

# How Holy this Feast

## Introduction

Welcome

### Opening Response

*How holy this feast*  
in which Christ is our food:  
his passion is recalled,  
grace fills our hearts,  
and we receive a pledge of the glory to come.

### Introduction

In this session the relationship between Adoration and the Mass will be looked at. How Adoration leads from the celebration of Mass and, in turn, encourages us to participate more deeply in Mass so that we can share its fruits.

### Listen to Scripture

#### Reading

Matthew 14:22-33

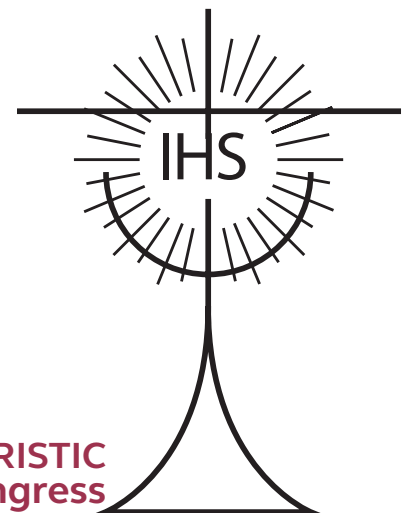
After the feeding of the crowd with five loaves and two fish.

Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, 'It is a ghost!' and they cried out in fear.

Immediately Jesus spoke to them, saying, 'Take heart; it is I. Do not be afraid.' And Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, 'Lord, save me.' Jesus immediately reached out his hand and took hold of him, saying to him, 'O you of little faith, why did you doubt?' And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

#### Reflection 1

- What is your experience of Adoration?
- What do you find fruitful?
- What do you find difficult?



# Read with the Church

## Documents

from the Introduction to *Holy Communion and Worship of the Eucharist outside Mass*

The celebration of the Eucharist is the centre of the entire Christian life, both for the Church universal and for the local congregations of the Church. ‘The other sacraments, all the ministries of the Church, and the works of the apostolate are united with the Eucharist and are directed toward it. For the holy Eucharist contains the entire spiritual treasure of the Church, that is, Christ himself, our passover and living bread. Through his flesh, made living and life-giving by the Holy Spirit, he offers life to men, who are thus invited and led to offer themselves, their work, and all creation together with him.’

The primary and original reason for reservation of the Eucharist outside Mass is the administration of viaticum. The secondary reasons are the giving of communion and the adoration of our Lord Jesus Christ who is present in the sacrament. The reservation of the sacrament for the sick led to the praiseworthy practice of adoring this heavenly food in the churches. [cf. 1, 5]

from the Apostolic Exhortation of Pope Benedict XVI *Sacramentum Caritatis* †

In the Eucharist, the Son of God comes to meet us and desires to become one with us; eucharistic adoration is simply the natural consequence of the eucharistic celebration, which is itself the Church’s supreme act of adoration. Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy. The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself. Indeed, ‘only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist, which seeks to break down not only the walls that separate the Lord and ourselves, but also and especially the walls that separate us from one another.’ [66]

## Reflection 2

- What inspires you at Sunday Mass?
- What do you take with you into the following week?
- Which parts do you wish you had more time to reflect upon?

## Preparation

Think about the people and situations in your family, work place, community and elsewhere that you would like to pray about.

Think also about what you hope for yourself, particularly in relation to prayer and the Mass.

*You may be invited to share these (as much or as little as you wish) with the group or you may wish to keep them to yourself.*

# Litany of Our Lord Jesus Christ

The history of salvation, which culminates in Christ

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, have mercy.	Lord, have mercy.
Christ, hear us.	Christ, have mercy.
Christ, graciously hear us.	Christ, graciously hear us.
God the Father in heaven,	have mercy on us.
God the Son, Redeemer of the world,	have mercy on us.
God the Holy Spirit,	have mercy on us.
Holy Trinity, one God,	have mercy on us.
Jesus, beloved Son of the Father, divine Wisdom, Splendour of his glory,	have mercy on us.
Jesus, son of Adam, Abraham's Seed, holy Root of David,	have mercy on us.
Jesus, fulfilment of prophecy, fullness of the Law, goal of humanity	have mercy on us.
Jesus, gift of the Father, conceived by the Holy Spirit, son of the Virgin Mary,	have mercy on us.
Jesus, born for our salvation, revealed to the shepherds, made manifest to the Magi,	have mercy on us.
Jesus, light for the Gentiles, glory of Israel, hope of the nations,	have mercy on us.
Jesus, baptised in the Jordan, manifested through the Spirit, revealed by the Father,	have mercy on us.
Jesus, tempted in the desert, praying on the mountain, gloriously transfigured,	have mercy on us.
Jesus, teacher of truth, word of life, way to the Father,	have mercy on us.
Jesus healing for the sick, consolation for the afflicted, pardon for sinners,	have mercy on us.
Jesus, way and gate to salvation, shepherd and lamb, resurrection and life,	have mercy on us.
Jesus, condemned to death, crowned with thorns, wounded by the scourge,	have many on us.
Jesus, nailed to the wood of the cross, buried in the earth, rising from the dead,	have mercy on us.
Jesus, descended into hell, ascended into heaven, giver of the Holy Spirit,	have mercy on us.
Jesus, hope of the Bride, reward of the just, abundance of the Kingdom,	have mercy on us.
Jesus, living God,	to you praise and glory.
Jesus, alive in your Church,	to you praise and glory.
Jesus, living for ages unending,	to you praise and glory.
Let us pray.	
Almighty ever-living God, who in Christ revealed your glory to all the nations, watch over the works of your mercy, that your Church, spread throughout all the world, may persevere with steadfast faith in confessing your name through Christ our Lord. Amen.	

# Prayer before the Blessed Sacrament

## Exposition

### Song

*Possible themes include: the Eucharist, Jesus, and faith in Jesus. Suggested titles:*

- Adoramus te (Taizé)
- Behold the Lamb of God (Bell)
- Happy are those who are invited (Russian)

## Adoration

### Reading

- Repeat the Scripture reading (Matthew 13:22–33) or just the second paragraph (27–33).
- An alternative text would be to repeat the Gospel from the preceding Sunday.

### Song

- The reading could be followed by the singing of a simple chant
  - Don't be afraid (Psallite)
  - Jesus Christ, yesterday, today and forever (Toolan)
  - Nada te turbe (Taizé)

### Prayer

- After a period of silence the *Litany of Our Lord Jesus Christ*.

### Silence

## Benediction

### Eucharistic Song

- Alleluia, sing to Jesus
- Come, adore this wondrous presence
- This my body

### Prayer.

*The following is suggested from the Rite:*

Lord our God,  
you have given us the true bread from heaven.  
In the strength of this food  
may we live always by your life  
and rise in glory on the last day.  
We ask this through Christ our Lord.

## Reposition

Acclamation *See Notes*

## Following up

Further material on Exposition of the Holy Eucharist can be found on the Liturgy Office website

- [www.liturgyoffice.org.uk/Resources/Adoremus](http://www.liturgyoffice.org.uk/Resources/Adoremus)

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