

PRAYER

ALTERNATIVE TO ADORATION NIGHT

WHAT IS ADORATION?

Adoration of the Blessed Sacrament is a form of **PRAYER** that began centuries ago. The word adoration means "to pay honour or homage to someone or something." The same **JESUS**, whom we receive in the **EUCCHARIST** at Mass is who we worship in Adoration.

It is a time to sit **FACE TO FACE** with Jesus and deepen and strengthen your relationship with Him.

**EXTENDED ADORATION - EVERY MONDAY IN CHURCH 12:30PM-10PM**

Although you weren't able to join us for the group Adoration Night, you can still pray. There are usually only a handful of people in Church, and Jesus will be present in the Blessed Sacrament.

- Set aside 30min.
- Bring your headphones, device to play music, and this reflection handout
- Find "St. Paul Lent Adoration" on Spotify or scan the Spotify code before going to the Church
- Bring a pen/pencil to complete the reflection questions
- **When you enter the Church, go in front of the altar & show reverence to Jesus in the Blessed Sacrament on the altar by genuflecting & making the Sign of the Cross.**

PRAYER SPACE @ HOME

If you are unable to go to anything in-person due to special considerations:

- Set aside 30min. in a quiet place
- Set up a cross, candle, image of Jesus/Mary/the Holy Family, etc.
- Find an image of Jesus on the cross to meditate on while you pray
- You will need your phone or laptop to play music from the Spotify list
- Go through this reflection handout by yourself or with your family and complete the reflection questions

Whether you pray in Church or at home, make the most of this time by eliminating any distractions. PLEASE silence & TURN OFF notifications on your phone. Give this time to God!



STEP 1: PRAY A DECADE OF THE ROSARY

A Decade of the Rosary = 1 Our Father + 10 Hail Marys + 1 Glory Be

- A Rosary is 5 Decades, but for right now just pray 1 Decade.
- Think of 1 person who really needs God right now and offer up this Decade for them
- When you're praying, say the words **slowly and thoughtfully**, and really **think about what they mean**.

OUR FATHER

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is 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 not 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.

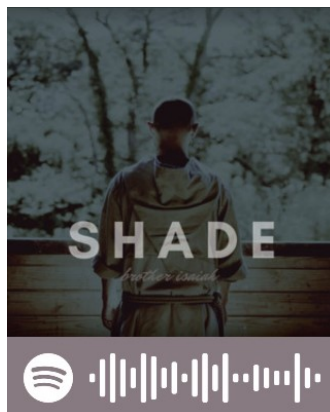
GLORY BE

Glory be 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.

STEP 2: PRAY & REFLECT WITH MUSIC

- Find "St. Paul Lent Adoration" on Spotify **OR** go to "Search" in the Spotify app and click on the camera icon at the top right corner to scan the code below.
- Follow the guide on the next pages.
- Email Chi - caquino@stpaulrcchurch.org - a picture of the Song pages with your underlined lyrics for the 3 songs & reflection answer for the 1st song "The Story." You do not have to include your reflection answer for the 2nd song "Trust In You" if you would like to keep that private.

Spotify Code:



SONGS

While listening to each song, underline the words that stand out to you the most.
After listening to the song, answer the reflection question, read "In the Silence," and pray.

The Story

by Brother Isaiah

The skies sing your glory, Lord
Day-to-day tells the story, Lord
That You are the risen one
And death it is overcome

In the smile of the tiny child
In the hope that is born through trial
It all tells a story, Lord
And it all cries glory, Lord

The death of the smallest seed
Giving birth to the tallest tree
They all sing the story, Lord
They all tell Your glory, Lord

In the spring after winter's cold
In the sunshine that warms my soul
It all tells your story, Lord
Yes it all sings glory, Lord

Of how You overcame
In that victory over the grave
And of how You are the Light
That is flowing in my veins

You are the Light
You are the Lord
Yes you are, yes you are
The Resurrection, Lord

Of how You overcame
In that victory over the grave
And of how You are the Light
That is flowing through my veins

The Life, oh Lord
You are the Life, oh Lord

Reflection Question:

We believe that God became human and was named Jesus. What do you know about Jesus' story?
Write all the facts that you know about Him, from the beginning of His life until the end.

In the Silence: While you pray, look at Jesus in the Eucharist on the altar (or your image of Jesus at home)
Tell God about your doubts (we all have doubts). Do you believe that Jesus is God? Tell God the questions you still have about Him. Pray to God and ask Him to help you know Him better. Take a few minutes, close your eyes, and take deep breaths.

While listening to each song, **underline** the words that stand out to you the most. After listening to the song, answer the reflection question, read "In the Silence," and pray.

Trust In You by Lauren Daigle

Letting go of every single dream
I lay each one down at Your feet
Every moment of my wandering
Never changes what You see

I've tried to win this war, I confess
My hands are weary, I need Your rest
Mighty warrior, King of the fight
No matter what I face, You're by my side

(Refrain)

When You don't move the mountains
I'm needing You to move
When You don't part the waters
I wish I could walk through
When You don't give the answers
As I cry out to You
I will trust, I will trust
I will trust in You

Truth is, You know what tomorrow brings
There's not a day ahead You have not seen
So in all things be my life and breath
I want what You want, Lord, and nothing less

(Refrain)

You are my strength and comfort
You are my steady hand
You are my firm foundation
The rock on which I stand
Your ways are always higher
Your plans are always good
There's not a place where I'll go
You've not already stood

(Refrain)

Reflection Question:

Is there a challenge or struggle in your life that you wish you didn't have? Why is it frustrating? What is something good that can come from this challenge or struggle?

In the Silence: While you pray, look at Jesus in the Eucharist on the altar (or your image of Jesus at home) Think about what you wrote above. Close your eyes, take a few deep breaths, and tell God about it. Ask God to help you accept this challenge/struggle. Ask Him to help you through it. Do you trust God? Do you trust that He wants what is best for you? Do you trust that He has a plan for your life? Tell God about whether it's easy or hard for you to trust Him, and why.

While listening to each song, **underline** the words that stand out to you the most.
After listening to the song, read "In the Silence" and pray.

Take Up Our Cross

by Curtis Stephan

Behold the wood that bears our name
Behold the nails that hold our sin.
The tree from which salvation blooms
The death by which we're born again.

We take up our cross and follow Him
We lay down our lives that we might live.
We carry the hope of Christ within
We take up our cross and follow Him.

We embrace the sacrifice
And walk the path we cannot see.
The burdens of this world made light
By blood and thorn we are redeemed.

We take up our cross and follow Him
We lay down our lives that we might live.
We carry the hope of Christ within
We take up our cross and follow Him.

Lift Him high, lift Him high
Let his name be glorified.
Lift Him high, lift Him high
Let His name be glorified.

We take up our cross and follow Him
We lay down our lives that we might live.
We carry the hope of Christ within
We take up our cross and follow Him.

In the Silence: *While you pray, look at Jesus in the Eucharist on the altar (or your image of Jesus at home)*
Look up at the Eucharist that is held in the gold monstrance on the altar. We have other names for the Eucharist: Communion, the Blessed Sacrament. Now look up at Jesus on the cross. Through God's power and the Mystery of our Faith, Jesus is REALLY PRESENT in the Eucharist. Talk to Jesus. The one who suffered complete agony on the cross is the same person who knows you better than anyone. What burden are you carrying? What in your life feels like a heavy cross that is weighing you down? Is there something that you need to ask for forgiveness? Do you need to apologize to someone? Do you need to apologize to God? Look up at the altar, take a big breath, and tell Jesus everything. He loves you more than you know.