



# Adorate

*You may find some of these prayers and reflections helpful as you spend time before the Blessed Sacrament.*

Lord Jesus Christ,  
we thank you that in this wonderful sacrament  
you have given us the memorial of your passion:  
grant us so to reverence the sacred mysteries  
of your body and blood  
that we may know within ourselves  
and show forth in our lives  
the fruits of your redemption;  
for you are alive and reign with the Father  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.

*(Church of England: Common Worship)*

Jesus said, 'I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' (*John 6.51*)

I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.  
*(1 Corinthians 11.23-26)*

At this sacred banquet in which Christ is received, the memory of his passion is renewed, our lives are filled with grace and a promise of future glory given to us.

*(St Thomas Aquinas)*

O God, of your goodness,  
give me yourself,  
for only in you have I all.

*(St Julian of Norwich).*

Worthy of praise from every mouth,  
of confession from every tongue,  
of worship from every creature,  
is your Glorious Name,  
O Father, Son, and Holy Spirit:  
you created the world with your imprint  
and by your compassion you saved it.

To your majesty, O God,  
ten thousand times ten thousand  
bow down and adore,  
singing and praising without ceasing,  
and saying Holy, Holy, Holy,  
Lord God of hosts;  
Heaven and earth are full of your praises;  
Hosanna in the highest.

*(from the Nestorian Liturgy)*

Just as I am, Thy love unknown  
Has broken every barrier down;  
Now, to be Thine, yea, Thine alone,  
O Lamb of God, I come, I come!

*(Charlotte Elliot)*