



LIVERPOOL 2018

# ADOREMUS

NATIONAL EUCHARISTIC  
PILGRIMAGE & CONGRESS

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I AM THE BREAD OF LIFE

*Adoration for  
Young People*

# An introduction

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In preparation for the National Eucharistic Congress to be held in Liverpool in September, the Archbishop has asked for each parish and school in his Diocese to pay special attention to Adoration of the Blessed Sacrament. In particular he has asked each school to have a holy hour before the Blessed Sacrament.

The special place Adoration of the Blessed Sacrament holds in our faith can be found through Catholic Tradition and can, perhaps, best be summarised in the following documents.

from the Introduction to *Holy Communion and Worship of the Eucharist outside Mass*

The celebration of the Eucharist is the centre of the entire Christian life, both for the Church universal and for the local congregations of the Church. 'The other sacraments, all the ministries of the Church, and the works of the apostolate are united with the Eucharist and are directed toward it. For the holy Eucharist contains the entire spiritual treasure of the Church, that is, Christ himself, our passover and living bread. Through his flesh, made living and life-giving by the Holy Spirit, he offers life to men, who are thus invited and led to offer themselves, their work, and all creation together with him.'

The primary and original reason for reservation of the Eucharist outside Mass is the administration of viaticum. The secondary reasons are the giving of communion and the adoration of our Lord Jesus Christ who is present in the sacrament. **The reservation of the sacrament for the sick led to the praiseworthy practice of adoring this heavenly food in the churches.** [cf. 1, 5]

from the Apostolic Exhortation of Pope Benedict XVI *Sacramentum Caritatis* †

In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church's supreme act of adoration. Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the



heavenly liturgy. The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself. Indeed, **‘only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist, which seeks to break down not only the walls that separate the Lord and ourselves, but also and especially the walls that separate us from one another.’** [66]

## Life & Soul

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For the last couple of years, Animate has been travelling around the Diocese leading times of Adoration of the Blessed Sacrament with an opportunity for the Sacrament of Confession.

If you are unsure how best to lead the Holy Hour the Archbishop has asked for schools in the Diocese to have you might consider using the template created for Life & Soul.

### Exposition (as the Blessed Sacrament is taken from the tabernacle and placed on the altar)

Song – see appendix 1

### Adoration

Reading & Reflection – see appendix 2

Silence

Song – see appendix 1

*Depending on circumstance, the options listed for ‘Adoration’ can be done as many or as few times as appropriate.*

**Benediction/Repose of the Blessed Sacrament (if a Priest or Deacon is present, they may end this time with Benediction; if they are not present the Blessed Sacrament is simply reposed into the tabernacle by a minister of Holy Communion)**

Eucharistic Song – see appendix 4 (if staff and students are unfamiliar with these hymns, suitable alternatives from appendix 1 can be used)

Prayer – see appendix 3

*The following is suggested from the Rite:*

Lord our God; you have given us the true bread from heaven. In the strength of this food may we live always by your life and rise in glory on the last day. We ask this through Christ our Lord.

Eucharistic Song – see appendix 4 (if staff and students are unfamiliar with these hymns, suitable alternatives from appendix 1 can be used)

# Appendix 1 – Songs for use during Adoration

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10,000 Reasons (Bless the Lord) by Matt Redman (Album – 10,000 Reasons)

All Who Are Thirsty by Brenton Brown (Album – Because of Your Love)

Amazing Grace (My chains are gone) by Chris Tomlin (Album - How Great Is Our God: The Essential Collection)

Build My Life by Housefires (Album – Housefires III)

Good Good Father by Chris Tomlin (Album – Never lose sight)

Heart Of Worship by Matt Redman (Album – Intimacy)

Here For You by Matt Redman (Album – 10,000 Reasons)

Holy Spirit by Kari Jobe (Album – Majestic)

Jesus We Love You by Bethel Music (Album – We will not be shaken)

Lord I Need You by Matt Maher (Album – All the people said Amen)

O Come To The Altar by Elevation Worship (Album – Here as in Heaven)

One Thing Remains by Jesus Culture (Album – Come Away)

Set A Fire by Jesus Culture (Album – Live from New York)

Your Love Defends me by Matt Maher (Album – Echoes)

## Appendix 2 – Readings and Reflections

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*The following reflections have been adapted from Daily Prayer by Nick Fawcett (ISBN 9781844177219)*

### Reflection 1

In Psalm 130 it says:

*If you, Lord were to keep an account of our sins, who could lift their head before you? In you, though, is forgiveness, so you are to be worshipped.*

(Pause)

I remember writing an essay once, I'd made one change after another, amending first this line, and then that, until the page in front of me was a mass of corrections, virtually impossible to read. It looked a shambles, and there was no way I could submit it as it was, so I took a fresh piece of paper and started again.

If only it were as easy to put things right when we mess up in life, but of course it's not. The mistakes we make there go much deeper and have infinitely more far-reaching consequences than a few errors in spelling, punctuation or phraseology.

Like it or not, many of our mistakes live with us for the rest of our lives, having repercussions long after the event.

That doesn't mean, though, that we should wrestle with a burden of guilt, nor that we cannot move forward to new horizons.

The message of the Gospel is that God offers us a clean sheet through Christ; he is ready at any moment not only to forgive but also to forget, to put our mistakes and faults, in his eyes at least, irrevocably behind us. However often we get things wrong, he can put them right, making possible a fresh start each and every day.

(Pause)

Do you still dwell on past mistakes?

Is it time you put them behind you?

Have you understood and accepted God's forgiveness, or are you harder on yourself than he is?

(Pause)

It says in Psalm 103:

*The Lord Is merciful and gracious, overflowing with steadfast love and not easily riled. He does not constantly accuse or for ever nurse his anger, nor does he deal with us according to our sins or repay us for our mistakes. His unswerving love towards those that fear him is as great as the heavens are high above the earth; he banishes our faults from us as far as the east is from the west.*

## **Reflection 2**

In Psalm 119 it says:

*Open my eyes that I may see wonderful things in your law.*

(Pause)

Do you ever get nervous when you leave a store? But as you pass those barriers you silently hope the alarm doesn't go off, even though you know you haven't stolen anything.

You see the security guard on their podium watching as you pass waiting to pounce, living for the thrill of catching a thief.

Some people might view God like that, as one who sets rules and imposes penalties, eagerly awaiting the chance to trip us up and haul us over the coals. The reality, of course, is completely different. Just as the security guard is there for our own benefit to prevent the shop becoming snarled up by thieves and robbers, to protect us from anarchy, so the rules God sets for us have our interests, rather than his, in mind.

He sets boundaries for our protection or for the wider good of all, the aim of all the commandments being to prevent us harming ourselves, others, or damaging the world in which he has set us. That's why Jesus could sum up the law through one word; Love; for that's what God's will is all about: his love for us and ours in return for him and for others. Never see him as waiting to

catch you out or delighting to punish, for that couldn't be more wrong. He waits rather to guide, forgive and Love.

(Pause)

Do you see God as vengeful or forgiving?

Do you see God as stern or generous?

(Pause)

It says in St. Paul's letter to the Hebrews:

*We've all been disciplined by human fathers and we respected them for it. So then, we should all the more submit to our spiritual Father, so that we might live fully. Our earthly fathers briefly disciplined us, doing what they believed to be best; But God disciplines us for what he knows to be best: so that we can share in his holiness.*

### **Reflection 3**

It says in Luke's Gospel:

*He told this parable: 'If a man had a hundred sheep and lost one of them, wouldn't he leave the ninety-nine in the desert and go in search of the one that is lost until he finds it? And, when it is found, he places it over his shoulders rejoicing. And then, coming home, he calls together his friends and neighbours, saying, "Rejoice with me, for I have found my sheep that was lost." In exactly the same way, I assure you that there will be more joy in heaven over one sinner coming to repentance than over ninety-nine righteous people who have no need to repent.'*

(Pause)

Why is it that when you drop something it always falls into the most awkward and inaccessible of places? Instead of falling into the middle of the room, somehow it invariably ends up in some obscure nook or cranny, never to be seen again.

How long we are willing to keep on looking? Well that depends on the item in question. If it's 1 or 2 pence, then probably a quick shrug and forget about it; a

gold ring, on the other hand, and we'll keep on looking for many weeks, probably always hoping that it will finally turn up.

Few if any of us, however, will keep on looking for ever. Yet that is the wonderful picture that Jesus paints of God in the three parables of Luke 15: The lost sheep, the lost coin and the lost son.

God, we are told, is like the shepherd who goes on looking for his lost sheep 'until he has found it!' What a wonderful picture that is – a truly astonishing testimony to God's amazing grace!

Here is the 'Love that will not let me go'; a love that goes on looking for us whenever we go astray; never resting and never giving up until we have been restored to the Father's side.

It is a love unlike anything else we can ever know.

(Pause)

Do you worry about what the future may hold?

Or have you learned to rest secure in the knowledge that, whatever may happen, God will be with you in it, nothing separating you from his love?

(Pause)

The prophet Ezekiel wrote:

*This is what the sovereign Lord says: 'I will personally search for my sheep and take care of them. Just as a shepherd searches for his sheep should his flock be scattered, so I will go in search of my sheep and rescue them, no matter where they have been scattered in dark and dismal days. I will search for the lost and bring back those who have strayed.'*

## Appendix 3 – Prayers for Ending Adoration

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Lord our God,  
in this great sacrament  
we come into the presence of Jesus our Lord  
who walks with us on our journey of faith.  
May we always know his reassuring presence in our lives,  
and be filled with his peace and courage  
to witness to him in all we do.  
Amen.

Lord our God,  
may this holy sacrament of new life  
warm our hearts with your love  
and make us eager to spread the Good News  
that Jesus is Lord of our lives.  
May we stay close to Him always.  
We ask this in His name.  
Amen.

Lord Jesus, give us the light of faith  
and fill our hearts with the fire of your love  
so that we may praise and worship you in spirit and in truth,  
our God and Lord, present in this sacrament,  
who lives and reigns for ever.  
Amen.

Lord Jesus Christ,  
in the gift of your body in the Eucharist,  
you open our eyes to the wonder of your presence.  
Help us to see your face in all those we meet,  
especially those who are poor, distressed, rejected and alone  
and to reach out in loving service to them always.  
Amen.



Lord Jesus Christ,  
in this great sacrament  
you are with us in a special way.  
Help us to be aware of your presence with us  
at every moment of our lives  
and to bring your love, peace and joy to all we meet.  
Amen.



# Appendix 4 – Hymns for Benediction/Repose of the Blessed Sacrament

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O Sacrament most holy (Traditional)

*O Sacrament most holy,  
O Sacrament divine,  
all praise and all thanksgiving  
be every moment thine. (x3)*

Tantum ergo (Traditional)

<i>TANTUM ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedit ritui: Praestet fides supplementum Sensuum defectui.</i>	<i>DOWN in adoration falling, Lo! the sacred Host we hail, Lo! oe'r ancient forms departing Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail.</i>
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<i>Genitori, Genitoque Laus et iubilatio, Salus, honor, virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio.</i>	<i>To the everlasting Father, And the Son Who reigns on high With the Holy Spirit proceeding Forth from each eternally, Be salvation, honor blessing, Might and endless majesty.</i>
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*Amen.*

*Amen.*

The Divine Praises – Matt Redman and Audrey Assad performed together at World Youth Day. A video of this can be found here:

<https://www.youtube.com/watch?v=wcU1d3tf31U>

Adoration by Matt Maher (Album: All the people said Amen)

Benediction by Matt Redman (Album: Your grace finds me)









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