



Session One

Corpus Christi - Adoration

CORPUS CHRISTI - ADORATION

Opening Prayer

God our Father and provider,
whose Son has given his flesh for the life of the world,
sustain your pilgrim Church on its journey
with the word of life and the bread of heaven.

Draw us near to him in whose name we gather,
that, following his way of sacrificial love,
we may come to the banquet of eternal life.

Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. **Amen**

Scripture *Psalms 62 (63)*

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.

Words of Pope Francis

One cannot know the Lord without being in the habit of adoring, of adoring in silence but, I believe, if I am not mistaken, that this prayer of adoration is the least known among us; it is the one we engage in the least. To waste time – if I may say it – before the Lord, before the mystery of Jesus Christ. To adore, there in the silence, in the silence of adoration. He is the Lord, and I adore Him. Here is the heart and centre. How can we come to know Christ? How can we come to know “the love of Christ, which surpasses all knowledge” (*Eph 3:14-21*)? Christ is present in the Gospel, and we come to know Christ by reading the Gospel, and all of us do this, at least we hear the Gospel when we go to Mass.

We also come to know Christ by studying the Catechism, since the catechism teaches us who Christ is. But this is not enough! In order to understand the breadth and length and height and depth of Jesus Christ we need to enter into prayer, as Paul does, on his knees, saying: ‘Father, send me the Holy Spirit that I may know Jesus.’ We need to pray in order truly to know Christ. But Paul does not only pray; he adores this mystery which surpasses all knowledge, and it is within the context of adoration that he asks this grace from the Lord.

But to come to know Christ we need to know ourselves, that is, we need to be in the habit of “accusing ourselves” of calling ourselves “sinners”. One cannot adore without accusing oneself. To enter into this bottomless and boundless sea, which is the mystery of Christ, these things are needed. Prayer: ‘Father, send me the Spirit that he might lead me to know Jesus.’ Second, adoring the mystery, entering into the mystery through adoration. And third, accusing oneself: ‘I am a man of unclean lips’.

Morning Homily at Sancta Martha, 20 October 2016

Words of Pope Benedict XVI

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.”

Sacramentum Caritatis, 66

Reflection

Fr Tom Dubois

The reflection from Fr Tom is available to download from cliftondiocese.com.
Play the video clip [here](#).

Questions for conversation

What is your first memory of going to adoration?

What is the experience of adoration like for you? Has that changed over time?

Does adoration affect your experience of going to Mass? How?

Re-read the Scripture passage for this session. You may like to follow the reading with a time of prayer and intercession after which you might pray the **OUR FATHER**.

Final Prayer

Lord Jesus Christ,
in this most wonderful sacrament
you have left us the memorial of your passion;
deepen our reverence for the mystery of your body and blood,
that we may experience within us the fruit of your redemption.
You live and reign with the Father in the unity of the Holy Spirit,
God for ever and ever. **Amen**