

Part 5 - Thanksgiving

Think of all the people who have helped you in any way. For each person say "I thank you Lord." (family, friends, teachers, pastors, catechists etc)

Think of every way God has blessed you. For each gift, say "I thank you Lord." Don't forget to thank Him for the beautiful world, for your Baptism and Faith, for keeping you safe, for the gift of Holy Communion, and even for the crosses and difficult moments and hard things in your life, that help you to trust, to believe, to be humble, to grow.

Part 6 – Adoration

Tell the Lord that you love him, and why. I praise you Lord because . . .
I adore you because . . . I want to sing your praises with the angels, because . . .
You are Great and Beyond Compare. Your Name is Holy. All your works are wonderful. Heaven and Earth are filled with your Glory. You know all things, you can do all things, you have made all things, you give Life to all living creatures. Without you, I am nothing. With you, I am everything. With all my heart, with all my heart, with all my heart I love you Lord.

Time to be With the Lord in Silence

Quiet your mind. Silence. No words. Just be still.

Unite yourself to God, be with Him, be close to His Heart, in His embrace, filled with His Spirit, surrounded by His Love. Be in Heavenly Time. He is with you, you are with Him in His love, now and forever, never to part.

FINAL PRAYER

United with Christians throughout the world, we turn to you Lord in this time of urgent need. Throughout the world many have become sick, many have died and many are living in fear.

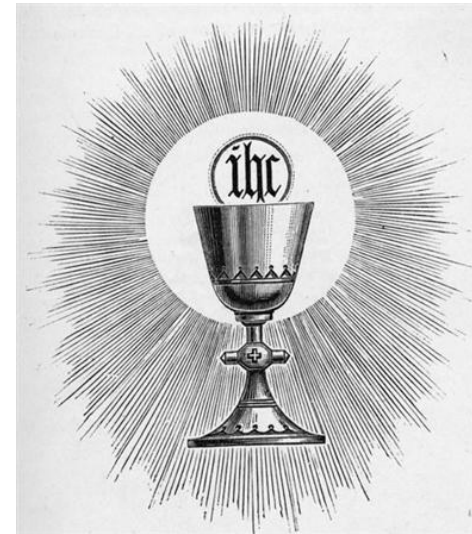
Please send the Holy Spirit to bring healing to your people, strength and skill to those who care of the sick and wisdom and guidance to those in positions of leadership.

We ask you Lord as your disciples for a Spirit of charity, courage and enthusiasm in our Faith so that your Church may be seen as a light in times of darkness, comfort in times of distress and hope in times of fear.

We pray that the restrictions and limitations placed on gatherings of worship throughout the world may soon be lifted so that everywhere we may sing to the praise and glory of your name, "free to worship you without fear in holiness and righteousness all the days of our life" (Lk 1:74).

Holy Mary, Mother of the Church, pray for us. Amen.

Eucharistic Adoration of the Lord During the Covid -19 Pandemic



"Jesus returned to his disciples and he found them asleep. He said to Peter, 'So you could not keep watch with me for one hour?'" Mt 26:40

Men and women of faith in all of the parishes of the Diocese of Fresno are coming together to offer a time of Fasting and Eucharistic Adoration as we appeal to God for healing, mercy and strength during this difficult time of sickness, suffering, and the resulting closure of our churches, schools and so many businesses. We humbly ask the Lord's healing, protection and grace in this time of urgent need. May this time of prayer raise our hearts to glorify the Lord as we place our trust in His merciful love. Jesus is Emmanuel – "God with us". He is our Good Shepherd -- He will never abandon His sheep. We give thanks for our Catholic Faith. We are united in prayer with our Pastor, Our Bishop, our Pope, and with all men and women of faith, those in this world, those who have died, and with all the angels and saints in Heaven.

Thank you for participating in this time of Fasting and Prayer. You may fast in various ways and spend time in adoration and prayer however you wish. The following are some suggestions based on four basic ways to pray – "ACTS": Adoration, Contrition, Thanksgiving and Supplication.

Part 1: Quotes from the Saints for Reflection

"Every Holy Mass, heard with devotion, produces in our souls marvelous effects, abundant graces which we ourselves do not know."

"Enter the church in silence and with great respect. Take the holy water and make the sign of the cross carefully and slowly. Before God in the Blessed Sacrament genuflect devoutly. At your pace, kneel down and render to Jesus the tribute of your presence. Confide to him all your needs, and those of others. Be very composed when standing up, kneeling down, and sitting. Carry out every religious act with the greatest devotion. Be modest in your glance. Don't turn your head here and there to see who enters and leaves. Don't laugh. Don't speak to anybody, except when requested for charity or other strict necessity. Say the words distinctly, observe the pauses, and never hurry. Don't leave without asking Jesus for his blessing, and forgiveness for your shortcomings. **- St. Padre Pio**

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart. Go without fear to receive the Jesus of peace and love. Receive Communion often, very often. There you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing"

"By our little acts of charity practiced in secret we convert souls far away, we help missionaries, we win for them abundant alms; and by that means build actual dwellings spiritual and material for our Eucharistic Lord."

"It is not to remain in a golden container in the Tabernacle that He comes down each day from Heaven, but to find another Heaven, the Heaven of our soul in which He takes delight." **- St. Therese of Lisieux**

"The Blessed Sacrament is indeed the stimulus for us all, for me as it should be for you, to forsake all worldly ambitions. Without the constant presence of our Divine Master upon the altar in my poor chapels, I never could have persevered casting my lot with the lepers of Molokai; the foreseen consequence of which begins now to appear on my skin, and is felt throughout the body. Holy Communion being the daily bread of a priest, I feel myself happy, well pleased, and resigned in the rather exceptional circumstances in which it has pleased Divine Providence to put me." **Saint Damien, Apostle of the Lepers**

"If angels could be jealous of men, they would be so for one reason: Holy Communion." **St. Maximilian Kolbe**

"If we really loved the good God we should make it our joy and happiness to come and spend a little time to adore Him and ask for the grace of forgiveness; and we should regard those moments as the happiest of our lives."

"When we go before the Blessed Sacrament, let us open our heart; our good God will open His. We shall go to Him; He will come to us; the one to ask, the other to receive. It will be like a breath from one to the other,"

2. St. John Vianney, Cure d'Ars

For all who care for the elderly, sick, disabled and infirm

For all those in the world who are not able to assemble for worship

For seniors, the disabled, for prisoners and for the infirm who are denied the opportunity for visitors

For children and for students of all ages whose education has been interrupted

For all who have lost a business or employment, and for all who are looking for work

For those who live with fear, anxiety, depression

For an end to racism and violence. That every human life will be honored with dignity and respect.

For our country, for peace and divine guidance especially in the year of a presidential election

That the Holy Catholic Church will shine brightly as a living sign of healing, mercy and hope

For all who have received or are preparing to receive Baptism, First Communion and Confirmation this year, and for all who have been received into the Catholic community of faith

That the parishes in our diocese may be centers of enthusiasm and joy in the Gospel

For the conversion of all those who do not know God and for all who have anger and hatred in their hearts

For the triumph of peace in our lives, in our Diocese, in our Country and in our world through the Immaculate Heart of the Blessed Virgin Mary

That the Sacred Heart of Jesus may be everywhere known, loved, worshipped and adored

Rescue me from violent men, God, my saving God, and my tongue will sing joyfully of your justice.

Lord, you will open my lips; and my mouth will proclaim your praise.

For you do not desire sacrifice or I would give it; a burnt offering you would not accept. My sacrifice, O God, is a contrite spirit; a contrite, humbled heart, O God, you will not scorn.

Act of Contrition

My God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

Part 4: Petitions

Pray for the special needs of your family, your friends and for your priests, Bishop and Pope. Then please include these petitions:

Response: ***Lord have mercy on us, and on the whole world.***

For an end to the spread of the Corona Virus and for protection from all disease, we pray to the Lord . . .

For all who are sick, Lord share with them your healing mercy

For all who have died, Lord bring them to the glory of the Light of your face

For all who have lost a loved one, that they be comforted and consoled

For strength, wisdom and skill for all who care for the sick

For insight and success for all who research vaccinations, treatments and cures

Part 2: Reflection and Prayer from the Holy Word of God

2 Chronicles 7: 12; 20:9

The LORD appeared to Solomon during the night: "I have heard your prayer, and I have chosen this place for my house of sacrifice. If I close heaven so that there is no rain, if I command the locust to devour the land, if I send pestilence among my people, if then my people, upon whom my name has been pronounced, humble themselves and pray, and seek my face and turn from their evil ways, I will hear them from heaven and pardon their sins and heal their land. Now, therefore, my eyes shall be open and my ears attentive to the prayer of this place . . . "

"If evil comes upon us, the sword of judgment, or pestilence, or famine, we will stand before this house and before You, for Your name is in this house, and we will cry out to You in our affliction, and You will hear and save!"

Psalms 145: 14

The Lord supports all who are falling and raises up all who are bowed down. The eyes of all look hopefully to you; you give them their food in due season. You open wide your hand and satisfy the desire of every living thing. The LORD is just in all his ways, merciful in all his works. The LORD is near to all who call upon him, to all who call upon him in truth. He fulfills the desire of those who fear him; he hears their cry and saves them.

Matthew 8:5

A centurion approached Jesus: "Lord, my servant is lying at home paralyzed, suffering dreadfully." He said, "I will come and cure him." The centurion replied, "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed . . .

When Jesus heard this, he was amazed and said to those following him, "Amen, I say to you, in no one in Israel have I found such faith. Jesus said to the centurion, "You may go; as you have believed, let it be done for you." And at that very hour his servant was healed.

Matthew 8:14

Jesus entered the house of Peter, and saw his mother-in-law lying in bed with a fever. He touched her hand, the fever left her, and she rose and waited on him. When it was evening, they brought him many who were possessed by demons, and he drove out the spirits by a word and cured all the sick, to fulfill what had been said by Isaiah the prophet: "He took away our infirmities and bore our diseases."

Matthew 11:28:

"Come to me, all you who labor and are burdened and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves; for my yoke is easy, and my burden light."

John 6:52

Jesus said to them, “I am the Bread of Life; whoever comes to me will never hunger, and whoever believes in me will never thirst . . . The Jews quarreled among themselves, saying, “How can this man give us his flesh to eat?” Jesus said “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.” These things he said while teaching in the synagogue in Capernaum.

. . . As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, “Do you also want to leave?” Simon Peter answered, “Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God.”

Corinthians 11:23

“For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.”

Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself. That is why many among you are ill and infirm, and a considerable number are dying. If we discerned ourselves, we would not be under judgment; but since we are judged by the Lord, we are being disciplined so that we may not be condemned along with the world.”

Philippians Chapter 4:4

“Rejoice in the Lord always. I say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.”

John 14:26

“The Advocate, the Holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that I told you. Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.”

Revelation 21:3

“Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them as their God. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away.” The one who sat on the throne said, “Behold, I make all things new.”

Part 3: Contrition for Sin

Make an examination of conscience. Think of your relationship with God, your family, your school or work responsibilities, your responsibilities of prayer and Mass and charity. Think about your failures at patience, self-control, purity, kindness and generosity. Think about how much good we could have done with all our wasted time and money and all the efforts we put into things that are not important at all to our souls and to the Gospel and God’s Kingdom.

What have you done wrong? What have you failed to do? What can you do, with God’s grace and strength, to live a better life? Tell Him you are sorry for your sins, and for all the sins of the world, for He is good and holy and loves us so.

PSALM 51

Have mercy on me, God, in your goodness, in your abundant compassion blot out my faults. Thoroughly wash away my guilt; and from my sin cleanse me.

For I know my transgressions; my sin is always before me. Against you, you alone have I sinned; I have done what is evil in your eyes. You are just in your word, and without reproach in your judgment. Behold, I was born in guilt, in sin my mother conceived me

Behold, you desire true sincerity; and secretly you teach me wisdom. Cleanse me with hyssop that I may be pure; wash me, and I will be whiter than snow. You will let me hear gladness and joy; the bones you have crushed will rejoice. Turn away your face from my sins; blot out all my iniquities.

A clean heart create for me, God; renew within me a steadfast spirit. Do not turn away your face, nor take from me your Holy Spirit. Restore to me the gladness of your salvation; uphold me with a willing spirit. I will teach the wicked your ways, that sinners may return to you.