

Spending time with Jesus

ADORE

Just thank Jesus for being here. Be happy in his presence.

MEDITATE

Look on the next page for some Scripture passages and questions that might help you to pray.

PRAY FOR ...

yourself, people you know, concerns in the world.

OPENING PRAYER

I believe, my God, that you are here. I love you!

You are great and holy. I adore you!

You have given me every good thing I have. Thank you very much!

I am happy to have this time with you.



THINGS YOU MIGHT WANT TO THINK OR PRAY ABOUT WHILE HERE WITH CHRIST:

- What do you want to say to Jesus?
- How do you want to listen to Jesus today? Listen quietly.
- He might want to say something to you.
- Whom do you want to pray for?
- What blessings do you hope Jesus will send to the world through your prayer?

PRAYER FOR LISTENING

I am so glad to be with you, Jesus! You are happy to welcome me here.

You have words of everlasting life for me and I want to listen.

I give you all my worries and needs so they do not stop me from hearing you.

Please open my mind and my heart to your Holy Spirit.

YOU MIGHT MEDITATE OR REFLECT ABOUT:

We believe that Jesus is here, present with us

Luke, chapter 1

(After Mary became pregnant, she went off to visit her cousin Elizabeth, who was pregnant with John the Baptist.)⁴⁰ She went into Zechariah's house and greeted Elizabeth.⁴¹ When Elizabeth heard Mary's greeting, the baby moved within her. Elizabeth was filled with the Holy Spirit⁴² and said in a loud voice, "you are the most blessed of all women, and blessed is the child you will bear!⁴³ Why should this great thing happen to me, that my Lord's mother comes to visit me?⁴⁴ For as soon as I heard your greeting, the baby within me jumped with gladness.

Think for a little bit - the baby that was in Mary's womb is the same Jesus who is present in the Eucharist on this altar. What do you want to say to him?

Jesus spoke to the Samaritan woman at the well

John, chapter 4

¹⁰ Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water."¹¹ [The woman] said to him, "Sir, you do not even have a bucket and the well is deep; where then can you get this living water?"

¹³ Jesus answered and said to her, "Everyone who drinks this water will be thirsty again;

¹⁴ but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life."

What do you need from Jesus? What do you want to ask him for?

Jesus gave us his Body and Blood, his very self

Luke, chapter 22

¹⁹ Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." ²⁰ And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you.

Jesus is right here, just as he was at the Last Supper. What do you want to say to him?

BENEDICTION

Make the Sign of the Cross when the monstrance is used to bless us.

The Eucharist will be put back (reposed) in the tabernacle.



THE DIVINE PRAISES

Repeat each line.

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.

HOLY GOD, WE PRAISE THY NAME

Holy God, we praise thy Name;
Lord of all, we bow before thee!
All on earth thy scepter claim,
all in heaven above adore thee;
infinite thy vast domain,
everlasting is thy reign.
infinite thy vast domain,
everlasting is thy reign.

OUR FATHER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us no into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.