



## **EUCCHARISTIC ADORATION**

### **THEME: UNLOAD ALL YOUR WORRIES ONTO GOD.**

**Song:( Jesus my lord my God my all)**

Leader: In the name of the father and of the son and of the holy spirit

All: amen

Leader: May he be praised and adored every moment\*3

All: the most blessed and most divine sacrament\*3

### **INTROUCTION**

Oh God you are the source of true and lasting peace, a peace that surpasses all human understanding.

Thank you for allowing us to come with all our anxieties and worries, knowing that you will hear and answer our prayers. Lord your peace is a gift that guards our heart and mind, keeping us anchored in your love even amidst life's storms.

### **SILENCE**

**Song: (all to Jesus I surrender all to him I freely give)**

**Phil 4:6 -7**

**“Do not be anxious about anything, but in anything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and minds in Jesus Christ”**

To be able to pray, to listen to God, it is necessary that one must quieten his/her heart by emptying it of all worries and anxieties. To take all of them in our palms of our hand, holding them tightly, and feel how important it is and tries to understand why it is important. Asking ourselves the question; is there some selfishness behind it? What am I worried about: the kingdom of God or my own kingdom? Is there a lack of faith or trust in God? Is it helpful or harmful? And at last, we have to open our hands and let them go.

In this way we surrender to God our past, our present and our future; our sins failures, mistakes. God is eager to carry them all for us and one fees freedom which this surrender brings. Now we can listen to God. As one mind and heart become more and more silent, other

deeper anxieties, worries negative feelings like anger, grief, vengeance and other undesirable behaviors we should face them, understand them speak about them with the Lord and surrender them to the Lord.

## **SILENT**

Heavenly father we come before you with the heart full of adoration, acknowledging your sovereignty and the depth of your love. Thank you for the gift of prayer, the opportunity to bring all our concerns to you, with thanksgiving, and the assurance that your peace, which surpasses all understanding, will guard our hearts and minds in Christ Jesus. As I surrender our anxieties of the world and worries to you, bring back again the peace and unity in the world and to install again in our hearts the zeal to care for one another, we choose to rest in your presence and experience the tranquility that only you can provide.

Help us Lord to trust you completely with every concern. May we not be anxiety or fear, but instead find peace in your presence and in your promise. I thank you father for your faithfulness throughout this day. In every moment, you have been our strength and my refuge. I offer you gratitude for your constant provision and care.

Grant us the courage to bring to you all our worries, needs and desires, may our petitions be aligned with your will, knowing that you hear and answer according to your perfect plan.

Father, we surrender our hearts to your peace which surpasses all understanding. Guard our thoughts and emotions with your peace.

## **SILENCE**

From the readings in Philippians, we learn that we should keep praying about things we really need and care about, not just because we want them but because the whole process builds our relationship with God and helps us to trust him more.

Never leave this stronghold. Given half a chance, worry will never leave you in peace, so claim the peace of God in Jesus name.

Father, I surrender all my worries and anxieties to you. I want to experience the freedom of a child asleep in its mothers' arms. Revel to me the idols in which I depend for my security and salvation. Give me the honesty to accept them as such and courage to let them go so that little you may become my only treasure.

## **DIVINE PRAISES**

Blessed be God

Blessed his holy name

Blessed be Jesus 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 great mother of God 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.

For the intentions of the Pope Francis and the needs of the church

Our father (the Lord's prayer)

Hail Mary full of grace.....

Glory be to the father and to.....

**Final Hymn (a thanksgiving song)**

In the name of the father and of the son and of the holy spirit. Amen