

PRAYER

ALTERNATIVE TO IN-PERSON ADORATION

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.

**ALTERNATIVE PRAYER**

Although you weren't able to join us for Adoration, you can still pray. Depending on your limitations & comfort level, I strongly encourage you to do this reflection handout in Church if possible. Jesus will be present in the Eucharist that is kept in the tabernacle.

PRAYER SPACE @ HOME

- Set aside 30min. in a quiet place
- Set up a cross, candle, image of Jesus/Mary/the Holy Family, etc.
- 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

IN THE EMPTY CHURCH

- Set aside 30min.
- Bring your headphones, device to play music, and this reflection handout
- Find "St. Paul Middle School Adoration" on Spotify or scan the Spotify code before going to the Church
- Bring a pen/pencil to complete the reflection questions

Whether you pray at home or in Church, 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.

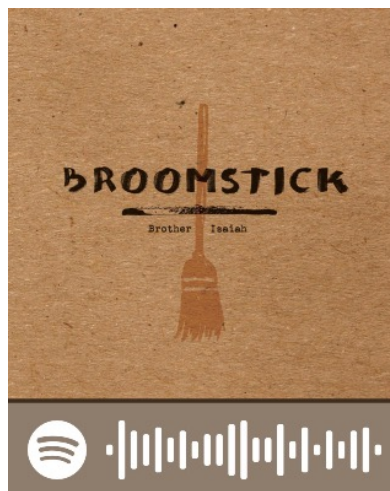
GLORY BE

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 Middle School Adoration" on Spotify **OR** go to "Search" in the Spotify app, click in the search box, and click on the camera icon at the top right corner to scan the code below.
- Follow the guide on the next pages

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.

Jacob's Song

by Brother Isaiah

You know these times be tough
with all the hatred and the violence,
All I'm looking for is a little bit of silence,
To be with you while I'm down on my knees,
Oh my God, I'm begging you please to
Batter my heart my Three Person God,
Break down this old, weary façade,
And show yourself. Please show yourself in me.

Crying out to my mother Zion,
Mother Mary comforts me,
Speaking words of wisdom,
"Soon you'll see, soon you will see,"
And then He comes like a still, small voice,
Way deep down in my soul,
And you show yourself.
Yes, you show yourself in me.

Oh my God, oh my savior,
Up above, please hear my prayer.

Oh my God, oh my savior,
Up above, please hear my prayer.

You come in the still small voice;
And you say, "Let there be light."

You say, "Let there be light."
And there is light, and light shines in the darkness.

Reflection Question:

Tell God a specific time when you felt like you were in darkness (challenge, struggle, worry), but someone or something brought Light into the situation and made it better.

In the Silence:

Tell God all about the challenges, struggles, worries you have right now (school, friendships, family, etc). Pray to God to shine Light into them and help you. 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.

You Say by Lauren Daigle

I keep fighting voices in my mind that say I'm not enough
Every single lie that tells me I will never measure up
Am I more than just the sum of every high and every low?
Remind me once again just who I am, because I need to know, ooh oh

(Refrain)

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And You say I am held when I am falling short
And when I don't belong, oh, You say I am Yours
And I believe (I), oh, I believe (I)
What You say of me (I)
I believe

The only thing that matters now is everything You think of me
In You I find my worth, in You I find my identity, ooh oh

(Refrain)

Taking all I have and now I'm layin' it at Your feet
You'll have every failure God, You'll have every victory, ooh oh

(Refrain)

Reflection Question:

Tell God how you think other people see you (how they would describe you).

In the Silence:

Think about what you wrote above. Whether it's positive or negative, none of that defines you or your worth as a person. Close your eyes, take a few deep breaths, and think about how much God loves you. Look at the cross, and remember that God loves you so much that He sacrificed Himself for you. He died for all of our sins.

While listening to each song, **underline** the words that stand out to you the most.
After listening to the song, answer the reflection question.

Lord, I Need You

by Matt Maher

Lord, I come, I confess
Bowing here I find my rest
Without You I fall apart
You're the One that guides my heart

(Refrain)

Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You

Where sin runs deep Your grace is more
Where grace is found is where You are
Where You are, Lord, I am free
Holiness is Christ in me

(Refrain)

So teach my song to rise to You
When temptation comes my way
When I cannot stand I'll fall on You
Jesus, You're my hope and stay

(Refrain)

In the Silence:

Talk to God. Tell Him a time when you were not the best version of yourself. Maybe it's a sin that keeps coming back again and again. Are you impatient with people? Do you snap back at your parents when you could be more kind? Do you gossip about people behind their backs? Have you lied or cheated? Ask God to give you the courage to go to confession the next time you get the chance. Ask God to help you with your weaknesses, and know that He loves you and will always forgive you no matter what.