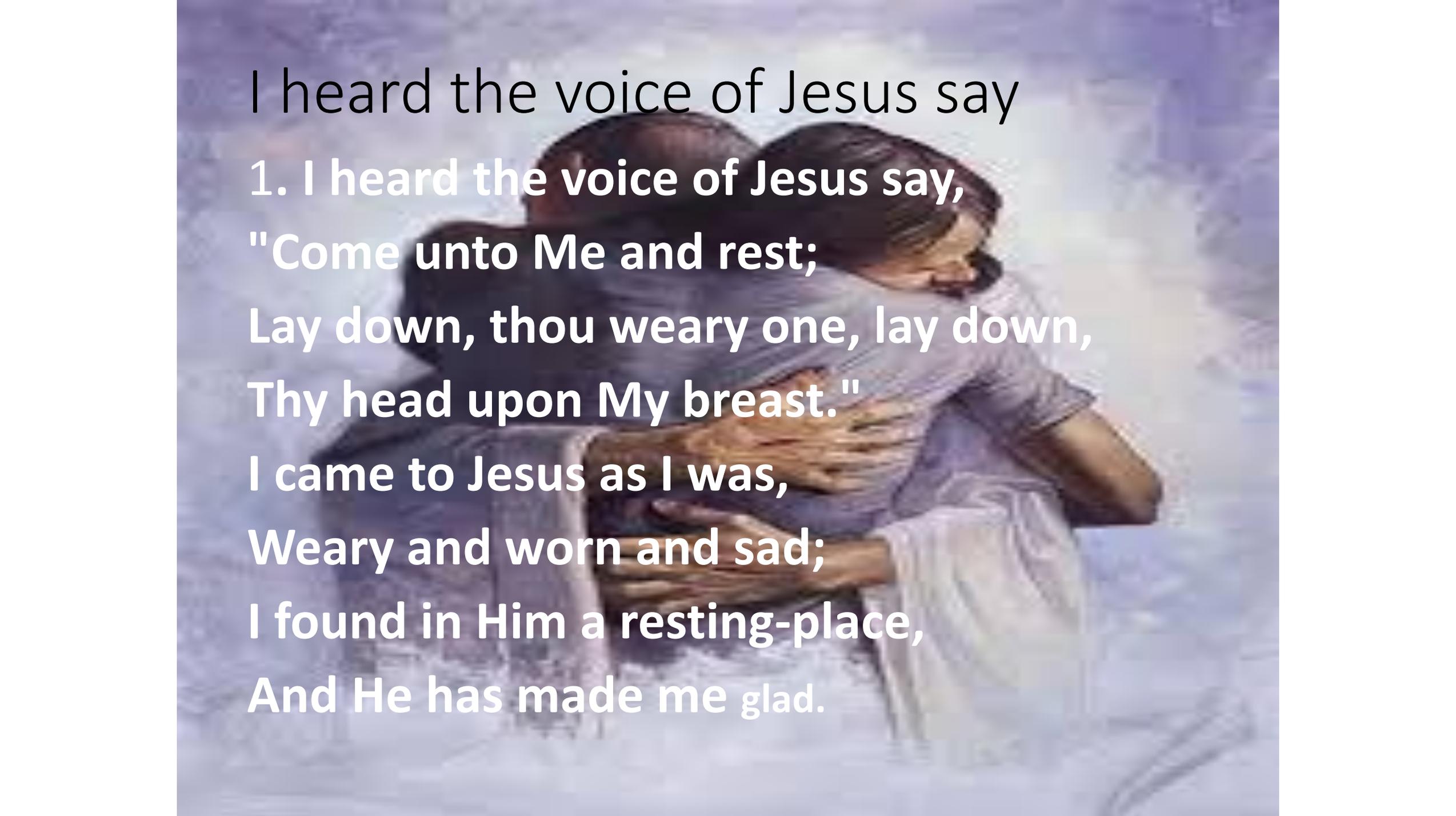


A priest in white vestments is shown in profile, holding a monstrance with the Blessed Sacrament. The scene is dimly lit, with a soft light source from the left creating a hazy atmosphere. In the background, several people are kneeling, their heads bowed in prayer. The overall mood is solemn and reverent.

As the priest brings the  
Blessed Sacrament from  
the Tabernacle and places  
it in the monstrance,  
please kneel

A painting depicting a man with a beard and long hair, wearing a white robe, embracing another man from behind. The man being embraced is wearing a purple shirt and a white shawl, and appears to be resting his head on the other man's chest. The background is a soft, hazy landscape with a bright light source, possibly the sun or moon, creating a serene and peaceful atmosphere.

I heard the voice of Jesus say

1. I heard the voice of Jesus say,

"Come unto Me and rest;

Lay down, thou weary one, lay down,

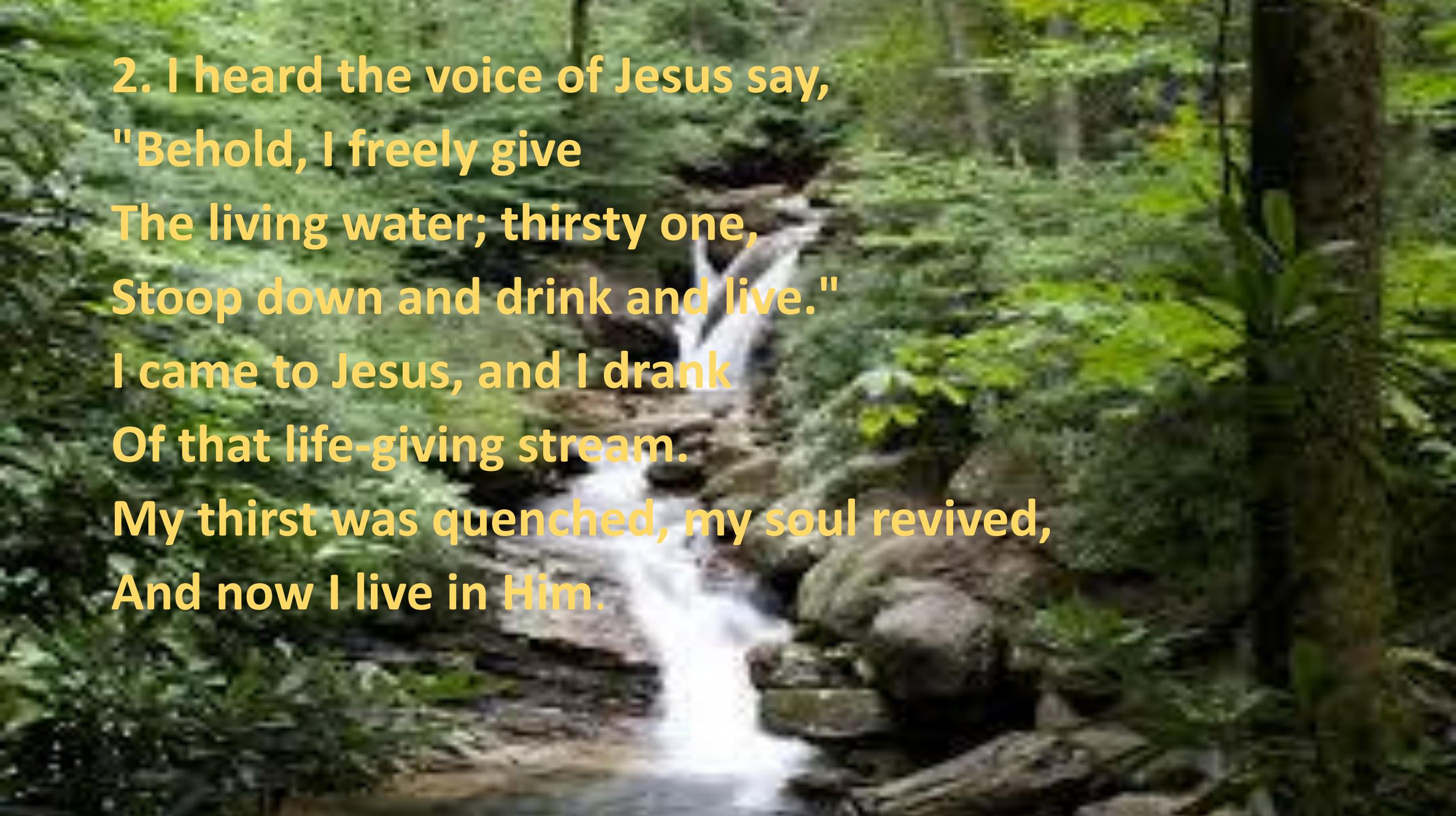
Thy head upon My breast."

I came to Jesus as I was,

Weary and worn and sad;

I found in Him a resting-place,

And He has made me glad.

A lush green forest with a small waterfall cascading over mossy rocks. The water is white and frothy as it falls, surrounded by dense foliage and trees. The scene is peaceful and serene.

**2. I heard the voice of Jesus say,  
"Behold, I freely give  
The living water; thirsty one,  
Stoop down and drink and live."  
I came to Jesus, and I drank  
Of that life-giving stream.  
My thirst was quenched, my soul revived,  
And now I live in Him.**

I heard the voice of Jesus say,  
"I am this dark world's Light.  
Look unto Me; thy morn shall rise  
And all thy day be bright."  
I looked to Jesus, and I found  
In Him my Star, my Sun;  
And in that Light of Life I'll walk  
Till traveling days are done.





Let us spend a few moments in silence reflecting on what Jesus is saying to us now

# Lighting the 1<sup>st</sup> Candle – Faith

## Act of Faith

O my God, I believe that you are one God in three divine persons, Father, Son and Holy Spirit.

I believe that Jesus became man and died for our sins, and that He will come to judge the living and the dead.

I believe these and all the truths which the Holy Catholic Church teaches because you revealed them.

Amen

# Lighting the 2<sup>nd</sup> Candle – Hope

## Act of Hope

O my God, relying on your infinite goodness and promises. I hope to obtain pardon of my sins, the help of your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Amen

# Lighting the 3<sup>rd</sup> Candle – Love

## Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Amen

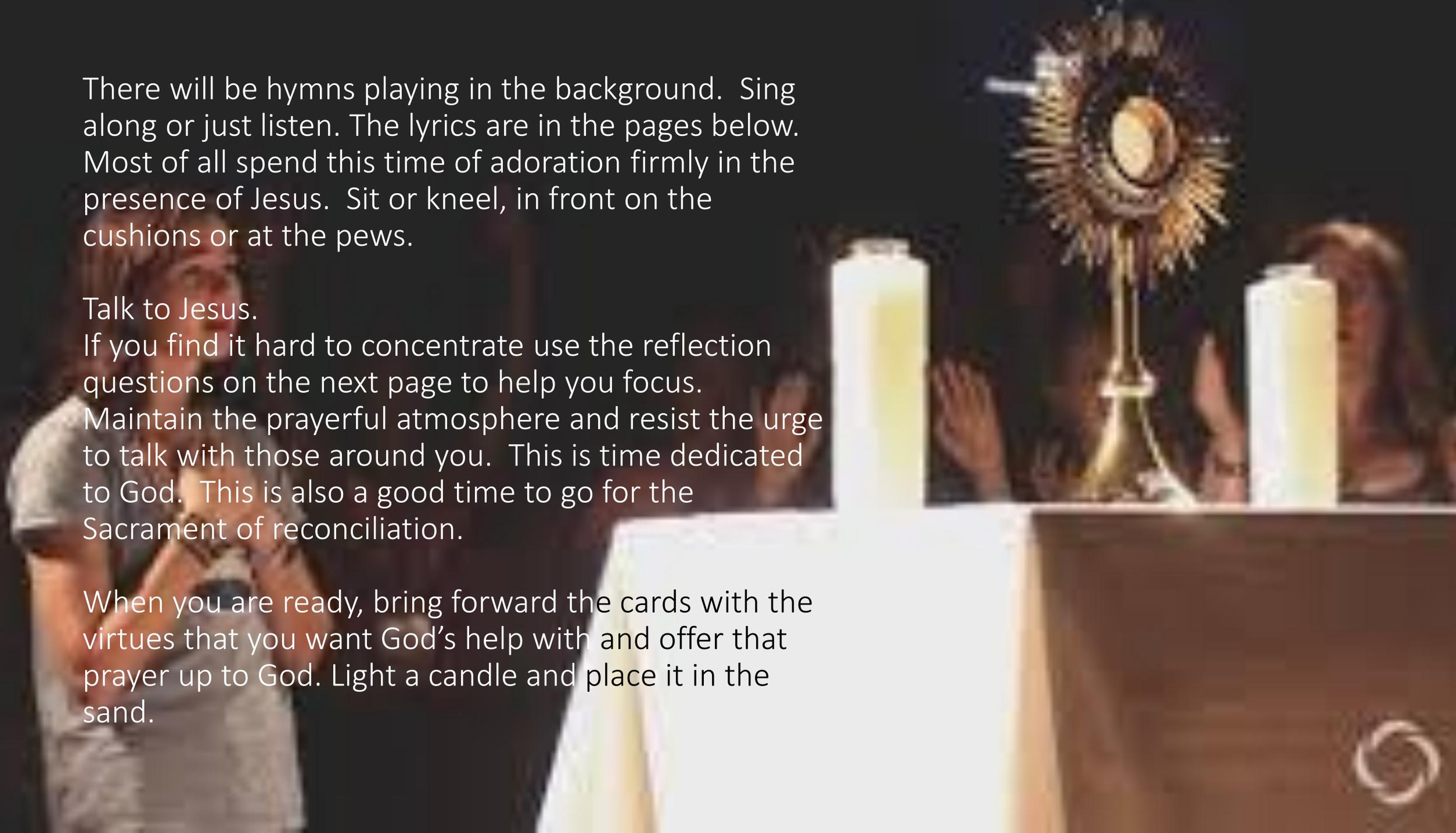
There will be hymns playing in the background. Sing along or just listen. The lyrics are in the pages below. Most of all spend this time of adoration firmly in the presence of Jesus. Sit or kneel, in front on the cushions or at the pews.

Talk to Jesus.

If you find it hard to concentrate use the reflection questions on the next page to help you focus.

Maintain the prayerful atmosphere and resist the urge to talk with those around you. This is time dedicated to God. This is also a good time to go for the Sacrament of reconciliation.

When you are ready, bring forward the cards with the virtues that you want God's help with and offer that prayer up to God. Light a candle and place it in the sand.



# Reflection on Vocation & Discernment

- What is my primary vocation
- What is the task that I need to be doing today
- What are the tasks that God is calling me to do during the next month
- Where am I at right now?
- What action can I take to gain clarity
- What might I need to stop doing to gain clarity
- What am I living for?
- Am I living for myself or for someone greater?
- Am I living for you Lord Jesus?

# Abide with me

Abide with me, fast falls the eventide  
The darkness deepens, Lord with me abide  
When other helpers fail and comforts flee  
Help of the helpless Lord, abide with me

Swift to its close ebbs out life's little day  
Earth's joys grow dim and glories past away  
Change and decay in all around I see  
O Thou who changes not, abide with me

I fear no foe with thee at hand to bless  
Ills have no weight and tears no bitterness  
Where is death's sting where grave thy victory  
I triumph still if Thou abide with me

Hold Thou Thy cross before my closing eyes  
Shine through the gloom and  
point me to the skies  
Heaven's morning breaks and  
earth's vain shadows flee  
In life in death O Lord, abide with me

# Lord I need you

Lord I come, I confess  
Bowing here I find my rest  
Without You I fall apart  
You're the one, that guides my heart

## *Chorus*

*Lord I need you, oh I need you  
Every hour I need you  
My one defence, my righteousness  
Oh God how I need you*

Where sin runs deep, Your grace is more

Where grace is found, is where you are

Where you are, Lord I am free

Holiness is Christ in me

## Chorus

So teach my song to rise to You  
When temptation comes my way  
When I cannot stand I'll fall on you  
Jesus you're my hope and stay

# At the cross

O Lord you've searched me, you know my ways  
Even when I fail you, I know you love me  
Your holy presence, surrounding me  
In every season, I know You love me (2x)

*At the cross I bow my knee  
where your blood was shed for me  
There's no greater love than this  
You have overcome the grave  
Your glory fills the highest place  
What can separate me now*

You go before me, You shield my way  
Your hands upholds me,  
I know You love me

Chorus twice

Bridge

You tore the veil when you said that it is done  
(2x)

And when the earth fades  
Falls from my eyes  
You stand before me  
I know You love me (2x)

Chorus 2x and bridge (2x)

# Holy holy holy

Holy holy holy, Lord God almighty  
Early in the morning, our song shall  
rise to Thee

Holy holy holy, merciful and mighty  
God in three persons, blessed trinity

Holy holy holy, though the darkness  
hide thee

Though the eye of sinful man  
Thy glory may not see

Only Thou art holy, there is none  
beside thee

Perfect in power, in love and purity

Holy holy holy, Lord God almighty  
All thy works shall praise Thy name in  
earth and sky and sea

Holy holy holy merciful and mighty  
God in three persons, blessed trinity

# Oh I love you Lord

Majesty, faithful one

Saviour of my soul

You are here

You are God of all the heavens

Worthy Lord of all the earth

I pray your name be lifted high

*Chorus*

*Oh I love you Lord*

*Oh I need you here*

*Draw me closer to where you are*

*I want to be with you*

# From Within

Show me how to love,  
The way You love me  
Teach me to wait and hope  
Your promise never fails  
Your presence that flows deep within  
me  
O fill me up with Your grace

All that I am I offer to You Lord  
To love you with all my heart and soul  
With all of my strength I want to love  
you more  
To be like You is what I desire  
I'll give all I have just to know your  
ways  
With all of my heart I want to love  
you more

# Softly and Tenderly Jesus is calling

Softly and tenderly Jesus is calling,  
calling for you and for me;  
see, on the portals he's waiting and  
watching,  
watching for you and for me.

*Refrain:*

*Come home, come home;  
you who are weary come home;  
earnestly, tenderly, Jesus is calling,  
calling, O sinner, come home!*

Why should we tarry when Jesus is  
pleading,

pleading for you and for me?  
Why should we linger and heed not  
his mercies,  
mercies for you and for me? [Refrain]

Time is now fleeting, the moments are  
passing,  
passing from you and from me;  
shadows are gathering, deathbeds are  
calling,  
coming for you and for me. [Refrain]

# You have chosen me

Mighty One, I thank you for your  
goodness

Undying love that saved me from the  
darkness

You have chosen me (2x)

With your spirit I will carry on

To spread your love to each and  
everyone

You have chosen me (2x)

Heighten my heart's desires  
to serve you Lord

To use me as a vessel  
of your selfless love

Awaken your spirit in me  
fill me with your grace

To bear a love like your's  
to bring people back to your embrace

The priest returns for the final prayers – please kneel

## Divine Praises (repeat after the priest)

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 St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

# Closing Prayer

Lord our God,  
in this great sacrament  
we come into the presence of Jesus our Lord  
who walks with us on our journey of faith.  
May we always know his reassuring presence in our lives,  
and be filled with his peace and courage  
to witness to him in all we do.  
Amen

# Down in adoration falling

Down in adoration falling  
This great sacrament we hail  
Over ancient forms departing  
Newer rites of grace prevail  
Faith for all defects supplying  
Where the feeble senses fail

To the everlasting Father  
And the Son who reigns on high  
With the Spirit blest, proceeding  
Forth from each eternally  
Be salvation, honor, blessing  
Might and endless majesty

Jesus, Lamb of God, saving love for all  
Lord of heaven and earth, Father's love for all

I bow to You  
Jesus, Lamb of God, saving love for all  
Lord of heav'n and earth  
I bow to You, bow to You, I bow to You

Pour upon us, Lord of mercy  
Spirit of Thy selfless love  
Make of us one true heart yearning  
For the glory of thy Son  
Jesus, fire of justice blazing  
Gladdening light forevermore

Chorus (2)

