

YOUTH RETREAT

ADORATION OF THE BLESSED SACRAMENT AFTER THE 9AM YOUTH MASS 02.22.20

Eucharistic Adoration is adoration of Jesus Christ, truly present in the Holy Eucharist through prayer and meditation. Adoration is an extension of the Mass.

Structure for Youth Eucharistic Adoration

EXPOSITION OF THE BLESSED SACRAMENT

1. Youth should assemble and kneel in silence.
2. Hymn: As the priest and altar server(s) enter, youth should stand and sing.

Song: O come let us adore him, O come let us adore him, O come let us adore Him Christ the Lord (Repeat)

ADORATION OF THE BLESSED SACRAMENT

Selected prayers and songs

Song 1: Lord I need you (Matt Maher)

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 defense, 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

Prayer 1:

I am sorry, God

To Jesus who forgave Peter for denying him three times:

Please give me the guts to be honest with myself.

Give me the humility to admit my sins.

And give me wisdom so I will know how to repair the harm I have caused.

Forgive me Lord, for what I have done, and give me grace not to do it again. Amen.

Period of Silence: 2-3 minutes

(Is there anything you need forgiven?
Talk to Jesus in the quiet of your
heart.)

**Prayer 1b: I am sorry for my sins
God**

My God, I am sorry for my sins with
all my heart, and I detest them.

In choosing to do wrong and failing to
do good, I have sinned against you,
whom I should love above all things.
I firmly intend, with your help, to do
penance, to sin no more, and to avoid
whatever leads me to sin. Our Savior
Jesus Christ suffered and died for us.
In his name, my God, have mercy.
Amen.

Song 2: Open my eyes (Jesse Manibusan)

Open my eyes Lord, help me to see
your face, open my eyes Lord help me
to see

Open my ears, Lord, Help me to hear
your voice Open my ears, Lord Help
me to hear

Open my heart, Lord Help me to love
like you Open my heart, Lord Help me
to love

I live within you Deep in your heart, O
Love I live within you Rest now in me

Period of Silence: 2-3 minutes

**Prayer 2a: I want to be close to you
God**

Lord Jesus: I want to see you.

I want to know you

I want to follow you

I want to know your will for me, so I
may do it.

I love you. Amen

Scripture reading:

Period of Silence: 2-3 minutes

(Meditate on a word or verse that
touched your heart)

**Prayer 3a: Take, O Lord, and
Receive**

Take, O Lord, and receive my entire
liberty, my memory, my understanding
and my whole will.

All that I am and all that I possess You
have given me:

I surrender it all to You to be disposed
of according to your will.

Give me only Your love and Your
grace;

With these I will be rich enough, and
will desire nothing more. Amen

Song 3: I surrender all

All to Jesus I surrender

All to Him I freely give

I will ever love and trust Him

In His presence daily live

Chorus: I surrender all
I surrender all
All to Thee my blessed Savior
I surrender all

All to Jesus I surrender
Humbly at His feet I bow
Worldly pleasures all forsaken
Take me Jesus take me now

Prayer 2b: Psalm 51

Have mercy on me, God, in accord
with your merciful love.
In your abundant compassion blot out
my transgressions.
Thoroughly wash away my guilt and
from my sins cleanse me.
Against you, you alone have I sinned, I
have done what is evil in your eyes
Turn away your face from my sins,
blot out all my iniquities.
A clean heart create for me, God and
renew within me a willing spirit.
Do not drive me from before your face
nor take your holy spirit from me
Restore to me the joy of your salvation
and renew a willing spirit within me
O Lord open my lips and mouth will
declare your praise

Period of Silence: 2-3 minutes

(Surrender to God, your cares,
concerns, troubles, doubt, fears.)

Song 4: Jesus, remember me

Jesus, remember me, when you come
into your Kingdom
Jesus, remember me, when you come
into your Kingdom

Prayer 3b: Prayer of Abandonment

Father, I abandon myself into Your
hands;
Do with me what You will. Whatever
You may do, I thank you.
I am ready for all, I accept all.
Let only Your will be done in me and
in all your creatures.
I wish no more than this, O Lord.
Into Your hands I commend my soul;
I offer it to You with all the love of my
heart, for I love You, Lord, and so,
I need to give myself, to surrender
myself, into Your hands without
reserve and with boundless confidence,
for you are my Father.
Amen.

Period of Silence: 3-5 minutes

(Is there something you want changed
in your life? Ask Him, he will help and
guide you.)

Prayer 4:

Ask Jesus to remember you, seek Jesus in your most difficult moments, and knock on Jesus' door. Then you will receive grace and forgiveness, you will find peace within you and closed doors shall be opened!

Benediction: By Priest**Youth Recite: 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.

REPOSE OF THE BLESSED SACRAMENT

As the Blessed Sacrament is replaced in the tabernacle we sing the hymn of thanksgiving below.

Thanksgiving Song: Thank you Lord

Thank you Lord, Thank you Lord,
Thank you Lord, I just want to thank you Lord

Been so good, Been so good, been so good,
I just want to thank you Lord.