with my pride and indifference. I have many defects that I have been too weak to correct and I am deeply ashamed of them. I want to be rid of this guilt and I want my conscience freed from it. I beg You to not look at my faults but look at me with pity and pardon me of my sins. I beg You for the grace to overcome them once and for all. I know that with Your grace I will be able to stop the sin and to amend my life. Please purify my heart, my lips, my mind and my body. Amen.

Prayer to the Eternal Father

Heavenly Father, I do not deserve that You should pay attention to me but by the merits of Jesus Christ, Your Son, You have promised You will not reject my prayers. Jesus offers to You His homage, pleading to You for my soul through His Word, and through His Heart. It is through His Most Precious Blood that I am able to pray to You. He adores You, and thanks You, and begs You for mercy on me and on the whole world. He begs You for graces to give me from Your eternal fruitfulness. Eternal Father, whatever Jesus says to You on my behalf, I say the same. I make all His homage to You my own and I join Him in His intention. I only dare to present myself before You by invoking His holy name and through His merits. It is by His death and resurrection that I come before You with confidence that You will hear me. Amen.

Confiteor Prayer

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Prayer to the Holy Spirit

Most Holy Spirit, My Paraclete, I am not capable without Your inspiration to have a single good thought. I can't concentrate my thoughts without You helping me to control them. I can't even raise my heart to You unless You attract it or love You unless You first put the love in my heart to give. I cannot even form a good resolution unless You convict my heart of the need for it. And I will never succeed unless You help me put it into practice by your grace. Every good thing I have You have given to me. Every spiritual grace I have received You have given to me without merit. Since I recognize Your omnipotence and my nothingness I renounce right now all my own thoughts, which are not capable of guiding me toward eternal life. I recognize that I know nothing about what is necessary for my own salvation and that I am reliant completely on You for all grace. I am painfully aware that my own desires lead me toward evil and that they cannot be trusted. Please come, Holy Spirit, fill me with Your presence. I abandon myself to You in order that You may guide me and illuminate my heart and mind. Help me pray well and to be committed to prayer every day. Help me grow in love for You and in virtue so that I may overcome my sinful habits. Inflammate my heart and convert my will. I beg You to give me a heart that desires Your holy will for my life and not my own selfish will. Amen.

Study Scripture

Choose to read a Chapter of the Bible or the Daily Mass Readings. Read slowly, pausing as you read to reflect and reread passages that speak to your soul. When finished, you may choose to read a spiritual writing from a saint.

Gaze at Jesus in a Prayer of Silence

Take 3-5 minutes to look at Jesus in a silent act of love. Receiving grace is a passive experience. Just let your heart love God and be at peace in what you have received today.

Make a Firm Resolution

Make a promise to our Lord after your time with Him today and ask for the strength to keep this promise. Make a vow to return again to Him on a certain day and for a certain time. Then follow through.