**Spirituality V**

1. **Adoration**

The practice of **Eucharistic Adoration** finds its origins in the earliest days of Christianity, dating back to the time of the Apostles. [In those early Church days, reverence for the Eucharist was paramount, and it was reserved primarily for the sick and those unable to attend the liturgy](https://rosarycongressusa.org/eucharistic-adoration-a-history-of-devotion-and-reverence/). Let’s delve deeper into the historical development of this beautiful devotion: *(*[*Copilot with GPT-4 (bing.com)*](https://www.bing.com/search?q=eucharistic+adoration&form=ANNTH1&refig=5e13faffb87b442ca7b7b7038604feda&pc=HCTS&showconv=1)*)*

1. **Apostolic Times to Early Middle Ages**:
   * The reverence for the Eucharist was present from the beginning. Early Christians believed that the consecrated bread and wine truly became the body, blood, soul, and divinity of Christ during the Mass.
   * Initially, Eucharistic Adoration was closely tied to the celebration of the Mass itself. However, as the understanding of **transubstantiation** (the change of substance) developed, the need to honor and adore Christ’s presence outside of the Mass became more pronounced.
2. **Berengarius to St. Francis of Assisi**:
   * During the Middle Ages, theological debates arose regarding the nature of the Eucharist. Berengarius of Tours, a theologian, questioned the real presence of Christ in the Eucharist.
   * St. Francis of Assisi, known for his deep devotion to the Eucharist, played a significant role in promoting reverence for the Blessed Sacrament. His love for Christ in the Eucharist inspired others to follow suit.
3. **Middle Ages to the Council of Trent**:
   * The Council of Trent (1545–1563) reaffirmed the doctrine of transubstantiation and emphasized the real presence of Christ in the Eucharist.

What Is Eucharistic Adoration?(*August 28, 2019****,*** *Posted by Oblates of the Virgin Mary*)

During Eucharistic Adoration, the faithful pray to Jesus Christ, who is present in the Eucharist. The Eucharist, also referred to as the Blessed Sacrament, is typically kept in a tabernacle at your parish church. While it is true that you can pray to God anywhere and that He is always within you, it is especially powerful to adore Jesus in the Eucharist. In the presence of the Eucharist, we pray to the power and sacrifice that it represents — the body of Jesus, who gave His life so that we may live. It is His body, blood, soul and divinity that is really, truly, and substantially present in the Eucharist.

We adore and receive the Eucharist in communion at Mass, which is the most beautiful act of worship that we have as Catholics. We have Jesus truly present in all of the tabernacles around the world. We can continue to adore Him in the Eucharist after Mass in a quiet time of prayer and contemplation on Who we have just received. Being in the presence of the body, blood, soul and divinity of Jesus Christ gives spiritual strength and nourishment in a uniquely powerful way.

How Do You Adore the Eucharist?

Now that we’ve answered the question “what is Eucharistic Adoration?”, we can discuss how it’s practiced. There are many ways to approach prayer in the presence of the Eucharist. You might have a personal conversation with the Lord, pray the rosary, read scripture or use our adoration resources.

You might also wish to pray together as a community. On weekdays during the academic year, the Oblates of the Virgin Mary and our seminarians say Morning Prayer at St. Clement’s Shrine. They also hold a daily holy hour in the early evening, which includes a recitation of the Rosary and Evening Prayer. We welcome the community to join us in prayer to adore the Eucharist together each morning and evening.

HOW A EUCHARISTIC ADORATION COORDINATOR ADORES THE EUCHARIST

One of our Adoration coordinators and spiritual directors, Joanne, gives the following advice for adoring the Eucharist:

“I suggest asking for God’s guidance. Ask God Our Father, Jesus or the Holy Spirit to teach you how to pray, and then pray in the way you feel drawn to, whether it’s with one of the guides or whatever works best. Speak to God about everything that is on your heart and devote time to listening.

My time at adoration varies, but I usually start with a 7-10 minute Examen Prayer of St. Ignatius of Loyola, then the Divine Office through the iBreviary app for 10-15 minutes, followed by praying with a passage of Scripture. I choose the Scripture passage depending on what I’m drawn to pray with at the moment. It is either something from the Divine Office (which I just read and was especially moved by), one of the readings of the day, or any lines from Scripture that I’m drawn to.

It is also important to make time to just sit in God’s presence and listen. I ask God to speak to my mind and heart and give me all the graces and guidance I need. I then dedicate a certain amount of time to sit with Him, trying to ignore any distracting thoughts that might be on my mind, and listen. The graces from adoration might not be noticed until later that day, week or month.

I recommend that every Catholic make time for Eucharistic Adoration. Jesus asks us in Scripture (Mark 14:37) to spend time with Him, countless saints have written about the benefits of praying in the presence of the Eucharist, and the Magisterium of the Catholic Church teaches us that the Eucharist is the ‘source and summit of the life and mission of the Church’.”

1. **Thanksgiving** *(https://www.usccb.org/catholic-prayers)*

God invites us into a relationship with Him that is both personal and communal. He speaks to us through His Son, Jesus Christ, the Word-made-flesh. Prayer is our response to God who is already speaking or, better yet, revealing Himself to us. Therefore, prayer is not merely an exchange of words, but it engages the whole person in a relationship with God the Father, through the Son, and in the Holy Spirit.

**Parent’s Thanksgiving**

O God, we give you thanks for Newborn,  
whom you have welcomed into our family.  
Bless this family.  
Confirm a lively sense of your presence with us,  
and grant us patience and wisdom,  
that our lives may show forth the love of Christ,  
as we bring Newborn. up to love all that is good.  
We ask this through Christ our Lord.  
R/. Amen

**Thanksgiving for a Newborn or Newly Adopted Young Child**

A  
God, our Creator, cherish this child.  
Jesus, our Savior; protect him/her.  
Holy Spirit, our comforter, strengthen him/her.

or:

B  
Source of all blessings, protector of infants,  
look with favor on this child, N.

Hold him/her gently in your hands.  
When he/she is reborn of water and the Holy Spirit,  
bring him/her into the Church,  
there to share in your kingdom  
and with us to bless your name forever.  
We ask this through Christ our Lord.  
R/. Amen

The parents trace the sign of the cross on the child's forehead.

N., may the Lord Jesus, who loved children,  
bless you and keep you in his love,  
now and forever.  
R/. Amen

**Prayer of a Couple on the Anniversary of Marriage**

We praise you, O God,  
we bless you, Creator of all things,  
who in the beginning made man and woman  
that they might form a communion of life and love.

We also give you thanks  
for graciously blessing our family life  
so that it might present an image of Christ's union with the Church.

Therefore, look with kindness upon us today,  
and as you have sustained our communion  
amid joys and struggles,  
renew our Marriage covenant each day,  
increase our charity,  
and strengthen in us the bond of peace,  
so that we may for ever enjoy your blessing.  
Through Christ our Lord  
Amen.

1. **Petition**

A **prayer of petition** is a heartfelt request to God, asking for His intervention or assistance. When we pray in this way, we express our needs, desires, and hopes, seeking divine help. Here are some examples of prayers of petition:

1. **Protection and Strength**:
   * “Heavenly Father, I feel under attack and misunderstood. Help me to remember that when I am persecuted, insulted, and lied about for the sake of righteousness, I am blessed. Grant me the bravery and peace required to reflect Your love well to a world that does not know You.” (Matthew 5:10-12).
2. **Forgiveness and Cleansing**:
   * “Have mercy on me, O God, according to your unfailing love; according to your great compassion, blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.” (Psalm 51:1-2).
3. **Submission to God’s Will**:
   * “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” (Matthew 26:39).
4. **Seeking Favor and Success**:
   * “Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting favor in the presence of this man.” (Nehemiah 1:11).
5. **Acknowledging God’s Authority**:
   * “At the time of the sacrifice, the prophet Elijah stepped forward and prayed: ‘O LORD, God of Abraham, Isaac, and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command.’” (1 Kings 18:36).

Remember that God listens to our prayers, regardless of how eloquently they are spoken. Our petitions matter, and God’s power moves through them for our good and the good of others.

**End of Spirituality V**