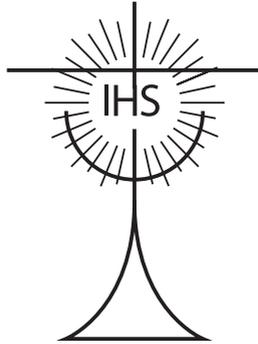


# Office of the Most Holy Body and Blood of Christ for Exposition of the Holy Eucharist



## INTRODUCTION

During Exposition of the Holy Eucharist one of the options for the period of Adoration is the recitation of part of the Liturgy of the Hours.

*This liturgy extends the praise and thanksgiving offered to God in the eucharistic celebration to the several hours of the day; it directs the prayers of the Church to Christ and through him to the Father in the name of the whole world.*

[HCWE 66]

This may be either be the appropriate hour of the particular day or be taken from the Office of Most Holy Body and Blood of Christ (*Corpus Christi*). A separate leaflet is available which gives more detail of how the Liturgy of the Hours is integrated into Exposition and what options are available.

## MORNING PRAYER

# EXPOSITION OF THE HOLY EUCHARIST

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## EXPOSITION

*The Blessed Sacrament is brought to the altar.*

*During incensation a suitable song may be sung, in which case the Office Hymn is omitted or the Office Hymn may be sung at this point.*

## ADORATION

### MORNING PRAYER

## INTRODUCTION

O God, come to our aid.

O Lord, make haste to help us.

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. Alleluia. (*Alleluia is omitted in Lent.*)

## OFFICE HYMN

*Pange Lingua*

*The following or another hymn is sung.*

1. Forth from on high the Father sends  
his Son, who yet stays by his side.  
The Word made flesh for us then spends  
his life till life's last eventide.
2. While Judas plans the traitor's sign,  
the mocking kiss that Love betrays,  
Jesus in from of bread and wine  
his loving sacrifice displays.
3. He gives himself that faith may see  
the heavenly Food on which we feed,  
that flesh and blood in us may be  
fed by his Flesh and Blood in deed.
4. By birth he makes himself our kin,  
as Food before his guests he lies;  
to death he bears the cross of sin;  
in heaven he reigns as our blest prize.

5. O Priest and Victim, the Lord of life,  
throw wide the gates of Paradise!  
We face our foes in mortal strife;  
you are our strength! O heed our cries!
6. To Father, Son and Spirit blest,  
one only God, be ceaseless praise!  
May he in goodness grant us rest  
in heaven, our home, for endless days!

St Thomas Aquinas tr. James Quinn SJ

## PSALMODY

ANT. 1: Your people eat the food of angels, you give them bread from heaven, alleluia. (*Alleluia is omitted in Lent.*)

### Psalm 62 (63): 2–9

O God, you are my God, for you I long;  
for you my soul is thirsting.

My body pines for you  
like a dry, weary land without water.

So I gaze on you in the sanctuary  
to see your strength and your glory.

For your love is better than life,  
my lips will speak your praise.

So I will bless you all my life,  
in your name I will lift up my hands.

My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.

On my bed I remember you.

On you I muse through the night  
for you have been my help;  
in the shadow of your wings I rejoice.

My soul clings to you;  
your right hand holds me fast.

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.

ANT: Your people eat the food of angels, you give them bread from heaven, alleluia. (*Alleluia is omitted in Lent.*)

ANT. 2: Priests are set apart to offer incense and bread to God(, alleluia).

**Daniel 3:57–88, 56**

O all you works of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, angels of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, the heavens of the Lord, O bless the Lord.  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, sun and moon, O bless the Lord.  
And you, stars of the heavens, O bless the Lord.  
And you, showers and rain, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, all you breezes and winds, O bless the Lord.  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, showers and dew, O bless the Lord.  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, night-time and day, O bless the Lord.  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord.  
To him be highest glory and praise for ever.  
O let the earth bless the Lord.  
To him be highest glory and praise for ever.  
And you, mountains and hills, O bless the Lord.  
And you, all plants of the earth, O bless the Lord.  
And you fountains and springs, O bless the Lord.  
To him be highest glory and praise for ever.  
And you, rivers and seas, O bless the Lord.  
And you, creatures of the sea, O bless the Lord.  
And you, every bird in the sky, O bless the Lord.  
And you, wild beasts and tame, O bless the Lord.  
To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.  
To him be highest glory and praise for ever.

O Israel, bless the Lord. O bless the Lord.  
And you priests of the Lord, O bless the Lord.  
And you, servants of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord.  
And you, holy and humble of heart, O bless the Lord.  
Ananias, Azarias, Mizaël, O bless the Lord.  
To him be highest glory and praise for ever.

Let us praise the Father, the Son, and Holy Spirit:  
to you be highest glory and praise for ever.  
May you be blessed, O Lord, in the heavens;  
to you be highest glory and praise for ever.

ANT: Priests are set apart to offer incense and bread to God(, alleluia).

ANT. 3: To the one who overcomes I will give the hidden manna and a new name(, alleluia).

### Psalm 149

Sing a new song to the Lord,  
his praise in the assembly of the faithful.  
Let Israel rejoice in its Maker,  
let Zion's sons exult in their king.  
Let them praise his name with dancing  
and make music with timbrel and harp.

For the Lord takes delight in his people.  
He crowns the poor with salvation.  
Let the faithful rejoice in their glory,  
shout for joy and take their rest.  
Let the praise of God be on their lips  
and a two-edged sword in their hand,

to deal out vengeance to the nations  
and punishment on all the peoples;  
to bind their kings in chains  
and their nobles in fetters of iron;  
to carry out the sentence pre-ordained:  
this honour is for all his faithful.

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.

ANT: To the one who overcomes I will give the hidden manna and a new name(, alleluia).

## SCRIPTURE READING

Malachi 1:11

*The following or another appropriate passage of scripture is read.*

From farthest east to farthest west my name is honoured among the nations and everywhere a sacrifice of incense is offered to my name, and a pure offering too, since my name is honoured among the nations, says the Lord of Hosts.

*The scripture reading may be followed a homily and a period of silence.*

## RESPONSORY

You bring forth bread from the earth, alleluia, alleluia.

**You bring forth bread from the earth, alleluia, alleluia.**

Your wine gives joy to man's heart.

**You bring forth bread from the earth, alleluia, alleluia.**

Glory be to the Father and to the Son and to the Holy Spirit.

**You bring forth bread from the earth, alleluia, alleluia.**

*During Lent*

Christ, Son of the living God, have mercy on us.

**Christ, Son of the living God, have mercy on us.**

You were wounded because of our sins.

**Christ, Son of the living God, have mercy on us.**

Glory be to the Father and to the Son and to the Holy Spirit.

**Christ, Son of the living God, have mercy on us.**

## BENEDICTUS

Luke 1: 68-79

ANT: I am the living bread which came down from heaven; whoever eats this bread will live for ever(, alleluia).

Blessed be the Lord, the God of Israel!

He has visited his people and redeemed them.

He has raised up for us a mighty saviour  
in the house of David his servant,

as he promised by the lips of holy men,  
those who were his prophets from of old.  
A saviour who would free us from our foes,  
from the hands of all who hate us

So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us  
that, free from fear and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

to make known to his people their salvation  
through forgiveness of all their sins,  
the loving kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

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.

ANT: I am the living bread which came down from heaven; whoever eats  
this bread will live for ever(, alleluia).

## INTERCESSIONS

Joyfully we make our prayer to Jesus Christ, the bread of life, and  
we say:

**Happy are those who are called to your supper, Lord.**

Lord Jesus Christ, high priest of the new and eternal covenant, on  
the altar of the cross you offered a perfect sacrifice to the Father: —  
teach us how to offer it with you.

Lord Jesus Christ, king of peace and justice, you consecrated bread and wine as a sign of your self-giving: — unite us as victims to yourself.

Lord Jesus Christ, obedient always to your Father's will, throughout the world the Church renews your offering from the rising of the sun to its setting: — unite in one body those who share the one bread.

Lord Jesus Christ, as the manna came from the heavens, you nourish your Church with your body and blood: — in the strength of your food we will walk in your paths.

Lord Jesus Christ, unseen guest at our banquet, you stand at our door and knock: — come to us, fill our hearts with your truth and stay with us.

Our Father

## **BENEDICTION**

*After the Lord's Prayer benediction follows. A suitable eucharistic song is sung. The Priest or Deacon incenses the Blessed Sacrament, rises and sings or says the following prayer.*

O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

*He then gives the blessing (benediction)*

## **REPOSITION**

*The conclusion and dismissal is omitted.*

*The Blessed Sacrament is placed in the tabernacle. The people sing an acclamation, or other suitable song or instrumental music. The ministers then depart.*

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