



HISTORY & BACKGROUND: Eucharistic adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. We Catholics believe that at Mass bread and wine *truly* become the *body, blood, soul, and divinity* of our Lord Jesus Christ, during the Consecration by the priest. The consecrated bread, the Eucharist, becomes what is known as the Blessed Sacrament.

Exposition is the placement of the Blessed Sacrament outside the tabernacle for public Eucharistic adoration. This can take many forms. The simplest form is the opening of the tabernacle doors. Another form is the removal of the sacred vessels from the tabernacle for a more prominent and visible placement. The Church also permits a “full” exposition, when the sacred host is clearly visible in a vessel called a monstrance.

This devotion is also known as the Rite of Eucharistic Exposition and Benediction. It can include homilies by a priest, readings from Scripture, hymns such as *O Salutaris Hostia* and *Tantum Ergo*, and time for quiet adoration, after which the priest blesses the congregation in a Benediction of the Blessed Sacrament, followed by The Divine Praises.

Perpetual Adoration, in which the Lord is exposed (seen) in the monstrance under the form of bread, over a longer period of time uninterrupted, as in what is known as a forty-hour devotion, or even 24 hours a day, seven days a week.

The sponsors of this devotion should make sure that a suitable number of worshippers are present during the entire time of exposition. The Blessed Sacrament may never be left exposed without at least one worshipper present.

TIME REQUIRED: At least 1 hour

SUPPLIES NEEDED: priest, monstrance, luna, humeral veil, bells & incense (optional)

DIRECTIONS:

Exposition of the Blessed Sacrament

1. Ring bell, priest enters for Exposition
2. All kneel while the presider places the Luna with the Host into the monstrance on the altar. Once the priest has reached the front of the altar and kneels in front of the monstrance, all sing *O Salutaris Hostia* together.
3. Priest walks to the ambo to start the reading(s). If the Gospel is to be proclaimed, the presider will instruct all the stand. Otherwise, all will remain seated during the non-Gospel scripture reading(s). This is followed by a short reflection applicable to the reading and then quiet time of adoration.

...to set the mind on the Spirit is life and peace...Romans 8:6





Adoration

4. There are many ways to pray during adoration. We may meditate silently by gazing on the sacred host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the rosary, or the litanies. When we are not taking part in vocal prayers and hymns with other adorers, we should be praying silently.

Benediction of the Blessed Sacrament

5. Once the individual, private adoration/devotion is completed for the hour, the presider will return to the front of the altar and kneel. All will sing *Tantum Ergo* together.
6. While kneeling, priest will say: "You have given them bread from heaven." All will reply: "Containing in itself all sweetness." Priest will 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." (R): "Amen"
7. Recite Divine Praises

Reposition of the Blessed Sacrament

8. Priest will stand up and walk to the altar. He will then remove the Luna from the monstrance and place the Host back into the Tabernacle.
9. Once Christ is back in the Tabernacle, all will sing together *Holy God, We Praise Thy Name*
10. Holy Hour of Adoration is now complete.

