



St Vincent
de Paul Society

England and Wales

Turning Concern into Action

SPENDING TIME IN ADORATION





Prayer time
one

Adoration

Spending time with the One
who sees me and loves me

An Introduction

Spending time with Jesus in Adoration is one of the most fulfilling and worthwhile things you can do. You will notice as the months move on that it will transform your daily life. Try and make time regularly to practise sitting with the Blessed Sacrament.

So a few pointers for getting started...

- When entering or leaving the space where the Blessed Sacrament is exposed in the monstrance, we make a slower and bigger act of reverence than we would when we genuflect coming in and out of Church. We can do this by kneeling for a few moments on both knees as we enter and leave the chapel; bowing our heads or perhaps saying a prayer like the Glory be as means of a hello and goodbye, to God present in the Blessed Sacrament.
- Pick somewhere comfortable to sit. On a bench, in a corner, against a wall on the floor. This is a time for you and Jesus, he wants you to be comfortable.
- To future prayer times you can bring with you things that will help aid your prayer. A Bible or tablet you can find Bible readings on perhaps, rosary beads, earphones and a playlist of Christian music, perhaps some pens if you like to be creative in prayer.
- Getting distracted is natural to all of us. If you find your mind wandering, acknowledge it, park it, and if you can and it's appropriate, bring it into prayer and then refocus on Jesus.

**We have all
been called by
God to work on
a masterpiece
-St Vincent de Paul-**

TOP TIP: *Be Patient*

Have you ever been out of shape and tried to go for a one mile run. Suddenly, 5 minutes into the run, you're huffing and puffing and you realise you've only been going 5 minutes. Rather than focusing on the success — you just ran for the first time in months!! — we tend to focus on the defeat. Adoration can be a bit of a work out... for your soul. So set yourself up for success.

If it's been a while, or your first time, 10 minutes of sitting with Jesus is a good goal. Slowly increase your time—you'll be amazed at how God increases your capacity to be with Him!

Step 1 - LECTIO

Lectio simply means 'to read'.

Pray this prayer before you begin

God our Father, source of Light

You have sent your Son into the world to reveal yourself to all your children. Send your Spirit upon me now. That I may meet you in the Word that comes from you. May I come to know you, May I come to love you more deeply and be drawn closer to you. Amen

When you begin reading, read through the passage slowly and attentively. When you finish, read through the passage again and take notice of any words that stand out to you as you read.

Step 2 - MEDITATIO

In the meditatio (meditation) step, allow yourself to enter into the passage you just read. Perhaps you are one of the disciples or simply someone in the crowd. Use your imagination and bring the scene to life.

Also, think about the words that stuck out as you read the scripture. Think through these words and have a think as to why they might have stuck out to you as you read. You may want to use a pen to highlight underline, annotate or illustrate the text.

Step 3 - ORATIO

At this point, you move from the head and go to the heart. In the oratio phase, you give everything that was in meditatio to God in prayer. Ask Him why the words stuck out, why the passage unfolded like it did in your meditation. Be sure to also listen to what the Lord has to say to you, because He wants to speak to you.

Step 4 - CONTEMPLATIO

The last thing to do is contemplation. Essentially, it's time to take it all in. Rest in what God has spoken to you in His Word. Simply just sit and be with the God who loves you.

Sacred Reading

'My brothers and sisters, what good is it if people say they have faith but do nothing to show it? Claiming to have faith can't save anyone, can it? Imagine a brother or sister who is naked and never has enough food to eat. What if one of you said, 'Go in peace! Stay warm! Have a nice meal!?' What good is it if you don't actually give them what their body needs? In the same way, faith is dead when it doesn't result in faithful activity.'

James 2:14-17



Prayer time
two

Adoration

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Welcome back

Continuing in this practice of spending time with Jesus in Adoration, will already be having a profound impact on your daily life. In this space, we come as we are and we rest with the one who loved us into existence.

Remember...

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**God speaks in
the silence of
the heart.**

**Listening is the
beginning of
prayer.**

-Mother Teresa-

TOP TIP: Bring Scripture

Reading scripture is always a good thing, but is especially helpful and meditative during adoration. There are many prayer books and apps that contain daily scripture readings. If you're new to reading scripture, the Psalms can be a great place to start. As you read the scripture ask yourself: How is this scripture speaking to my heart? What changes is God asking me to make? How will I go about making those changes? This internal conversation is prayer.

THE EXAMEN

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy... being confident of this, that God who began a good work in you will carry it on to completion.

Phil 1:3-6

An Examen is a prayerful method of “checking in” on how well we are living out our Christian faith on a daily basis. Developed by St. Ignatius of Loyola more than 400 years ago, the Examen helps us to reflect on how God has been present in our day, how we have responded to that presence, and how we might grow in holiness. For each stage, spend around 7 minutes and use some paper to doodle any thoughts and reflection, images or prayers.

1.

Enter God’s presence. Take a few moments to quieten down, to recall that God has accompanied you every step of the way during the day, and to open yourself to God’s presence.

2.

Review the events of the day in a spirit of gratitude. Move through your day slowly, hour by hour, taking special note of its many small gifts: the warmth of a conversation with someone who cares, a good cup of coffee, a moment of calm, the kindness of a stranger. Recall that God is revealed in each of these details. Think, too, about the gifts you were able to give to others: an encouraging word, a smile, work well done.

3.

Pray for a “Spirit of truth.” Prepare for the next step by asking for the “Spirit of truth” to “guide you into all truth” (John 16:13). Prepare yourself to be honest as you examine your actions during the day, knowing that the truth will free you to grow closer to God. Recall, too, God’s unconditional love for you.

4.

How were you open to God’s presence in the events of the day? Next, examine how you responded (or didn’t) to God’s presence in the key events of the day.

When were you loving?

When did you miss an opportunity to love?

When were you sinful?

How much were you in charge of your actions, and what did you do out of simple habit?

Pay attention to your emotions around these events.

St. Ignatius taught that the Holy Spirit often speaks to us through our emotions, even the “negative” ones. What truth might God be leading you to, through your emotions?

5.

Bring it to Jesus. Finally, respond in prayer to the insights revealed in the previous steps. You may want to imagine this as a friendly face-to-face meeting with Jesus, one in which you offer words of sorrow, gratitude, or joy. You may want to ask for forgiveness, consolation, encouragement, the grace to overcome bad habits, and direction for how to grow closer to God. Continue to listen to Jesus as you resume your daily activities.



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TOP TIP: Make a Prayer List

Spending time in prayer means you are able to support a huge amount of people in a new way. Listen out for situations in peoples lives, and events in the local community and wider world. Add these to a list and bring them with you each time you pray. As they are answered mark them and don't forget to thank God too!

**'Pray as though
everything depended
on God. Work as
though everything
depended on you.'**

-St. Augustine-

Intercessory Prayer

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

The word "intercessor" has roots in Greek, and the Greek meaning is "to meet with, come between." Intercessory prayer is prayer before God on behalf of others. While there is no one right way to do intercessory prayer, there are certain tools that can help us along the way. Here are a few simple ideas that might be useful in your prayer journey.

Pray with the Scripture's

Find passages that apply to a particular request and pray them over the person for whom you intercede; insert their name as you read the passage. -If the bible is a new thing for you google scripture on a subject and it will help you find relevant pieces.

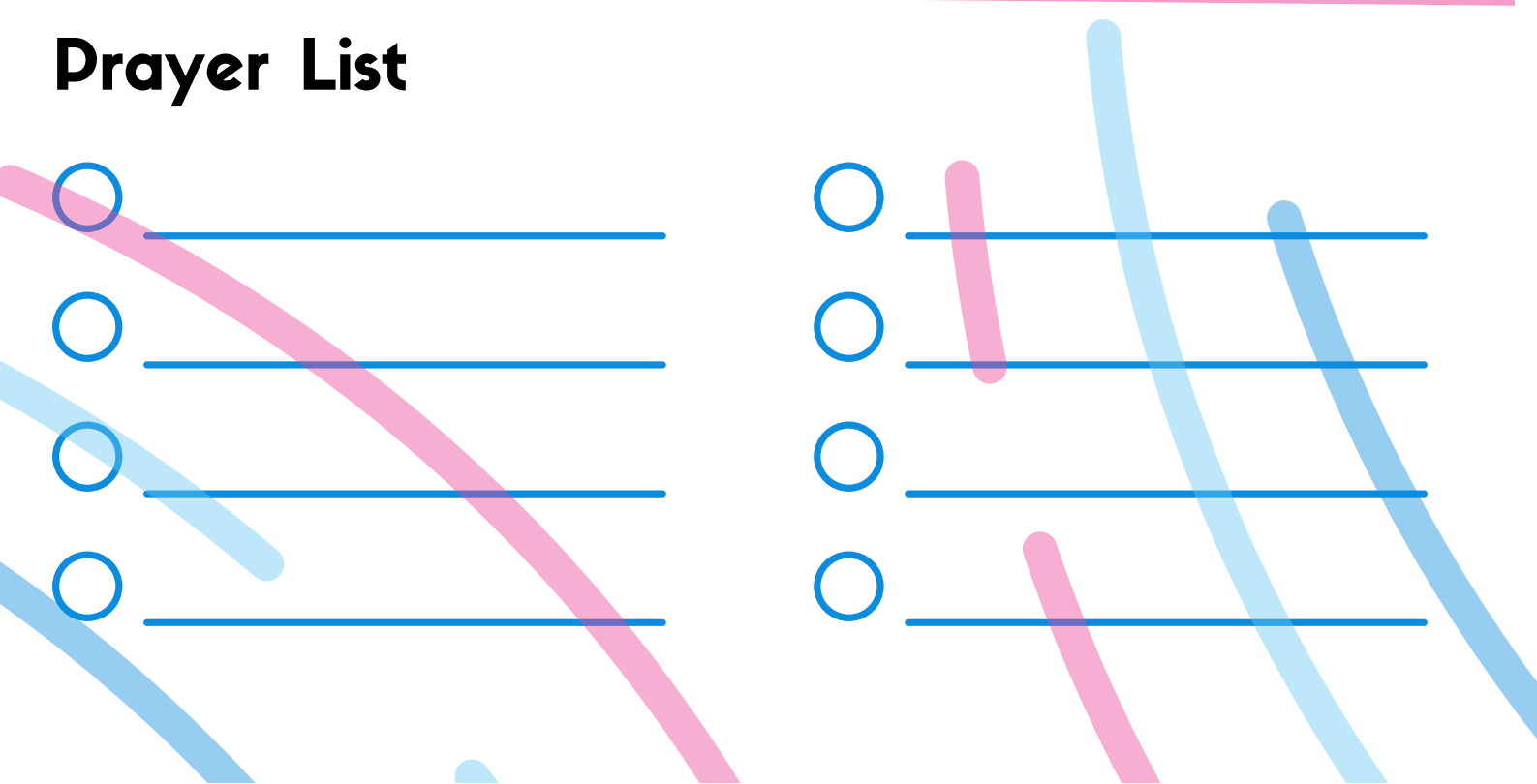
Pray regularly, and commit to it

Regularly is whatever that means to you! it might be once a week, every day, or every hour. Experiment and find what works best for you in your schedule. The main thing is you keep going and don't give up! When we commit and dedicate ourselves to regular intercessory prayer we see lives, hearts, and circumstances changing and transforming.

Invite the Holy Spirit

Keep inviting the Holy Spirit to speak into the situations you're praying for. Listen to what God might be saying. Often this might be a feeling that you can't shake or a sense of peace at a situation.

Prayer List



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