

# I have given you an example

## A Holy Hour on the Eucharist

### Prayer before the Blessed Sacrament

#### Exposition

##### Song

*After the people have assembled, a song may be sung while the minister comes to the altar. Suggested themes and songs can be found at the end of this resource.*

#### Adoration

##### Reading

John 13:1-20

Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." For he knew who was to betray him; that was why he said, "Not all of you are clean."

When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them. I am not speaking of all of you; I know whom I have chosen. But the Scripture will be fulfilled, 'He who ate my bread has lifted his heel against me.' I am telling you this now, before it takes place, that when it does take place you may believe that I am he. Truly, truly, I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me."



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## Reflection

*This is my body, this is my blood*

At his Last Supper on the night before he died, Jesus took bread and declared that this is his body, and he took wine and declared that this is his blood. In this way our Lord placed himself at the centre of a new paschal sacrifice: he offered himself as our sacrificed Passover lamb. As St. Paul puts it in 1 Corinthians 5: 7:

“Christ, our Paschal [or Passover or Easter] lamb has been sacrificed, therefore let us celebrate the festival”.

Where daubing the blood of a sacrificed lamb on their doorposts and eating that lamb's flesh had kept the firstborn of Israel safe from the angel of death on the night of the first Passover, now in this new Passover it is the blood of Christ that saves us from death, and it is his flesh that becomes for us the bread of life. To share in the Eucharist is to begin a new Exodus not this time from an earthly slavery in Egypt but from the slavery of sin and death itself. This exodus from death to life is a pilgrimage of charity. We who share Christ's Body and Blood are empowered by the Sacrament to manifest our share in Christ's life by imitating his self-sacrificial love. Our Lord teaches us in John 13: 14-15:

“If I, your Lord and Teacher, have washed your feet, you also should wash one another's feet”.

May we who have been rescued from our sins by the blood of the lamb be strengthened by this sacrament to manifest our gratitude by imitating the loving service of our Lord.

Fr Nick Crowe OP, Dominican Priest, Order of Preachers

## Silence

### Intercessions

Let us pray for the people of our Church, that we may be renewed and united as we draw closer to Jesus in the Sacrament of the Eucharist.

Let us pray that all who visit the Blessed Sacrament in Adoration maybe transformed by their encounter and be moved to go and serve in our communities.

Let us give thanks for the great gift of the Eucharist. May the Body of Christ, the source and summit of the Catholic faith, always be a source of great strength and grace to those who come to receive Him.

## Benediction

*The priest or deacon goes to the altar genuflects and kneels. A hymn, such as Tantum ergo, or other eucharistic song is sung.*

### Prayer

*The following is suggested from the Rite:*

Lord Jesus Christ,  
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 you live with the Father and the Holy Spirit,  
God, for ever and ever.

## Blessing

*The priest or deacon puts on the humeral veil, genuflects, and takes the monstrance or ciborium. He makes the sign of the cross over the people with the monstrance or ciborium in silence.*

## Reposition

### Reposition

*After the blessing the Blessed Sacrament is replaced in the tabernacle.*

### Acclamation

*As the Blessed Sacrament is being replaced the people may sing an acclamation.*

## Music

*Possible themes include: God's love for us, Jesus Christ, the Eucharist, Communion.*

- O bread of Heaven
- Be still for the presence of the Lord
- O let all who thirst
- This is My Body
- Lord I need you – Matt Maher
- Receive our Adoration – Brenton Brown
- At Last (Nunc Dimittis) - Joseph and Rosemary Black
- Remembrance (Communion Song) – Matt Redman/Matt Maher



# I have given you an example

## A Holy Hour on the Eucharist

### What can we do in Adoration?

One of St John Vianney's parishioners stated that in adoration he answered: 'I just look at Him, and He looks at me. And that is it'. It is one of the most intimate moments we can have with Jesus, being still and quiet, whilst gazing on him in Adoration.

*Some suggested ways to spend your time in Eucharistic Adoration:*

- **Silence:** do not be afraid of the silence, keep your eyes fixed on Jesus in the monstrance and just enter into his presence.
- **Pray:** have a conversation with Jesus, open your heart and share this with Jesus, who knows our innermost thoughts.
- **Read Scripture:** in this guide to adoration and holy hours, there will be a number of suggested Scripture passages for you to reflect on.
- **Journal:** write down what is on your mind (dreams, desires, worries and prayer intentions) and bring this to Jesus today.
- **Reading:** have a spiritual book to read that will help you become quiet and contemplative to help you focus your holy hour.
- **Hymns/Music:** there may be times where a hymn or a piece of music is being played, listen and embrace the words. God can speak to us in many ways.

### Reflection

- What do you think about Jesus' real presence in the Eucharist? Gaze upon Jesus and see how he is speaking to you.
- How does the Eucharist give us life?
- How do we feel during this encounter with Jesus?
- Is there anything you want to offer to him today, in this moment? Offload all that is on your mind and communicate this to Jesus.
- How do we now feel Jesus' love in our lives?

### Action

What can we take away from this time spent in front of Jesus in the Blessed Sacrament?

What is He calling us to do next? How can we leave this space and serve in our families, parishes and communities?

Blessed Carlo Acutis once said "By standing before the Eucharistic Christ, we become holy", how can we place the Eucharist into our daily lives to strive for holiness?