



## Adoration Companion

Welcome to this amazing opportunity to grow in relationship with Jesus present in the Holy Eucharist and to receive all that he has in store for you!

In this Adoration Companion you will find:

**1 | Eucharistic prayers** we will use this evening

**2 | An examination of conscience** to best prepare to receive the Sacrament of Reconciliation/ Confession

**3 | Answers** to typical questions about what you will experience tonight

**4 | Eucharistic Miracles** that reveal the truth of Jesus in the Eucharist

**5 | A couple of great quotes** about the Eucharist

## 1 | Eucharistic Prayers

**Exposition** (when the celebrant is bringing the Eucharist to the Altar)

**Hymn:**

O salutaris Hostia  
Quae caeli pandis ostium;  
Bella premunt hostilia,  
Da robur, fer auxillium.

Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria. Amen.

**Benediction** (when the celebrant goes to the altar, genuflects, and kneels after some time of Adoration)

**Hymn:**

Tantum ergo Sacramentum  
Veneremur cernui,  
Et antiquum documentum  
Novo cedat ritui;  
Praestet fides supplementum  
Sensuum defectui.

Genitori Gentioque

Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio;  
Procedenti ab utroque  
Compar sit laudatio. Amen.

**Priest/Deacon:** You have given them Bread from heaven

**ALL:** Having all sweetness within it

**Priest/Deacon:** 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 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.

**ALL:** Amen.

(The celebrant will then bless all present with the Eucharist.)

**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.

**Reposition** (when the celebrant returns the Eucharist to the Tabernacle)

## 2 | Examination of Conscience

To help you prepare for the healing graces of the Sacrament of Reconciliation / Confession, take some time to reflect through the attached Examination of Conscience based on the Seven Deadly Sins. You can take the sheet with you to confession too!

## 3 | Answers



### What is Adoration?

In the Catechism of the Catholic Church we are told that "Adoration is the first attitude of man acknowledging that he is a creature before

his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," respectful silence in the presence of the "ever greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications." (CCC 2628)

"We can show our adoration to God in many ways, but in Eucharistic Adoration, we spend time adoring the true presence of Christ in the Eucharist ... You really don't have

to “do” anything ... You can just sit there and look at Jesus. Take the time to be with Him ... This is your personal time with Christ.” (CatholicLink, How to go to Adoration)



## Why do I need the Sacrament of Reconciliation/ Confession?

“The Sacraments are privileged encounters with the Living God. It is in the Sacraments that we meet Jesus Christ face-to-face. He alone offers us His mercy, forgiveness and grace in the Sacrament of Reconciliation” (LifeTeen “How to make a Good Confession”). In this amazing Sacrament we receive God’s grace - his very life - within us! Our friendship with him and his church is restored through his healing mercy. We are set free to start anew!

## 4 | Eucharistic Miracles

“When the priest offers the bread and wine during the Liturgy of the Eucharist, something called transubstantiation takes place — the bread and wine become the actual Body and Blood of Jesus Christ. Though they look like normal bread and wine, Christ is in fact present in every morsel of bread and every drop of wine.

But sometimes the appearance of the bread and wine change, too. Christ’s true presence has been revealed over the centuries through several Eucharistic miracles.” (Denver Catholic, “Eucharistic miracles reveal Christ’s real presence”)

These, and many other Eucharistic Miracles, are quite famous!

## Eucharistic Miracle of

**Lanciano** Italy (video)



## Eucharistic Miracle of Buenos

**Aires** Argentina (video)



## Blessed Carlo Acutis website

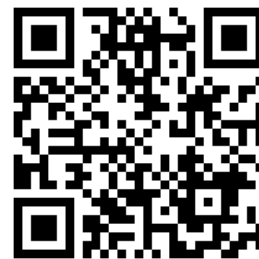
documenting ALL of the approved Eucharistic Miracles of the world



## Want to know more about

### Blessed Carlo Acutis? He

recognized how the Eucharist was “his highway to heaven”. At 15 years old when he died, he shows us how everyone can be a saint no matter their age (video).



## 5 | Quotes

*“When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now.”* – Saint Mother Teresa of Calcutta

*“We should never again use the expression, ‘When Jesus was on earth’ or think of him as being only in heaven, Jesus is still on earth.”* – Fr. John Hardon, S.J.

*“When we face the sun we get a tan... but when we stand before Jesus in the Eucharist we become saints.”* – Blessed Carlo Acutis