

Soul of Christ, sanctify me (Chapter 1)

Theme for Holy Hour: Jesus, Our Way to Holiness

1. Adoring Jesus in His Word

“Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him” (Jn 14:1-7).

2. Following Jesus Way

Blessed James Alberione wrote, “The action of sanctifying the soul consists in our transformation into God through the food which is Jesus Christ. We are to nourish ourselves daily on Jesus Christ, Way, Truth, and Life.”¹

- What holds me back from giving myself completely to the God who gives Himself to me?
- How does Jesus invite me to grow in holiness?
- How can I respond to His love for me?

3. In Union with Jesus

Appeals to Jesus Master by Blessed James Alberione

Pray this prayer slowly, contemplating Jesus as your Truth, Way, and Life, asking for the grace to live in Him.

Jesus Master, sanctify my mind and increase my faith.

Jesus, teaching in the Church, draw everyone to Yourself.

Jesus Master, deliver me from error, empty thoughts and eternal blindness.

¹ James Alberione, *Until Christ Be Formed in You* (Boston: St. Paul Editions, 1983), 11.

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Soul of Christ Group Handout for Adoration

Jesus Way between the Father and us, I offer everything to You and await everything from You.

Jesus Way of sanctity, help me imitate You faithfully.

Jesus Way, may I respond wholeheartedly to the Father's call to holiness.

Jesus Life, live in me so that I may live in You.

Jesus Life, do not ever permit anything to separate me from You.

Jesus Life, grant that I may live eternally in the joy of Your love.

Jesus Truth, may You shine in the world through me.

Jesus Way, may I be a faithful mirror of Your example for others.

Jesus Life, may I be a channel of Your grace and consolation to others.²

² *Prayers of the Pauline Family*, printed by the Daughters of St. Paul, 1991. (For Private Use.)

Body of Christ, save me (1) (Chapter 2)

Theme for Holy Hour: The Word Made Flesh

1. Adoring Jesus in His Word

They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, “Can you see anything?” And the man looked up and said, “I can see people, but they look like trees, walking.” Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. Then he sent him away to his home, saying, “Do not even go into the village” (Mk 8:22-26).

2. Following Jesus Way

Choose one question and spend time with it, allowing it to lead you into a deep examination of conscience.

- All of us suffer from blind spots and weaknesses. What blindness or weakness do I bring to Jesus today to be healed? How do I need to be saved, today?
- Do I want physical or spiritual healing? Perhaps I sense hardness in my heart, or an interior resistance that needs transformation.
- Do I long for something more in my life—to move from “being stuck” in the dry ruts of routine to the freedom to respond to God’s new invitations?
- Is there an injustice in my family, neighborhood, or society that I need the power of God’s grace to address or confront?
- To whom do I want to extend God’s saving love today? Perhaps I want to use my hands to imitate the compassionate touch of Jesus, or my tongue to speak lovingly, as Jesus would do.

3. In Union with Jesus

Christ has no body now upon the earth but yours,
no hands but yours,
no feet but yours.

Yours are the eyes through which Christ’s compassion looks upon the world,
yours are the lips with which His love has to speak.

Yours are the hands with which He is to bless us now,
and yours the feet with which He is to go about doing good

through His Church, which is His Body. —often attributed to Saint Teresa of Avila,
but origins unknown

May I love with Your heart – Bl. James Alberione

May I love with Your heart, Jesus,

May I hear only with Your ears.

May I savor what You delight in.

May my hands become Your hands.

May my feet follow in Your footsteps.

May I pray with Your prayer.

May I treat others the way You treat them.

May I celebrate Mass the way You immolated Yourself.

May I be in You and You in me to the point that I disappear.

Deign to make use of this tongue to sing to God for all ages,

of this heart to love Him,

of this most unfortunate sinner to proclaim You;

“I am the Good Shepherd; I desire mercy.”³

³ Alberione, “That I May Love With Your Heart”: Thoughts from a personal notebook of Father James Alberione. (Rome: General Historical Archives, 1985), no. 37. (For private use.)

Body of Christ, save me (2) (Chapter 3)

Theme for Holy Hour: Jesus Center of Our Lives

1. Adoring Jesus in His Word

When the hour came, he took his place at the table, and the apostles with him. He said to them, "I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!" (Lk 22:14-22)

Act of Faith

Jesus, eternal Truth,

I believe You are really present in the bread and wine.

You are here with Your Body, Blood, soul and divinity.

I hear Your invitation: "I am the living bread descended from heaven";
"take and eat; this is My Body."

I believe, Lord and Master,

but strengthen my weak faith.⁴

2. Following Jesus Way

- What has been my response to the immense love Jesus offers me in the Eucharist?
- How can I participate at Mass more fully, more lovingly?
- How do I want to live a Eucharistic life from now on?

⁴ *Prayers of the Pauline Family* (For private use), 53.

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3. In Union with Jesus

Prayer to Jesus Life after Communion

Jesus, my Life, my Joy, and Source of all that is good,
I love You.

Above all, I ask of You that I may love You
and all those redeemed by Your Blood
more and more.

You are the vine and I am the branch:
I want to remain always united to You
so as to bear much fruit.

You are the Font—
pour out an ever greater abundance of grace
to sanctify me.

You are my head, I am Your member:
communicate to me Your Holy Spirit with all His gifts.

May Your kingdom come through Mary.

Console and save all those dear to me.

Free the souls in purgatory.

Multiply and sanctify those called to share in Your mission. ⁵

⁵ *Prayers of the Pauline Family*, (For private use). pp. 55-56.

Blood of Christ, inebriate me (Chapter 4)

Theme for Holy Hour: Adoring the Victorious Lamb of God

1. Adoring Jesus in His Word

Grace to you and peace from him who is and who was and who is to come...and from Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth.

To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion forever and ever. Amen.

Look! He is coming with the clouds;
every eye will see him,
even those who pierced him;
and on his account all the tribes of the earth will wail.

So it is to be. Amen.

“I am the Alpha and the Omega,” says the Lord God, who is and who was and who is to come, the Almighty (Rev 1:4-8).

2. Following Jesus Way

- What is the fullness or “new life” that I feel God inviting me towards?
- How have my Communion transformed me into being more Christ-like?

Prayer

Blood of Christ, inebriate me. Engulf me in Your love! Transform my selfishness into a self-giving love. Transform my petty concerns into concern for others who do not know You, those who suffer without hope. When I receive You, let the mingling of Your blood with mine change me forever. Through Your Church, sanctified by Your blood, engulf the whole world with Your love!

3. In Union with Jesus

Canticle of Ephesians

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory (Eph 1:3-12).

Concluding Prayer:

May You be blessed, Jesus Christ, Priest and Sacrifice, Perfect Lamb and worthy Mediator! In You is salvation, resurrection and life. Your blood is the font of salvation: may it rain on me and wash me! Let it fall on the world to purify and save it.⁶

⁶ *Prayers of the Pauline Family*, (For private use), 270.

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Water from the side of Christ, wash me *(Chap 5)*

Theme for Holy Hour: Jesus Crucified *(To bring: Stations of the Cross.)*

1. Adoring Jesus in His Word

Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) These things occurred so that the scripture might be fulfilled, “None of his bones shall be broken.” And again another passage of scripture says, “They will look on the one whom they have pierced” (Jn 19:31-37).

Prayer

Holy wound in the side of my Jesus, I adore You. I offer You my compassion, O my Jesus, for the cruel insult You suffered. I thank You, my Jesus, for the love which allowed Your side and heart to be pierced, so that the last drops of blood and water might come forth, redeeming me. I offer to the Eternal Father this outrage, and the love of Your most sacred humanity, that my soul may enter once for all into Your most loving heart, eager and ready to receive the greatest sinners, so that from You I may never more depart.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.⁷

2. Following Jesus Way

- What healing do I wish to pray for as I rest in the heart of Jesus?
- Whom do I want to bring with me into the heart of Jesus to be healed? A loved one? Someone whose need for healing and hope impressed me? Someone I have read about or heard about?
- How can I “live in continual conversion,” allowing the love of Jesus to transform me so that my love and my life truly become like His?

⁷ Traditional prayer adapted from: *The Raccolta or Collection of Indulged Prayers & Good Works*, translated by Ambrose St. John. 1910 edition.

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3. In Union with Jesus

Prayer Before a Crucifix

Good and sweet Jesus, before Your face I humbly kneel and with great fervor of spirit I pray and implore you to instill deep into my heart lively sentiments of faith, hope, charity, true sorrow for my sins, and a firm purpose to amend my life, while I contemplate with great sorrow and love Your five wounds, pondering over them in my mind while remembering the words which David the prophet spoke long ago about You, my Jesus: “They have pierced my hands and my feet; they have numbered all my bones” (Ps 22: 16-17).⁸

⁸ Traditional prayer adapted from: *The Raccolta* or *Collection of Indulged Prayers & Good Works*, translated by Ambrose St. John. 1910 edition.

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Passion of Christ, strengthen me *(Chapter 6)*

Theme for Holy Hour: Praying with Jesus on the Cross

1. Adoring Jesus in His Word

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "Listen, he is calling for Elijah." And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, "Wait, let us see whether Elijah will come to take him down." Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was God's Son!" (Mk 15:33-39)

2. Following Jesus Way

- How am I living the Paschal Mystery in my daily life?
- What am I going through right now that feels like an obstacle to my life of faith?
- What can strengthen me to unite both my joys and my sufferings with Jesus?

Crucified with Christ

May Your unchanging patience be my patience.
May Your crown of thorns obtain for me humility of heart.
May Your scourging be my purity and mortification.
May Your agony be the model of my agony.
May the wounds of Your holy feet guide all my footsteps.
May the folly of Your cross give me true wisdom.
May Your Resurrection obtain for me a glorious resurrection.
In all things may I be crucified with You, and may Your holy will be entirely fulfilled in me.
May Your merits be mine, and Your virtues be for me way, strength, mercy, and eternal reward.⁹

⁹ Alberione, "That I May Love With Your Heart": Thoughts from a personal notebook of Father James Alberione, second edition. (Rome: General Historical Archives of the Pauline Family, 1985), no. 40. (For private use)

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Good Jesus, hear me

(Chapter 7)

Theme for Holy Hour: Praying in our weakness

Opening Prayer:

Jesus, You are my Savior and the Center of my life; I trust completely in Your saving love at work in my life right now and for all eternity; I love You who are Love with my whole being! I adore You as my Lord who humbled Himself to undertake the salvation of the world for love of me and for love of every human person.

1. Adoring Jesus in His Word

We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose (Rom 8:22-28).

Act of Trust

Jesus, You are my Savior and the Center of my life; I trust completely in Your saving love at work in my life right now and for all eternity; I love You who are Love with my whole being! I adore You as my Lord who humbled Himself to undertake the salvation of the world for love of me and for love of every human person.

2. Following Jesus Way

- What are the patterns of my prayer?
- How do I regularly express my deep desires to Jesus?
- How do I want to grow in my trust of my loving Lord?

Within your wounds, hide me (Chapter 8)

Theme for Holy Hour: Contemplating the Healing Wounds of Christ

1. Adoring Jesus in His Word

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.”

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe” (Jn 20:24-29).

2. Following Jesus Way

- What in my life have I kept apart from Jesus, not confiding in Him?
- Can I entrust it to Him now?
- How can His touch heal me and transform my struggle to become life-giving?

3. In Union with Jesus

Heart of Jesus, pierced with a lance, have mercy on us.

Heart of Jesus, source of all consolation, have mercy on us.

Heart of Jesus, our life and resurrection, have mercy on us.

Heart of Jesus, our peace and reconciliation, have mercy on us.

Heart of Jesus, salvation of those who hope in You, have mercy
on us.¹⁰

¹⁰ Excerpt from *Litany to the Sacred Heart*.

Permit me not to be separated from You *(Ch. 9)*

Theme for Holy Hour: The Power of Christ's Eucharistic Love

1. Adoring Jesus in His Word

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,

“For your sake we are being killed all day long;
we are accounted as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Rom 8:35-39).

2. Following Jesus Way

- How has Christ's love transformed my joys and sufferings?
- When I've undergone experiences of death and resurrection in my life, how has God been present?

3. In union with Jesus

Prayer

I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen (Eph 3:16-21).

(Repeat this prayer twice more--for someone whom you don't get along with, and finally for a community that you belong to that needs the transforming power of Christ's love.)

From the malignant enemy, defend me (*Ch. 10*)

Theme for Holy Hour: Christ's Sheltering Love

1. Adoring Jesus in His Word

Then they seized him [Jesus] and led him away, bringing him into the high priest's house. But Peter was following at a distance. When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a servant-girl, seeing him in the firelight, stared at him and said, "This man also was with him." But he denied it, saying, "Woman, I do not know him." A little later someone else, on seeing him, said, "You also are one of them. But Peter said, 'Man, I am not!'" Then about an hour later still another kept insisting, "Surely this man also was with him; for he is a Galilean." But Peter said, "Man, I do not know what you are talking about!" At that moment, while he was still speaking, the cock crowed. The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times." And he went out and wept bitterly (Lk 22:54–62).

2. Following Jesus Way

- What sin is deeply rooted in me, the most humiliating sinfulness that I struggle with? Can I bring this to Jesus now? How does Jesus respond with His saving love—a gaze of gentle compassion? the healing touch of His hand?

3. In Union with Jesus through Mary

Prayer to the Queen of Apostles

I thank you, merciful Jesus, for having given us Mary as our Mother. And I thank you, Mary, for having given the Divine Master, Jesus, Way and Truth and Life, to the world, and for having accepted us all as your children on Calvary.

Your mission is united to that of Jesus, who "came to seek those who were lost." Therefore, oppressed by my sins, faults, and negligence, I take refuge in you, Mother, as my supreme hope. Turn your eyes of mercy toward me. Bestow your most maternal care upon me, your neediest child.

I place all my trust in you for pardon, conversion, and sanctity. Form a new class among your children, that of the neediest: those in whom sin has taken root, where formerly abounded grace. This will be the class that will most move you to pity. Receive my poor soul into this class. Work a great wonder by changing this great sinner into an apostle. It will be an unheard-of wonder, and a new glory for your Son, Jesus, and for you, His and my Mother.

I hope to receive everything from your heart, Mother, Teacher, and Queen of the Apostles. Amen.¹¹

¹¹ *Prayers of the Pauline Family*, (For private use), 225-226.

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In the hour of my death, call me and bid me come to You *(Chapter 11)*

Theme for Holy Hour: Jesus, the Bread of Life

1. Adoring Jesus in His Word

“I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever” (Jn 6:48-58).

O Sacrum Convivium

O Sacred Banquet
in which Christ is received,
the memory of His passion is renewed,
the soul is filled with grace
and a pledge of future glory
is given us,

Alleluia. - *attributed to St. Thomas Aquinas*

Offering of the Holy Mass

Accept, Most Holy Trinity, this Sacrifice fulfilled at one time by the divine Word and now renewed on this altar through the hands of Your priest. I unite myself to the intentions of Jesus Christ, Priest and Lamb of God, that I may be entirely offered for Your glory and for the salvation of all people. Through Jesus Christ, with Jesus Christ, and in Jesus Christ, I intend to adore Your eternal majesty, to thank Your immense goodness, to satisfy Your offended justice, and to beseech Your mercy for the Church, for my dear ones, and for myself. - Traditional, adapted

2. Following Jesus Way

- How can I live today according to my deepest priorities, to glorify God with my life?
- How can I open myself to receive more fully the gift of life that Jesus offers me in the Eucharist—at my next Mass or time of adoration?

3. In Union with Jesus

Prayer To Fulfill My Mission

Oh my God, I will put myself without reserve into Your hands....

God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I have my mission—I may never know it in this life, but I shall be told it in the next. Somehow I am necessary for His purposes, as necessary in my place as the archangel is in his. If, indeed, I fail, He can raise another, as He could make the stones the children of Abraham. Yet I have a part in this great work. I am a link in the chain, a bond of connection between persons. He has not created me for nothing. I shall do good, I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling.

Therefore, I will trust Him, whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow, my sorrow may serve Him. My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us. He does nothing in vain. He may prolong my life, He may shorten it. He knows what He is about. He may take away my friends, He may throw me among strangers, He may make me feel desolate, make my spirits sink, hide the future from me—still He knows what He is about.

O Adonai...I give myself to You. I trust You wholly. You are wiser than I—more loving to me than I myself. Deign to fulfill Your high purposes in me, whatever they may be—work in and through me. I am born to serve You; to be Yours, to be Your instrument. I ask not to see—I ask not to know—I ask simply to be used....

Complete Your work, O Lord, and as You have loved me from the beginning, so make me love You to the end.¹²

¹² John Henry Newman, *Meditations and Devotions*, Part III, Meditations on Christian Doctrine, Hope in God—Creator. Excerpt from *Soul of Christ: Meditations on a Timeless Prayer*. Copyright © Daughters of St. Paul. All rights reserved. Scripture excerpts from New Revised Standard Version Bible: Catholic Edition, copyright 1989, 1993, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

That with Your saints I may praise You forever and ever. Amen. *(Chapter 12)*

Theme for Holy Hour: Offering Ourselves with Jesus

1. Adoring Jesus in His Word

And from the throne came a voice saying,

“Praise our God,

all you his servants,

and all who fear him,

small and great.”

Then I heard what seemed to be the voice of a great multitude, like the sound of many waters and like the sound of mighty thunderpeals, crying out,

“Hallelujah!

For the Lord our God

the Almighty reigns.

Let us rejoice and exult

and give him the glory,

for the marriage of the Lamb has come,

and his bride has made herself ready;

to her it has been granted to be clothed

with fine linen, bright and pure”—

for the fine linen is the righteous deeds of the saints.

And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” And he said to me, “These are true words of God” (Rev 19:5-9).

2. Following Jesus Way

- All of us are called to live Eucharistic lives—lives of thanksgiving, praise, and self-offering. How can our prayer become more Eucharistic?
- How can we live a more Eucharistic life?

Prayer (adapted from Ephesians 1:3-12)¹³

Pray this prayer adapted from the Letter to the Ephesians in the spirit of offering your entire life to the Father, with Christ, in the Holy Spirit.

Blessed be You, God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens: *May we live for the praise of Your glory!*

You, Father, chose us in Christ before the foundation of the world to be holy and blameless before You: *May we live for the praise of Your glory!*

Father, in Your love You destined us beforehand to be Your adopted children through Jesus Christ, according to the purpose and desire of Your will, to the praise of the glorious grace bestowed upon us in Your Beloved: *May we live for the praise of Your glory!*

Through Christ's blood we are redeemed and our sins are forgiven—such is the wealth of Your grace which You poured out upon us! *May we live for the praise of Your glory!*

With every manner of wisdom and understanding You made known to us the mystery of Your will, according to the purpose You displayed in Christ as a plan for the fullness of time—to bring all things together in Christ, things in the heavens and things on earth. *May we live for the praise of Your glory!*

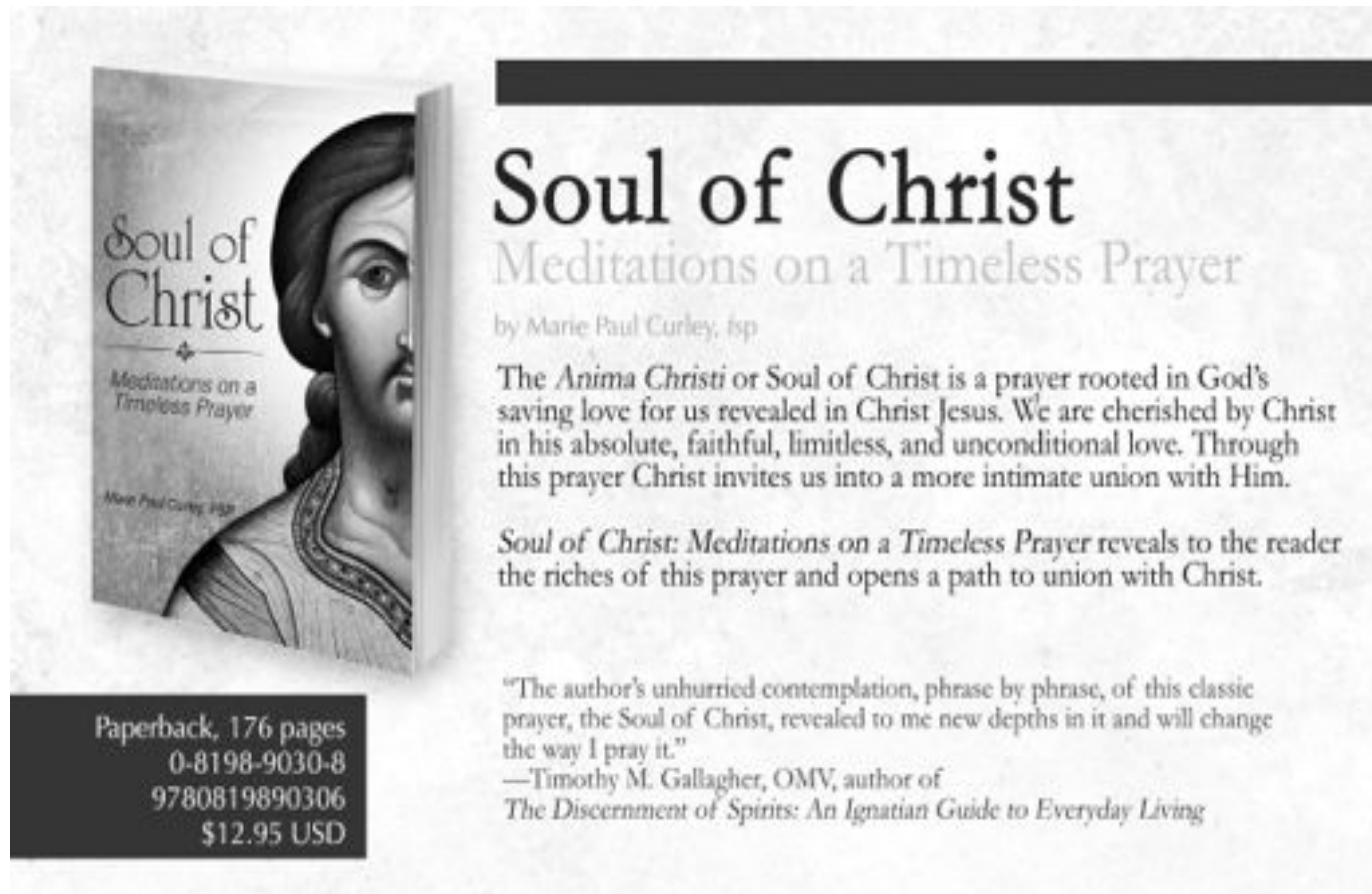
You accomplish all things in accordance with the purpose You have decided upon, and in Christ You chose and selected us in accordance with Your plan by which we who were the first to hope in Christ might exist to praise Your glory. *May we live for the praise of Your glory!*

¹³ Adapted from Ephesians 1:3-12, *The New Testament: St. Paul Catholic Edition*, translated by Mark A. Wauck. (New York: Society of St. Paul, 2000).

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Soul of Christ Group Handout for Adoration

These group handouts are excerpts from *Soul of Christ: Meditations on a Timeless Prayer* by Sr. Marie Paul Curley, FSP.



Features & Benefits:

- A phrase-by-phrase reflection on a treasured prayer
- 12 hours of adoration for individual or groups
- Ideal for use in prayer groups
- Guide to how to make an hour of adoration

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