

Rite of Eucharistic Exposition and Benediction

Exposition of the Blessed Sacrament [Opening] Presider enters

Kneel: Presider places the Blessed Sacrament into the monstrance on the altar.

Sing: *O Salutaris (O Saving Victim)* or some other appropriate Eucharistic song.

O Salutaris Hostia	Uni trinoque Domino	O Saving Victim Op'ning wide	To thy great name be endless praise,
Quae coeli pandis ostium:	Sit sempiterna gloria,	The gate of Heaven to man below	Immortal Godhead, One in Three
Bella premunt hostilia,	Qui vitam sine termino	Our foes press on from ev'ry side	O Grant us endless length of days
Da robur, fer auxilium	Nobis donet in patria.	Thine aid supply, thy strength bestow	In our true native land with Thee.
(Amen.)		(Amen)	

(Presider incenses the monstrance)

Adoration of the Blessed Sacrament

Kneel or be seated: Begin private portion of the adoration/devotion.

Benediction of the Blessed Sacrament [Closing prayer]

Kneel: presider incenses the monstrance.

Sing: *Tantum Ergo (Down in Adoration Falling)*

Tantum ergo Sacramentum	Genitori, Genitoque	Down in Adoration Falling	To the everlasting Father
Veneremur cernui:	Laus et jubilatio	Lo the sacred host we hail;	And the Son who reigns on high
Et antiquum documentum	Salus, honor, virtus quoque	Lo oer ancient forms departing	With the Spirit blessed proceeding
Novo cedat ritui	Sit et benedictio:	Newer rites of grace prevail;	Forth from each eternally
Praestet fides supplementum	Procedenti ab utroque	Faith for all defects supplying	Be salvation, honor, blessing
Sensuum defectui.	Compar sit laudatio.	Where the feeble senses fail.	Might and endless majesty.
(Amen.)		(Amen)	

Remain kneeling: Presider: You have given them Bread from Heaven. (Alleluia)

Respond: **Having All Sweetness within it. (Alleluia)**

Presider: "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, forever and ever...(Amen)

Remain kneeling while the presider elevates the monstrance in blessing.

Then recite the Divine Praises. (Presider proclaims, the people repeat.)

The Divine Praises

Blessed be God.	Blessed be the Holy Spirit, the Paraclete.
Blessed be His Holy Name.	Blessed be the great Mother of God, Mary most holy.
Blessed be Jesus Christ, true God and true Man.	Blessed be her holy and Immaculate Conception.
Blessed be the Name of Jesus.	Blessed be her glorious Assumption.
Blessed be His most Sacred Heart.	Blessed be the name of Mary, virgin and mother.
Blessed be His most Precious Blood.	Blessed be St. Joseph, her most chaste spouse.
Blessed be Jesus in the most Holy Sacrament of the Altar	Blessed be God in His Angels and Saints.
	Amen

Reposition of the Blessed Sacrament

The presider reposes the Blessed Sacrament in the tabernacle while the people kneel.

Stand and Sing: 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.*

Suggestions for things to do during Eucharistic Adoration:

"Be still and know that I am God." Psalm 46:10

When the Blessed Sacrament enters and exits the church, we kneel as a sign of respect. During the rest of the time, feel free to assume a position that will allow you to pray and listen. This is your time to bring your heart, your worries, your joys, your hopes – your entire life – before a God who loves you. Consider the following suggestions for what to do during private Eucharistic Adoration.

Pour out your heart to Jesus and adore Him-- During this time of Adoration with Our Lord in the Blessed Sacrament, have a conversation with Jesus. Spend a few moments talking with Him.

- Tell Jesus what you are most thankful for.
- Tell Jesus what you are most excited about.
- Tell Jesus what you are worried or concerned about.
- Tell Jesus what you are sorry for.
- What does Jesus say to you about any of the above?
- Ask Jesus for the help you need in the days to come.
- Who needs your prayers? Pray to Jesus for this person/these people.
- What else do you want to ask Jesus for or about?
- Ask Jesus what He wants you to do for Him in the days to come.



Meditate using Sacred Scripture -- Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. The following texts are proposed for private meditation.

Old Testament:

Book of Exodus: 40:4-6, 8-9

Prophet Isaiah: 49:13-16

Prophet Ezekiel: 36:24-28

Book of Numbers: 20:1-13

Prophet Jeremiah: 31:1-4; 31:31-34

Psalms 6, 8, 13, 15, 19, 23, 25, 27, 34, 40, 51, 148

New Testament:

Matthew: 5:1-12; 5:21-24; 6:1-14; 7:7-12; 13:18-23; 14:22-23; 26:36-45;

Luke: 1:46-55; 1:67-79; 4:1-13; 6:27-44; 10:25-28; 12:16-21; 12:35-40; 15:1-10; 15:11-24

John: 1:1-5, 14-18; 6:48-58; 7:14-18; 7:37-39; 10:11-18; 13:12-17; 13:34-35; 17:20-26

Romans: 8:28-39

Ephesians: 1:3-10; 3:8-12; 3:14-19

Corinthians: 10:16-17; 11:23-32

Philippians: 2:5-11

First Thessalonians: 4:13-18; 5:14-25

Hebrews: 1:1-4; 9:11-14, 22-28; 11:1

First John 4:7-12

Revelation: 11:17-18; 12:10-12

Pray the Rosary -- Ask Mary to join you as you gaze on Christ in the Monstrance and as you pray the Rosary

Read the life of a saint and pray with him or her -- Most holy men and women have had a great devotion to Our Lord in the Eucharist. Read about them and learn from their examples.

Sit quietly and just "be" in the presence of God -- Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.

"Lord Jesus, I thank you for listening to me and for speaking to my heart. I know that you are always with me. Help me to follow you more closely and to love others. Amen"