

## ADORATION ... A SIMPLE EXPLANATION

**What is Adoration all about anyway?** Maybe this is your first time coming to Adoration and you simply are not sure what you are supposed to do or not do. Possibly you've heard about the need to go to Adoration but you are intimidated due to your unfamiliarity with this service. So, let's get familiar and explore this Catholic thing called Adoration.

**What is Adoration?** It is a face-to-face meeting with Jesus Christ. This meeting can be veiled, where Jesus is present in the tabernacle. Or, Adoration may be unveiled, where Jesus as the Host is present in a monstrance (the transparent vessel used to expose a consecrated Host). Jesus present in the monstrance is commonly referred to as Adoration with Exposition. Jesus is substantially present during Adoration with Exposition. Jesus is exposed in the monstrance on the altar for all to adore.

**What is happening during Adoration?** During Adoration, we have the opportunity to talk to Jesus while He is substantially present before our very eyes. Adoration is a very personal encounter with Our Lord and Savior. While before Our Lord, it is most appropriate to **adore, atone, thank, and petition** Him, the very same things we do at every holy Mass.

**What are you supposed to do during Adoration?** During Adoration, you are face-to-face with Jesus. It's your time with Him alone. Talk to Him as if you and He are close friends or friends just meeting for the first time. Here are some common practices observed during Adoration:

- **SIT IN SILENCE:** Be open to hearing God's voice in the silence of your heart. Our culture is not accustomed to silence. There might be a period of adjustment if you are not accustomed to silence. But stick with it. Silence is a very powerful means of communication between you and God.
- **PRAY OR JUST TALK TO THE LORD:** Pray in thanksgiving, in petition, or in asking for forgiveness. Or simply talk to the Lord. There are things that may be weighing on your mind. Bring everything to the Lord. Be all in with Him. Don't hold back, even if you are angry or upset. He wants to hear from your mouth to His ears.
- **PRAY CATHOLIC DEVOTIONALS:** Adoration is an appropriate time to pray the rosary or the Divine Mercy Chaplet. There are many other devotionals to consider praying, as well. Start a novena (9-day Prayer). Explore the many ways to pay your devotion to the Lord.
- **READ THE BIBLE OR OTHER SPIRITUAL BOOKS AND PUBLICATIONS:** The Bible is God's Word. It's one of the primary ways He communicates with us. The saints have books and writings that are inspirational and instructive. Immerse yourself in these powerful Catholic writings by the saints. After all, the saints are already in heaven and they can guide you on the path to your heavenly eternal destination.
- **WRITE DOWN YOUR THOUGHTS:** Some adorers take notes as they listen to the Lord in prayer. Feel free to write down your thoughts in Adoration.
- **POSTURES DURING ADORATION:** If you enter a church where Exposition is in process and the monstrance is on the altar, always do a double genuflection (kneel on both knees) and bow before entering the pew. Kneeling, standing, and sitting are all acceptable postures during Adoration. If you find yourself getting tired, by all means stand up. If you must leave the church, make sure that at least one other person is present. **During Exposition, the Lord is never left alone in the church.**

DRESS YOUR BEST FOR ADORATION. VEILING FOR WOMEN IS ENCOURAGED.

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## BENEDICTION

**What is Benediction?** Benediction is the blessing given by the Lord who is our Host contained within the monstrance. Holding the monstrance, the Priest or Deacon makes the Sign of the Cross over the congregation. As this blessing is bestowed upon you, receive it while kneeling, if you are able. Always make the Sign of the Cross during the Benediction blessing.

### *O SALUTARIS HOSTIA*

O salutaris Hostia,  
Quae caeli pandis ostium:  
Bella premunt hostilia,  
Da robur, fer auxilium.  
Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

### *TANTUM ERGO*

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.  
Genitori, Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

### *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



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