

Adoration as being close to Jesus at successive stages of His saving way.

Adoration of the Lord Jesus Christ

in the prayer community

after the end of the Holy Mass.

**The awakening of the awareness
of genuine participation in the events of Jesus' life
thanks to Eucharistic union with Him.**

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Remark for the adoration leader:

The adoration leader should check whether the songs suggested here are liturgical ones, that is, approved by the national episcopate or the diocesan bishop. If the leader is unsure, he should personally choose these songs about which he knows with absolute certainty that they are liturgical ones in the diocese where this prayer is led.

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To see the original Polish text ← click, please!

Beginning of the adoration of the Lord Jesus in the Blessed Sacrament

You are already with me, O Jesus the Beloved; I greet You, I worship You, Lord over lords, and I adore You on my knees in humility; I give thanks to You, my good God! I thank You for this happiness without measure, that You gave me this grace of faith, that You created for me a heaven with stars, that You remained here on earth, with us! What, Dear Jesus, will I give You for this? – A heart clothed in an innocent robe. See, Your child gives everything to You and offers Himself to You. Zeph now, O Jesus, listen, please, what requests I make to You: be the reward now and forever for those whom I love and who love me and strive for the good of my soul. I ask You, O Jesus, for this cordially! Bless me and give me strength, close in Your heart, oh dear Jesus!

Song: ***Jesus, Beloved, Has Arrived*** – 1st stanza

You have fed me, O Lord, with Your unique presence. You are in me; I am in You. Here is a time of our love... a unique time of our being in each other... an extraordinary time of our being for each other...

Song: ***Jesus, Beloved, Has Arrived*** – 2nd stanza

Here is our time... here is the time in which You, O Jesus, my King and the King of each person abiding in a prayer vigil on this night, bring us into a supernatural mutual unity... We are Your Mystical Body; we are Yours, and You are ours...

Song: ***Jesus, Beloved, Has Arrived*** – 3rd stanza

Each of us is now like a precious tabernacle in which You, O Jesus, desire to dwell and be worshipped... Be glorified, O Beloved, who are delivering Yourself up for me to a mortal Passion...

Song: ***Most quiet bread*** – 1st stanza

Our entire community is now a precious sanctuary, a place of Your true, real, substantial presence – such as in the tabernacle of every Catholic church. We adore You, O Lord Jesus, thanking You for Your willingness to choose us for such unity with You... for such unity among us...

Song: ***Most quiet bread*** – 2nd stanza

I want to thank You, O Jesus, for the gift of the Eucharist – a gift in which I have the right to participate fully by receiving You in Holy Communion. I give thanks that by participating in the Holy Mass, I genuinely participated in the Last Supper, during which You fed me with Yourself through the ministry of the priest Mar and gave me to stand on Golgotha at the foot of Your cross. You gave me to stand at Your pierced feet together with Mary, John, and with other brothers and sisters... – with all those who, through the miracle of the making-present in the Eucharist, are supernaturally united above the centuries in adoration of You, who are hung on the tree of the cross...

Song: ***Oh Lord, You Give us Your Body and Blood*** – 1st stanza

The Holy Mass, a miraculous gift of God, unseen by people of weak faith, took us all back to the time of the Last Supper, to the time of Your sorrow and distress before the Passion, to the time of Your giving Yourself out of love for us...

Song: *Oh Lord, You Give us Your Body and Blood* – 2nd stanza

O Jesus, the Holy Mass has already been completed... the Last Supper has already been fulfilled... By the power of this wondrous sacrament, I want to enter now with You and the Apostles the path You entered with them after the Last Supper two thousand years ago.

Song: *The Hidden Jesus* – 1st stanza

Having indeed You within me, O Sacred Host, O God giving Himself up for me in sacrifice, I can now go with You – I can go with You from the Upper Room to the Gethsemane... I desire it... By the power of sacramental union with You in Holy Communion, I desire now to enter with even greater than until consciousness into Your time and to fulfill Your request there: to abide in prayer with You in Gethsemane..., **to be with You indeed** during the interrogation at Annas, Caiaphas, Pilate..., to be genuinely with You on the way of carrying the cross..., and then in the heart-tugging time of Your dying on the cross... I desire in this way to contemplate Your Precious Face... Contemplation is genuinely being with You – truly being with You in Your sorrow... truly being with You in all the places You were two thousand years ago, Beloved, who undertook such an extremely difficult way of delivering us from the devil's power...

Song: *You go Through the Ages* – 1st stanza

I desire to be for You ... I love You ... therefore I desire, through the miracle of Holy Communion, to be genuinely in Your time, in the hours most difficult of all Your earthly hours ... I desire to be for You a faithful friend ... a companion of Your prayer in the Garden of Olives ... a friend following You to meet the men ordered to bind You and lead You to judgment ... a friend present during the way to Annas, Caiaphas, Pilate ... a friend present during the interrogations ... I desire to stand by You at the moments when unjust judgments will be passed ... I desire to be with You when they scourge You, O Dearest Jesus, and crown with thorns ...

Song: *Adoro Te Devote* – 1st stanza

I desire to stand right beside You, O Beloved, when the air of Jerusalem will carry to Your ears the sound of cruel human judgment: "The Teacher of Nazareth is to be crucified – he is guilty of death as a deceiver of the multitudes, as a false prophet, a self-proclaimed Messiah!"... I desire with You, O humble Son of God, to lift the beam of Your / our cross, to bear it indeed with You, together with Simon of Cyrene, together with so many brothers and sisters who loved You – You, coming in the robe of the condemned in the miracle of Holy Communion...

Song: *Let us Love the Lord* – 1st stanza

I desire to share the anguish with Your Immaculate Mother Mary... the Mother of the Condemned One... the Mother of the Scorned One... the Mother of the Deceiver of multitudes... I desire to invoke with Her in silent prayer the power of God for You... that You may endure, that You may reach the destination of the path... that You reach the summit of love... that You pay the whole amount for those right next to You... who are close next to You and shout, threaten... who fill their hearts with disdainfulness towards You... Messiah condemned for loving them... for love of me... for love for all of us...

Song: *Misericordias Domini in aeternum cantabo* – 1st stanza

Translation of the text of the song, "I will sing of the loving-kindness of the Lord forever." (see Psa 89:2)

I desire, together with Veronica, heroically making her way through the crowd, to draw near to You, O Jesus, to relieve You... to wipe with the cloth of my love Your bloody, and how dear to me, Face of God... the God who went mad for me out of love... the God who, for me, for the time of the greatest trial, stripped Himself of His strength... the God who needs my presence with Himself... the God whose name is "Jesus Christ the Bridegroom"...

Song: *O Unspeakable Happiness Shone Forth* – 1st stanza

By my presence with the Immaculate Mary, I desire to abide at your feet... at the pierced, bloodstained feet of the Master of Nazareth... at the pierced feet of the pilgrim bringing the Good News to peoples plunged in the darkness of error... at the feet of the itinerant sower of seeds of peace... at the greatly wounded feet of the doctor making miracles, giving health to sisters and brothers... I desire to hug the mortally pierced feet of the Lord of life and death, the One who was raising the dead and freeing people from the power of the Abyss... I desire to abide with You, the One Hanged on the tree of shame... I desire to speak to You most tenderly... I desire to profess love to You... because Your love has charmed me... because Your love converts my hard, unfeeling heart... because the moment I hear from Your parched lips the last word of God, "It is finished!" it is Your love, O Jesus, that gushes out in my heart as a source of a new life... eternal life in everlasting love... I desire to be close by Your side along with Mary, John, and many of Your other disciples; I desire to stand... to abide... to love You, O Jesus, O my Love... Amen.

[The commentator introduces to praying
the Sorrowful Mysteries of the Holy Rosary.](#)

Let us now consciously move into the time of Jesus, into the time of His sorrows that He suffered after leaving the Upper Room... Let us begin the Sorrowful Mysteries of the Rosary... Let us begin them with the prayer to the Holy Face by Pope John Paul II.¹

“O God, look upon the Face of Christ, have mercy on us!

Lord Jesus, Crucified and Risen; the image of the glory of the Father, Holy Face, which looks at us and searches for us, kind and merciful, You who call us to conversion and invite us for the fullness of love, we adore and bless you. In your luminous Face, we learn to love and to be loved, to find freedom and reconciliation, to promote peace, which radiates from you and leads to you. In your glorified Face we learn to overcome every form of egoism, to hope against every hope, to choose works of life against the actions of death. Give us grace to place you at the centre of our life, to remain faithful amidst dangers and the changes of the world, to our Christian vocation; to announce to all people the power of the Cross and the Word which saves; to be watchful and active, to attend the needs of the little ones; to understand the need of true liberation, which had its beginning in you and will have its end in you. Lord, grant to your Church to stand like your Virgin Mother, at the glorious Cross, and at the crosses of all people to bring about consolation, hope and comfort. May the Holy Spirit which you have granted, bring to maturation your work of salvation, through your Holy Face, which shines forever and ever. Amen.”

[The commentator adds
concluding remarks:](#)

We will now recite the Sorrowful Mysteries of the Holy Rosary and then the Glorious Mysteries.

Let us be aware that these salvific events not only belong to the historical past but are available to us in some mysterious but real, true way. That is, we really participate in them thanks to the sacramental union with the Lord Jesus in Holy Communion. As long as we do not retire to other temporal activities, as long as we abide in prayerful “being with the Lord Jesus” immediately after the Holy Mass, as long as we follow Him through the successive stages of His salvific way to Death and then to New Life, we really participate with Him in passing this His way.

As we recite the Mystery of the Resurrection, let us keep before the eyes of our souls the image of the Merciful Lord Jesus – the One who comes on the first day after the Sabbath and breathes the Holy Spirit into all of us, gathered with Mary and Apostles in the Upper Room. Let us gratefully sing the hymn “Come, Holy Spirit” in the Mystery of the Resurrection and then in the Mystery of Sending of the Holy Spirit. Let us be aware that when reciting a particular mystery of Jesus, we genuinely participate in the event of His life from centuries ago. Namely, in these two mysteries, we stand with Immaculate Mary in prayerful invocation for the Holy Spirit and indeed receive the Holy Spirit with Mary, Apostles, and other disciples gathered around her – we all receive His gifts... His call... His love... How can we not raise hymns of gratitude to God? How can we not glorify His mercy? – when, through our participation in the Holy Mass and especially through the received Holy Communion, we really participate in these much-desired endowments, these grace-filled encounters with the Lord Jesus – Savior, Beloved, Dearest Spouse...

¹ Cf. John Paul II's prayer to the Holy Face on the Internet: <https://holysfacechurch.org/prayer-to-the-holy-face>.