

Abide & Adore:

Eucharistic Adoration, Ignation Contemplation, and Music for Meditation



The assembly kneels as the tabernacle is opened. The minister takes the Blessed Sacrament to the altar and places it in the monstrance; when he kneels before the altar, the following hymn is sung.

Hymn of Exposition

O Salutaris

Attr. St. Thomas Aquinas, 1227-1274

WERNER

1. O sa - lu - tá - ris hó - sti - a, Quae cae - li pan - dis ó - sti - um: Bel -
2. Un - ni tri - no - que Do - mi - no Sit sem - pi - ter - na glo - ri - a: Qui
la pre-munt ho - stí - li - a Da ro - bur, fer au - xí - li - um. A - men.
vi - tam si - ne ter - mi - no, No - bis do - net in pa - tri - a.

Translation:

- | | |
|--|--|
| 1. <i>O saving victim,</i>
<i>Who opens wide heaven's entrance,</i>
<i>War presses from the foe.</i>
<i>Give strength; I ask for aid.</i> | 2. <i>One-in-three Lord</i>
<i>always has glory.</i>
<i>Life without end</i>
<i>Give to us in the home and. Amen.</i> |
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After a moment of silence, the minister will stand and depart.
During the duration of Exposition, you may sit or kneel as your feel comfortable.

Ignation Contemplation

Natasha Skrovaneck

1 John 4: 7-21

Christ, who is truly present before us in the Blessed Sacrament, is equally present in His Word. So reading from Sacred Scripture is especially encouraged during Eucharistic Adoration.

Ignation contemplation is a guided meditation on an excerpt of Sacred Scripture, usually a Gospel, designed to evoke thoughts and images; it a form of imaginative prayer. The Scripture reference above is so that you may open your Bible to the reading, though closing your eyes and listening intently is also encouraged.

Songs for Meditation

Be Thou My Vision

Attr. St. Dallán Forgaill, c. 560-630
Trans. Eleanor Hull, 1860-1935

SLANE
Irish Traditional

Verse 1

Be thou, my vision, O Lord of my heart;
Naught be all else to me, save that thou art:
Thou my best thought, by day or by night,
Waking of sleeping, Thy presence my light.

Verse 2

Be thou my wisdom, and Thou my true word;
I ever with Thee and Thou with me, Lord:
Thou my great Father, I, Thy true son,
Thou in my dwelling, and I with Thee one.

Verse 3

Riches I heed not, or man's empty praise,
Thou mine inheritance, now and always:
Thou and Thou only, first in my heart,
High King of heaven, my treasure Thou art.

Verse 4

High King of heaven, my victory won,
May I reach heaven's joys, O bright heav'n's Sun!
Heart of mine own heart, whatever befall,
Still be my vision, O Ruler of all.

Who You Say I Am

Ben Fielding & Rueben Morgan

Verse 1

Who am I that the highest King would welcome me.
I was lost, but He brought me in. Oh His love for me.
Oh, His love for me.

Chorus 1

Who the Son sets free, Oh, is free indeed.
I'm a child of God, yes, I am.

Verse 2

Free at last, He has ransomed me.
His grace runs deep.
While I was a slave to sin, Jesus died for me.
Yes, He died for me.

Chorus 2

Who the Son sets free, Oh, is free indeed.
I'm a child of God, yes, I am.
In my Father's house, there's a place for me.
I'm a child of God, yes, I am.

Bridge

I am chosen, not forsaken. I am who You say I am.
You are for me, not against me. I am who You say I am.
(Repeat 3 times)
I am who You say I am.
Yes, I am who You say I am.

Chorus 3

Who the Son sets free, Oh, is free indeed.
I'm a child of God, yes, I am.
In my Father's house, there's a place for me.
I'm a child of God, yes, I am.
I'm a child of God, yes, I am.

Great Are You Lord

Jason Ingram, Leslie Jordan, and David Leonard

Verse

You give life, You are love.
 You bring light to the darkness.
 You give hope, You restore
 ev'ry heart that is broken.
 And great are You, Lord.

Chorus

It's Your breath in our lungs,
 so we pour out our praise,
 we pour out our praise.
 It's Your breath in our lungs,
 so we pour out our praise to You only.

(Repeat Verse)

Chorus

It's Your breath in our lungs,
 so we pour out our praise,
 we pour out our praise.
 It's Your breath in our lungs,
 so we pour out our praise to You only.

(Repeat Chorus)

Instrumental

Bridge

And all the earth will shout Your praise.
 Our hearts will cry, these bones will sing,
 "Great are You Lord!"

Chorus

It's Your breath in our lungs,
 so we pour out our praise,
 we pour out our praise.
 It's Your breath in our lungs,
 so we pour out our praise to You only.
 (Repeat Chorus)

Build My Life

Brett Yonker, Karl Martin, Kirby Elizabeth Kaple, Matt Redman, and Pat Barrett

Verse 1

Worthy of ev'ry song we could ever sing.
 Worthy of all the praise we could ever bring.
 Worthy of ev'ry breath we could ever breathe.
 We live for You.

Verse 2

Jesus, the name above ev'ry other name.
 Jesus, the only One who could ever save.
 Worthy of ev'ry breath we could ever breathe.
 We live for you.
 Oh, we live for You.

Chorus

Holy, there is no one like You, there is none beside You.
 Open up my eyes in wonder.
 Show me who You are and fill me with Your heart and
 lead me in Your love to those around me.

(Repeat Verse 1 & 2)

Chorus

Holy, there is no one like You, there is none beside You.
 Open up my eyes in wonder.
 Show me who You are and fill me with Your heart and
 lead me in Your love to those around me.

(Repeat Chorus)

Instrumental

Bridge

I will build my life upon Your love.
 It is a firm foundation.
 I will put my trust in You alone
 and I will not be shaken.
 (Repeat Bridge)

Chorus

Holy, there is no one like You,
 there is none beside You.
 Open up my eyes in wonder.
 Show me who You are and fill me
 with Your heart and
 lead me in Your love to those around me.
 (Repeat Chorus)

Bridge

I will build my life upon Your love.
 It is a firm foundation.
 I will put my trust in You alone
 and I will not be shaken.

After the duration of exposition, the minister will kneel before the altar.
The assembly kneels, and while the Blessed Sacrament is incensed, the following hymn is sung.

Hymn of Benediction

Tantum Ergo

Attr. St. Thomas Aquinas, 1227-1274

PANGE LINGUA, Mode III



1. Tan - tum er - go Sac - ra - mén - tum Ve - ne - ré - mur cér - nu - i:
2. Ge - ni - tó - ri, Ge - ni - tó - que Laus et ju - bi - lá - ti - o,



Et an - tí - quum do - cu - mén - tum No - vo ce - dat rí - tu - i;
Sa - lus, ho - nor, vir - tus quo - que Sit et be - ne - dí - cti - o:



Prae - stet fi - des sup - ple - mén - tum Sén - su - um de - fé - ctu - i. A - men.
Pro - ce - dén - ti ab u - tró - que Com - par sit lau - dá - ti - o.

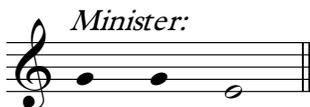
Translation:

1. Hence so greatly the Sacrament
Let us venerate with heads bowed
And let the old practice
Give way to the new rite;
Let faith provide a supplement
For the failure of the senses.

2. To the Begetter and the Begotten
Be praise and jubilation,
Hail, honor, virtue also,
And blessing too:
To the One proceeding from Both
Let there be equal praise. Amen.



Minister: You have given them bread from hea - ven: *All:* Having all sweetness with-in it.



Minister: Let us pray:

Lord Jesus Chris, you gave us the eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where live and reign with God the Father in the unity of the Holy Spirit, one God, forever and ever.



All: A - men.

The minister, while wearing the humeral veil, will raise the monstrance over the assembly.
All should make the sign of the cross as the monstrance passes over you.

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary Most Holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.

Reposition

After the Divine Praises, the minister will repose the Blessed Sacrament into the tabernacle.
When the tabernacle door is closed, the assembly stands and sings the following hymn.

Closing Hymn

Holy God, We Praise Thy Name

Attr. Ignaz Franz, 1719-1790

Tr. Clarence Walworth, 1820-1900

GROSSER GOTT



1. Ho - ly God, we praise thy name! Lord of all, we bow be - fore thee;
2. Hark! the loud ce - les - tial hymn An - gel choirs a - bove are rais - ing;
3. Ho - ly Fa - ther, Ho - ly Son, Ho - ly Spir - it, Three we name thee,



All on earth thy scep - ter claim, All in heav'n a - bove a - dore thee;
Che - ru - bim and Se - ra - phim In un - ceas - ing cho - rus prais - ing,
While in es - sence on - ly One, Un - di - vid - ed God we claim thee,



In - fi - nite thy vast do - main, Ev - er - last - ing is thy reign.
Fill the heav'ns with sweet ac - cord: Ho - ly, ho - ly, ho - ly Lord!
And a - dor - ing bend the knee, While we own the my - ster - y.