

EXPO



FORMATS for EUCHARISTIC ADORATION

with

YOUNG PEOPLE

About this resource:

This resource has been compiled for use at **EXPO**, our monthly Archdiocesan Eucharistic Adoration celebrations, in preparation for the International Eucharistic Congress 2012 in Dublin and for Youth Ministry Leaders to lead Eucharistic Adoration in their own Parishes, Schools and other settings, before, during and long after the Congress is over.

It contains the suggested Format for the Rite of Exposition to be used on all occasions and 7 alternatives for the individual celebrations, depending on the chosen Theme.

We hope that Eucharistic Adoration will become a regular part of Youth activity in our Parishes and Diocese and that our Young People will have a greater awareness of, sense of reverence and love for the presence of Jesus in the Blessed Sacrament.

If you need more information about using this resource or about EXPO or the Eucharistic Congress 2012, please contact anne.mcevoy@staned.org

We hope that you enjoy using this booklet and find it useful.

Anne McEvoy Youth Ministry Coordinator

Patricia Carroll Episcopal Delegate for Pastoral Resources

The shape of the Rite of Exposition:

The format for prayer is given in the Rites of Worship of the Eucharist outside Mass, whenever we are using this way of praying this format is the same.

EXPOSITION

- Begin with an opening Hymn
- The blessed sacrament is then taken from the place of reservation and usually placed in a monstrance
- After a brief period of silence there is an opening prayer

ADORATION

- We listen to a reading from scripture
- There is time for reflection and silence
- This leads to a prayer of praise, usually in a litany form

BENEDICTION

- When a priest or deacon leads he makes the sign of the cross over the people with the monstrance or ciborium in silence

REPOSITION

- As the blessed sacrament is replaced in the tabernacle a song is sung
- A Final prayer is said

WALK WITH US



OPENING HYMN: Be Still for the Presence of the Lord

Be still, for the presence of the Lord,
the Holy One is here.
Come, bow before Him now,
with reverence and fear.
In Him no sin is found,
we stand on holy ground.
Be still, for the presence of the Lord,
the Holy One is here.

Be still, for the glory of the Lord,
is shining all around.
He burns with holy fire,
with splendour He is crowned.
How awesome is the sight,
our radiant King of Light!
Be still, for the glory of the Lord,
is shining all around.

Be still, for the power of the Lord,
is moving in this place.
He comes to cleanse and heal,
to minister His grace.
No work too hard for Him,
in faith receive from Him.
Be still, for the power of the Lord,
is moving in this place.

PRAYER:

Lord our God,
as we come before you, present in this great sacrament,
help us to know that you are with us always here
and that you walk with us on our journey through life,
giving us your love and peace and hope.
We ask this through Christ, our Lord.

READING: 1 Cor 11:23-26

This is the tradition of the Lord that I received and that in my turn I have handed on to you; the Lord Jesus, on the night that he was delivered up, took bread and, after giving thanks, broke it, saying, “This is my body which is broken for you; do this in memory of me.”

In the same manner, taking the cup after the supper, he said, “This cup is the new Covenant in my blood. Whenever you drink it, do it in memory of me.”

So, then, whenever you eat of this bread and drink from this cup, you are proclaiming the death of the Lord until he comes.



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: *Walk with them, Lord*

For all who have lost hope
For all who suffer
For all who are sick and in pain
For all who are struggling
For all who have been badly hurt in life
For all who are grieving
For all who are depressed
For all who feel rejected
For all who feel unloved
For all who are oppressed
For all who are anxious

Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord
Walk with them, Lord

EUCCHARISTIC SONG: Walk with me, O my Lord

Walk with me, oh my Lord,
through the darkest night and brightest day
Be at my side, oh Lord,
hold my hand and guide me on my way.

Sometimes the road seems long,
my energy is spent.
Then, Lord, I think of you
and I am given strength

Stones often bar my path,
and there are times I fall,
but you are always there
to help me when I call.

Just as you calmed the wind
and walked upon the sea,
conquer, my living Lord
the storms that threaten me.

Help me to pierce the mists
that cloud my heart and mind,
So that I shall not fear
the steepest mountain-side.

As once you healed the lame
and gave sight to the blind
Help me when I'm downcast
to hold my head up high.

FINAL PRAYER:

Lord our God,
in this great sacrament
we come into the presence of Jesus our Lord
who walks with us on our journey of faith.
May we always know his reassuring presence in our lives,
and be filled with his peace and courage
to witness to him in all we do.

STAY WITH US



OPENING HYMN: Stay Here With Me (Taize)

Stay with me.
Remain here with me.
Watch and pray.
Watch and pray.

PRAYER:

Lord our God,
we thank you for the presence of Jesus
in the sacrament of the Eucharist.
Help us to stay with Him now in our hearts and minds
and give us the strength to believe in him,
especially when our faith seems weak.
We ask this through Christ our Lord.



READING: Luke 24:13-35

That same day, two followers of Jesus were going to Emmaus, a village seven miles from Jerusalem, and they talked about what had happened. While they were talking and arguing what had happened, Jesus came up and walked with them, but their eyes were not able to recognize him.

He asked, "What is it you are talking about?" The two stood still, looking sad. Then the one named Cleophas answered, "Why, it seems you are the only traveler to Jerusalem who doesn't know what has happened there these past few days."

And he asked, "What is it?"

They replied, "It is about Jesus of Nazareth. He was a prophet, you know, mighty in word and deed before God and the people. But the chief priests and our rulers sentenced him to death. They handed him over to be crucified. We had hoped that he would redeem Israel. It is now the third day since all this took place.

It is also true that some women of our group have disturbed us. When they went to the tomb at dawn, they did not find his body; and they came and told us that they had had a vision of angels, who said that Jesus was alive. Some of our people went to the tomb and found everything just as the women had said, but they did not find a body in the tomb."

He said to them, "How dull you are, how slow of understanding! Is the message of the prophets too difficult for you to understand? Is it not written that the Christ should suffer all this, and then enter his glory?"

Then starting with Moses, and going through the prophets, he explained to them everything in the Scriptures concerning himself.

As they drew near the village they were heading for, Jesus made as if to go farther.

But they prevailed upon him, "Stay with us, for night comes quickly. The day is now almost over." So he went in to stay with them.

When they were at table, he took the bread, said a blessing, broke it, and gave each a piece.

Then their eyes were opened, and they recognized him; but he vanished out of their sight.

And they said to one another, "Were not our hearts filled with ardent yearning when he was talking to us on the road and explaining the Scriptures?"

They immediately set out and returned to Jerusalem. There they found the Eleven and their companions gathered together.

They were greeted by these words: "Yes, it is true, the Lord is risen! He has appeared to Simon!"

Then the two told what had happened on the road to Emmaus, and how Jesus had made himself known, when he broke bread with them.

Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: **Stay with us, Lord**

When peace is fragile
When tempers are raised
When atrocities occur
When forgiveness is rejected
When talks break down
When agreements are broken
When darkness weighs us
When we cannot see you
When burdens feel too heavy
When hope seems faint
When we are weak
When faith seems difficult
When faced with difficult decisions

Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord
Stay with us, Lord

EUCCHARISTIC SONG: Christ Be Beside Me

Christ be beside me, Christ be before me,
Christ be behind me, King of my heart.
Christ be within me, Christ be below me,
Christ be above me, never to part.

Christ on my right hand, Christ on my left hand,
Christ all around me, shield in the strife.
Christ in my sleeping, Christ in my sitting,
Christ in my rising, light of my heart.

Christ be in all hearts thinking about me,
Christ be on all tongues telling of me.
Christ be the vision in eyes that see me,
in ears that hear me Christ ever be.



FINAL PRAYER:

Lord our God,
may this holy sacrament of new life
warm our hearts with your love
and make us eager to spread the Good News
that Jesus is Lord of our lives.
May we stay close to Him always.
We ask this in His name.

REMAIN with US



OPENING HYMN: As the Deer Longs for the Water

As the deer longs for the water
so my soul longs after You.
You alone are my heart's desire
and I long to worship You.

Chorus

You alone are my strength, my shield.
To You alone may my spirit yield.
You alone are my heart's desire
and I long to worship You.

I want You more than gold and silver
only You can satisfy.
You alone are the real joy giver
and on You I can rely

You're my friend and You are my brother
even though You are the King
I love You more than any other
so much more than any thing

PRAYER:

Lord our God,
in this great sacrament of your love
we come into the presence of Jesus our Lord.
May he remain with us always
and fill our hearts with his love and peace.
We ask this through Christ our Lord.

READING: John 15:9-17

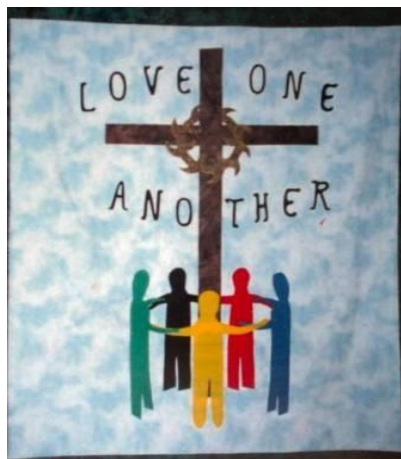
As the Father has loved me, so I have loved you. Remain in my love! You will remain in my love if you keep my commandments, just as I have kept my Father's commandments and remain in his love. I have told you all this, that my own joy may be in you, and your joy may be complete.

This is my commandment: Love one another as I have loved you! There is no greater love than this, to give one's life for one's friends; and you are my friends, if you do what I command you. I shall not call you servants anymore, because servants do not know what their master is about. Instead I have called you friends, since I have made known to you everything I learned from my Father.

You did not choose me; it was I who chose you and sent you to go and bear fruit, fruit that will last.

And everything you ask the Father in my name, he will give you.

This is my command, that you love one another.



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: **Remain with us, Lord**

When we are feeling hopeless and lost
When we are blind to our own goodness
When we feel abandoned and alone
When we feel that nobody understands us
When we feel we have nowhere to turn
When we face difficult decisions
When we are ill or worried
When others let us down
When we feel detached from you

Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord
Remain with us, Lord

EUCCHARISTIC SONG: Christ be Our Light

Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.

Refrain

Christ, be our light! Shine in our hearts.
Shine through the darkness.
Christ, be our light!
Shine in your church gathered today.

Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has pow'r to save us.
Make us your living voice.

Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed.

Longing for shelter, many are homeless.
Longing for warmth, many are cold.
Make us your building, sheltering others,
walls made of living stone.

Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
making your kingdom come.

FINAL PRAYER:

Lord God, give us the light of faith
and fill our hearts with the fire of your love
so that we may praise and worship you in spirit and in truth,
our God and Lord, present in this Blessed Sacrament,
who lives and reigns for ever and ever.

OPEN OUR EYES



OPENING HYMN: Be Still for the Presence of the Lord

Be still, for the presence of the Lord,
the Holy One is here.
Come, bow before Him now,
with reverence and fear.
In Him no sin is found,
we stand on holy ground.
Be still, for the presence of the Lord,
the Holy One is here.

Be still, for the glory of the Lord,
is shining all around.
He burns with holy fire,
with splendour He is crowned.
How awesome is the sight,
our radiant King of Light!
Be still, for the glory of the Lord,
is shining all around.

Be still, for the power of the Lord,
is moving in this place.
He comes to cleanse and heal,
to minister His grace.
No work too hard for Him,
in faith receive from Him.
Be still, for the power of the Lord,
is moving in this place.

PRAYER:

Lord our God,
open our eyes to the wonder of your presence
in the Eucharist, the great sacrament of your love.
Help us also to recognise your presence in Creation
and in everyone we meet.
We ask through Christ our Lord.

READING: John 6: 41-51

The Jews murmured because Jesus had said, "I am the bread which comes from heaven."

And they said, "This man is the son of Joseph, isn't he? We know his father and mother. How can he say that he has come from heaven?"

Jesus answered them, "Do not murmur among yourselves.

No one can come to me unless he is drawn by the Father who sent me; and I will raise him up on the last day.

It has been written in the Prophets: *They shall all be taught by God.* So whoever listens and learns from the Father comes to me.

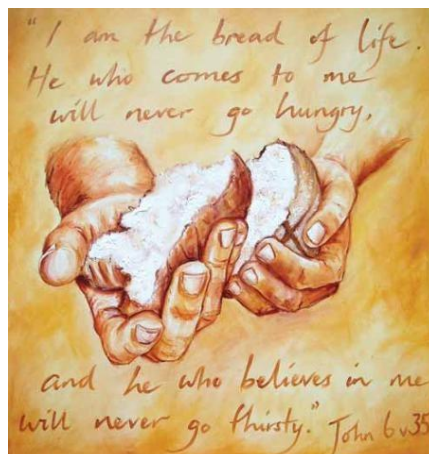
For no one has seen the Father except the One who comes from God; he has seen the Father.

Truly, I say to you, whoever believes in me has eternal life. I am the bread of life.

Though your ancestors ate the manna in the desert, they died.

But here you have the bread which comes from heaven, so that you may eat of it, and not die.

I am the living bread which has come from heaven; whoever eats of this bread will live forever. The bread I shall give is my flesh, and I will give it for the life of the world."



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: *Open our eyes, Lord*

To the mystery of your purpose
To the closeness of your presence
To the depth of your wisdom
To the wonder of the world we live in
To the depth of your word
To the life you offer us
To your presence in the Eucharist
To your presence within us
To your presence among us
To your presence in our neighbour
To your call to serve

Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord
Open our eyes, Lord

EUCCHARISTIC SONG: Colours of Day

Colours of day dawn into the mind,
The sun has come up, the night is behind.
Go down in the city, into the street,
And let's give the message to the people we meet.

Refrain:

So light up the fire and let the flame burn,
Open the door, let Jesus return.
Take seeds of his Spirit, let the fruit grow,
Tell the people of Jesus, let his love show.

Go through the park, on into the town;
The sun still shines on, it never goes down.
The light of the world is risen again;
The people of darkness are needing our friend.

Open your eyes, look into the sky,
The darkness has come, the sun came to die.
The evening draws on, the sun disappears,
But Jesus is living, and his Spirit is near.



FINAL PRAYER:

Lord Jesus Christ,
in the gift of your body in the Eucharist,
you open our eyes to the wonder of your presence.
Help us to see your face in all those we meet,
especially those who are poor, distressed, rejected and alone
and to reach out in loving service to them always.

BE WITH THEM



OPENING HYMN: As the Deer Longs for the Water

As the deer longs for the water
so my soul longs after You.
You alone are my heart's desire
and I long to worship You.

Chorus

You alone are my strength, my shield.
To You alone may my spirit yield.
You alone are my heart's desire
and I long to worship You.

I want You more than gold and silver
only You can satisfy.
You alone are the real joy giver
and on You I can rely

You're my friend and You are my brother
even though You are the King
I love You more than any other
so much more than any thing

PRAYER:

Lord our God,
in this great sacrament of your love
we come into the presence of Jesus your Son.
May he be with us always
and lead and guide our lives in his love and compassion.
We ask this in His name.

READING: 1 John 4:7-12

My dear friends, let us love one another for love comes from God. Everyone who loves is born of God and knows God.

Those who do not love have not known God, for God is love.

How did the love of God appear among us? God sent his only Son into this world that we might have life through him.

This is love: not that we loved God but that he first loved us and sent his Son as an atoning sacrifice for our sins.

Dear friends, if such has been the love of God, we, too, must love one another.

No one has ever seen God, but if we love one another, God lives in us, and his love comes to its perfection in us.



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: **Be with them Lord**

For those who serve in your name
For those who provide for the needy
For those who look after the dying
For those who care for the sick and elderly
For those who are carers in the home
For those who visit the sick and lonely
For those who listen in your name
For those who follow your way
For those who lead by example
For those who give, not counting the cost

Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord
Be with them Lord

EUCCHARISTIC SONG: Ubi Caritas

Ubi caritas et amor
Ubi caritas, Deus ibi est (x5)

FINAL PRAYER:

Lord Jesus Christ,
in this great sacrament
you are with us in a special way.
Help us to be aware of your presence with us
at every moment of our lives
and to bring your love, peace and joy to all we meet.

PRAISE and THANKS



OPENING HYMN: Alleluia, Alleluia

Alleluia, Alleluia, give thanks to the risen Lord
Alleluia, alleluia, give praise to His name

Jesus is Lord of all the earth.
He is the King of creation

Spread the good news o'er all the earth.
Jesus has died and has risen

We have been crucified with Christ.
Now we shall live forever

God has proclaimed the just reward,
life for all men, alleluia!

Come let us praise the living God,
joyfully sing to our Saviour

PRAYER:

Lord our God,
we praise and thank you for the presence of Jesus
in the great sacrament of the Eucharist.
Help us to appreciate his love for and goodness to us always,
even when our hearts are troubled and afraid.
We ask this in His name.

READING: Rom 5: 5-11

The Holy Spirit has been given to us, pouring into our hearts the love of God.

Consider, moreover, the time that Christ died for us: when we were still helpless and unable to do anything.

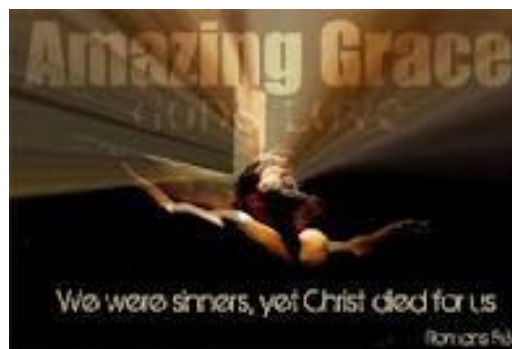
Few would accept to die for an upright person; although, for a very good person, perhaps someone would dare to die.

But see how God manifested his love for us: while we were still sinners, Christ died for us and we have become just through his blood.

With much more reason now he will save us from any condemnation.

Once enemies, we have been reconciled with God through the death of his Son; with much more reason now we may be saved through his life.

Not only that; we even boast in God because of Christ Jesus, our Lord, through whom we have been reconciled.



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:

Jesus I praise and thank you

LITANY:

All respond: **We give you praise and thanks**

For the nourishment you give us

For the strength you offer us

For the goodness you show us

For your presence in times of crisis

For your strength in times of sorrow

For the generosity of your love

For the gift of your forgiveness

For the gift of your love

For the gift of yourself

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

We give you praise and thanks

EUCHARISTIC SONG: Laudate Dominum

Laudate Dominum,

Laudate Dominum,

Omnes. gentes,

Alleluia

FINAL PRAYER:

Lord Jesus Christ,

fill us with love for you,

especially in the great sacrament of the Eucharist.

Help us to praise and thank you at every moment of our lives,

by the way we bring your love and peace to all.

ALLELUIA



OPENING HYMN: Alleluia, Alleluia

Alleluia, Alleluia, give thanks to the risen Lord
Alleluia, alleluia, give praise to His name

Jesus is Lord of all the earth.
He is the King of creation

Spread the good news o'er all the earth.
Jesus has died and has risen

We have been crucified with Christ.
Now we shall live forever

God has proclaimed the just reward,
life for all men, alleluia!

Come let us praise the living God,
joyfully sing to our Saviour

PRAYER:

Lord our God,
make us truly aware of the wonder of your presence
in this great sacrament of your love.
May we grow in our appreciation of time with you
and listen to your voice within us.
We ask this through Christ our Lord.

READING: Eph 3:14-19

And now I kneel in the presence of the Father from whom every family in heaven and on earth has received its name.

May he strengthen in you the inner self through his Spirit, according to the riches of his glory;

may Christ dwell in your hearts through faith;

may you be rooted and founded in love.

All of this so that you may understand with all the holy ones the width, the length, the height and the depth—in a word,

that you may know the love of Christ that surpasses all knowledge, that you may be filled and reach the fullness of God.



Reflection into silence:

As you sit here in the presence of Jesus who gives himself to us in this amazing sacrament:

Listen to him in silence of your heart

Ask him to be with you in every moment of every day

- **Thank** him for being with you in every moment of every day
- **Tell** him about how you want to walk in his presence during each day
- **Thank** him for all that he has done and continues to do for you
- **Ask** him to be with you in everything you do

ADORE:

Kneel in thanksgiving

Bow your head in prayer

Adore him by praying:
Jesus I praise and thank you

LITANY:

All respond: **Alleluia**

You are the Bread of Life	Alleluia
You are the Bread of salvation	Alleluia
You are the Blood that redeems us	Alleluia
You are the Bread that feeds us	Alleluia
You are the Blood that quenches our thirst	Alleluia
You are the Bread that comforts us	Alleluia
You are the Bread that heals us in body and mind	Alleluia
You are the Bread that gives us strength	Alleluia
You are the source of our joy	Alleluia
You are the source of our hope	Alleluia
You are the source of our love	Alleluia

EUCCHARISTIC SONG: He is Lord.

He is Lord. He is Lord.
He is risen from the dead and He is Lord.
Ev'ry knee shall bow, ev'ry tongue confess
that Jesus Christ is Lord.

He is King. He is King.
He is risen from the dead and He is King.
Ev'ry knee shall bow, ev'ry tongue confess
that Jesus Christ is King.

He is love. He is love.
He is risen from the dead and He is love.
Ev'ry knee shall bow, ev'ry tongue confess
that Jesus Christ is love.

FINAL PRAYER:

Lord, our God,
fill us with awareness of your gift of yourself and constant love for us,
especially in the great sacrament of the Eucharist.
Help us to live according to that love everyday
and to share it with all we meet.
We ask this through Christ, our Lord.