



“BE *still*  
& KNOW  
that I am  
GOD.”

Psalm 46

EUCCHARISTIC ADORATION  
Archdiocese of Canberra and Goulburn

Our need for silence and stillness is great:

*We are called to withdraw into a deeper silence from time to time, alone with God. Being alone with him – not with our books, our thoughts, our memories, but in complete nakedness; remaining in his presence – silent, empty, motionless, waiting.*

St. Mother Teresa of Calcutta



The Eucharist is a gift beyond compare, for it “contains the entire spiritual treasure of the Church, that is, Christ himself, our Passover and living bread.”

Our faith teaches that there is an intimate connection between the celebration of the Eucharistic Sacrifice during Mass and the worship of the Eucharist outside of the celebration of the Mass. Indeed, we worship the fruit of the Lord’s sacrifice – his very body and blood.

Our time spent in adoration of the Eucharist is an opportunity for silence and stillness, “strengthening our inner being” and deepening our desire to be “missionary disciples.”

## Suggestions for Prayer

1. Place yourself in the presence of our Eucharistic Lord in silence and stillness.
2. Take up the Gospel of the day.
3. Utilise a Gospel commentary:
  - a. Living Word: <http://cgcatholic.org.au/LivingWord/>
  - b. Daily Gospel: <https://dailygospel.org> or access app
4. Spend time praising and thanking God for the gifts that are yours.
5. Intercede for those who are in need.



## **The Word of God**

When listening and reading the Gospel, ask:

**What** has drawn my attention or struck me in some way?

**Why?** Was it a person? A word? A situation? A gesture?

**What,** therefore, is God saying to me through these words, here and now, today?

## **Gospel scenes for Prayer**

1. Feeding of the Five Thousand ~ Mark 6: 30-44
2. Transfiguration of Jesus ~ Mark 9: 2-13
3. Commissioning of the Seventy-Two ~ Luke 10: 1-12
4. Parables of Mercy ~ Luke 15: 1-10
5. Parable of the Merciful Father ~ Luke 15: 11-32
6. Road to Emmaus ~ Luke 24: 13-35
7. Jesus Anointed at Bethany ~ Matthew 26: 6-13
8. Last Supper ~ Matthew 26:14-29
9. Jesus Walks on Water ~ John 6: 16-21
10. I Am the Bread of Life ~ John 6: 22-59
11. Breakfast on the Shore ~ John 21: 1-19

## Rite of Benediction

### Prayer for Christian Unity

Lord Jesus Christ, at your Last Supper you prayed to the Father that all should be one.

Send your Holy Spirit upon all who bear your name and seek to serve you.

Strengthen our faith in you, and lead us to love one another in humility.

May we who have been reborn in one baptism be united in one faith under one Shepherd. Amen.

**v.** You have given them bread from heaven.

**R.** Having in itself all delight.

### *Let us pray*

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever 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.



*How holy this feast, in which Christ is our food,  
his passion is recalled, grace fills our hearts,  
and we receive a pledge of the glory to come.*

St. Thomas Aquinas