

Eucharistic Adoration

Use this Eucharistic Adoration resource to pray for an end to hunger around the world and an increased solidarity—in our own hearts and communities—with people who hunger. May we remember Pope Leo XIV's words, "We are called to share our bread, to multiple hope and to proclaim the coming of God's Kingdom."

Procession

After all have assembled, a priest or deacon, wearing a cope and humeral veil, brings the Blessed Sacrament to the altar in a monstrance. A song may be sung. He may be accompanied by altar servers with candles.

The Blessed Sacrament is placed on the altar. The presiding celebrant then kneels before the altar and incenses the Blessed Sacrament. The opening song is concluded and a period of silent prayer follows.

Opening Prayer

The presiding celebrant then goes to the chair, where he prays the following Collect:

Almighty Father,
Whose only Son, Jesus, makes you known by embodying for us love and truth,
help us to recognize the face of Jesus in our sisters and brothers in need,
and to live out our vocation to honor and uphold the dignity of all people.
Through the Holy Spirit, you inspire us to transform our world,
and empower us to seek the common good for all people;
fill us with a spirit of solidarity to make us one human family.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.

All: Amen

Liturgy of the Word

First Reading: Isaiah 58:5-12

A reading from the Book of the Prophet Isaiah.

Is this the manner of fasting I would choose, a day to afflict oneself? To bow one's head like a reed, and lie upon sackcloth and ashes? Is this what you call a fast, a day acceptable to the Lord?

Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; clothing the naked when you see them, and not turning your back on your own flesh?

Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and he will say: "Here I am!"

If you remove the yoke from among you, the accusing finger, and malicious speech; if you lavish your food on the hungry and satisfy the afflicted; then your light shall rise in the darkness, and your gloom shall become like midday; then the Lord will guide you always and satisfy your thirst in parched places, will give strength to your bones and you shall be like a watered garden, like a flowing spring whose waters never fail.

Your people shall rebuild the ancient ruins; the foundations from ages past you shall raise up; "Repairer of the breach," they shall call you, "Restorer of ruined dwellings."
The word of the Lord.

All: Thanks be to God.

Responsorial Psalm

Psalm 72:1-2, 7-8, 12-13, 17

R. Justice shall flourish in his time, and fullness of peace forever.

O God, with your judgment endow the king, and with your justice, the king's son;
he shall govern your people with justice and your afflicted ones with judgment.

R. Justice shall flourish in his time, and fullness of peace forever.

Justice shall flower in his days, and profound peace, till the moon be no more.
May he rule from sea to sea, and from the river to the ends of the earth.

R. Justice shall flourish in his time, and fullness of peace forever.

For he shall rescue the poor when he cries out, and the afflicted when he has no one to help him. He shall have pity for the lowly and the poor; the lives of the poor he shall save.

R. Justice shall flourish in his time, and fullness of peace forever.

May his name be blessed forever; as long as the sun his name shall remain.
In him shall all the tribes of the earth be blessed; all the nations shall proclaim his happiness.

R. Justice shall flourish in his time, and fullness of peace forever.

Gospel

Mark 6:34-44

A reading from the holy Gospel according to Mark.

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

By now it was already late and his disciples approached him and said, "This is a deserted place and it is already very late.

Dismiss them so that they can go to the surrounding farms and villages and buy themselves something to eat.”

He said to them in reply, “Give them some food yourselves.”

But they said to him, “Are we to buy two hundred days’ wages worth of food and give it to them to eat?”

He asked them, “How many loaves do you have? Go and see.”

And when they had found out they said, “Five loaves and two fish.”

So he gave orders to have them sit down in groups on the green grass.

The people took their places in rows by hundreds and by fifties.

Then, taking the five loaves and the two fish and looking up to heaven, he said the blessing, broke the loaves, and gave them to his disciples to set before the people; he also divided the two fish among them all.

They all ate and were satisfied.

And they picked up twelve wicker baskets full of fragments and what was left of the fish.

Those who ate of the loaves were five thousand men.

The Gospel of the Lord.

All: Thanks be to God.

Homily

At the conclusion of the last reading, the priest or deacon preaches the homily, followed by a period of silent prayer.

Intercessions

Standing at the chair, the presiding minister invites the people to pray.

Presiding celebrant: God is the Father of all peoples and wills all to be gathered into one family free from division and strife. Trusting in his providence, we place our petitions before him as we pray:

Reader: For the Church, that the Blood of Christ poured out for the world may be the cleansing grace which unites all God’s people in his Church and for the Kingdom, we pray to the Lord ...

All: Lord, hear our prayer.

Reader: For all people of good will, that they may never lose hope in building a more peaceful and just world, we pray to the Lord ...

All: Lord, hear our prayer.

Reader: For all throughout the world who struggle with physical hunger and spiritual hunger, may they find nourishment for their bodies and souls, we pray to the Lord ...

All: Lord, hear our prayer.

Reader: For our faith community, that we may work to ensure all our sisters and brothers most in need, both in our own community and around the world, have what they need to reach their God-given potential, we pray to the Lord ...

All: Lord, hear our prayer.

Reader: For the intentions we hold in our hearts ...
A moment of silent prayer follows.

Reader: We pray to the Lord ...

All: Lord, hear our prayer.

Presiding celebrant: Trusting, O Lord, in your loving mercy and gracious bounty, we offer these prayers with confidence in the name of Jesus, your Son, who lives and reigns forever and ever.

All: Amen

Benediction

The presiding celebrant goes to the altar, genuflects and then kneels. As he kneels, Tantum ergo or another suitable Eucharistic song is sung and he incenses the Blessed Sacrament. After the hymn is finished, he rises and continues.

Presiding celebrant: Let us pray.
After a brief period of silence, the presiding celebrant continues.

Lord our God,
You have given us the true bread from heaven.
In the strength of this food may we live always by your life and rise in glory on the last day.
We ask this through Christ our Lord.

All: Amen

After the prayer, the presiding celebrant puts on the humeral veil, genuflects and takes the monstrance. He makes the sign of the cross with the monstrance over those gathered, in silence.

Reposition

After the blessing, the Blessed Sacrament is removed from the monstrance and brought to the place of reservation. Meanwhile, the presiding celebrant may lead those assembled in the Divine Praises. Each acclamation is repeated by all together.

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.

After the Divine Praises are finished, the hymn is sung, and the presiding celebrant and the servers bow to the altar and leave.

This Eucharistic Adoration program was developed in conjunction with the USCCB's Office of Divine Worship.

