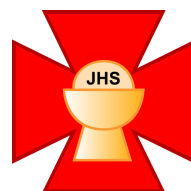




MY PRAYER GUIDE

Eucharistic Adoration



VIETNAMESE EUCHARISTIC
YOUTH MOVEMENT



CELEBRATE & PRAY TOGETHER

June 2021

On June 6 is the Solemnity of the Most Holy Body and Blood of Christ.

As VEYM members, we accept Jesus Christ in the Eucharist as our focal point, as the source of our spiritual life, and as an ideal for our lives. We commit to living God's Word and uniting with the Eucharistic Christ through Prayer, Communion, Sacrifice, and Apostolic Works. We vow as Eucharistic youth member to worship and receive the Eucharist, and visit Christ in the tabernacle regularly.

In this spirit, we invite all VEYM members to join us in Eucharistic Adoration campaign during the month of June. Here's how it will work:

- **Print or download this guide as a reference for your times of prayer.**
- **Set a goal and make a commitment to go to Adoration by visiting Jesus in the Eucharist at a church as often as you can during the month of June.**
- **Go visit Jesus in the Eucharist for individual prayer, with your local chapter, with your friends or with your family.**
- **After your time of Eucharistic Adoration, use a mobile device to scan the QR Code below and watch our map change colors and our ticker increase as all our members unite to visit Jesus in the Eucharist!**



There are many ways to pray when you visit Jesus in the Eucharist. It's a special time for you and Jesus, so there's no right or wrong way to spend the time. Sit in silence with Him. Sing a song to Him. Pray the Rosary with Him to honor His Mother. Open the Bible to read and reflect on God's love story for you. Jesus in the Eucharist simply loves your presence with Him. For our VEYM Eucharistic Adoration campaign, we offer this simple guide to help you pray in His presence using the ACTS format.

5 Simple Words to help you remember how to pray using the ACTS format

ADORATION *Expressing your deep love for God.*

The adoration of God is a component of prayer that expresses our deep and abiding love for God. The act of adoration is born of a Catholic's belief in God's divinity, infinite wisdom and perfection. By coming to God in adoration when beginning prayer, a Catholic declares a complete trust in the Divine. A person expressing his love for God often shows this by praying with arms outstretched, leaving the core of the body open and vulnerable.

Wow!

Wow is a great word for adoration. Life is a wow experience. In prayer we acknowledge that. We are in awe of the immensity of God's creation, of the power of God's love, the presence of God in our lives.

CONFESSION *Telling God you're sorry*

Confession allows us to clear away the things that have broken your relationship with God. The Church teaches that genuine contrition is not superficial, but something you feel in your heart and soul. By making an Act of Contrition, we show how that we detest our sins, are sorry for them and vow never to sin again. The Act of Contrition is a prayer expressing these ideas. Most importantly, during this time of prayer, ask God to fill you by His Holy Spirit so that you may avoid these sins and the temptations in the future. If during this time of prayer, you recognize mortal sins you have, it is important that you go to Confession with a priest as soon as possible.

Ooops!

Ooops is a good word for contrition. Too often we can really beat ourselves up for our sins. *Hamartia*, an ancient Greek word for "sin," simply means 'missing the mark.' Sin doesn't mean I'm terrible. It just means I missed the mark. In those moments, by turning to God to say sorry, we allow His mercy to heal us.

THANKSGIVING *Expressing your gratitude for God's goodness*

Prayers of thanksgiving are an expression of gratitude to God for prayers that are answered and all that he has given. Catholics believe that, even though man is imperfect, he is still loved and blessed by God, therefore expressing thanks for God's mercy and goodness is a way to show humility and love.

Thanks!

Thanks, of course, is exactly what it means. "In everything give thanks, for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18

SUPPLICATION *Asking God for your needs and the needs of others*

Supplication is the expression of a humble request, another form of trust in which we humble ourselves before God and ask Him for our needs and the needs of others. In this time of prayer, we can pray for others, for the world, for our own needs. To show humility, we may bow down, kneel or lie prone on the ground while making an appeal to God to show total trust that He will answer our prayers according to His will.

Please!

Please is just that. We ask for what we want and need, and for the wants and needs of others. We don't demand God's time or attention. We simply put our needs and requests on God's list, and then we trust.

SPIRITUAL COMMUNION

St. Thomas Aquinas describes Spiritual Communion as "an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him" at a time or in circumstances when we cannot receive him in Sacramentally.

Here are some prayers that you can use when using this format as a starting point. As you grow in prayer during our VEYM Eucharistic Adoration Campaign, try to explore other ways to pray the ACTS format.

A DORATION: *Psalm 96 Prayer*

Lord, you have renewed the face of the earth. Your Church throughout the world sings you a new song, announcing your wonders to all. Through a virgin, you have brought forth a new birth in our world; through your miracles, a new power; through your suffering, a new patience; in your resurrection, a new hope and in your ascension, new majesty.
(From "The Prayer of the Church")

ADDITIONAL RESOURCE: Use other prayers from the Book of the Psalms. The Book of the Psalms is a great gift God has given us to facilitate an intimate relationship of love He is expecting of us. The psalms express the variety of our sentiments of fear, misery, abandonment, loss and sinfulness, but also sentiments of trust, joy, hope and the deepest longing of our hearts.

C ONFESSION: *Act of Contrition*

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His Name, My God, have mercy. Amen.

T HANKSGIVING: *Gratitude to You*

Loving Lord, as I express my gratitude, may it be a pleasing, joyful sound to you.
Thank you, Lord, for your love. It brings me acceptance and significance.
Thank you, Lord, for your truth. It brings me guidance and direction.
Thank you, Lord, for your mercy. It brings me help and comfort.
Thank you, Lord, for your faithfulness. It brings me stability and strength.
Thank you, Lord, for your beauty displayed in the earth. It brings me joy and delight.
Thank you, Lord, for your way of redemption, the cross. It brings me salvation and regeneration. Amen.
(By Beth McLendon)

S UPPLICATION: *Leaning on the Lord*

Father, I look up to you for help during this time of need. I believe that you are greater than any difficulty we face, and I lay it all down at your feet. No situation is too far out of your control to provide. You know our needs before we even ask. You alone can move mountains to make a way for your children. I ask for your answer, in your timing, in your plan, to be given for every need that weighs our hearts down. I love you Lord, I'm leaning on you. Amen.

SPIRITUAL COMMUNION

Lạy Chúa Giêsu Thánh Thể. Con yêu mến Chúa. Xin Chúa ngự vào tâm hồn con, và ở lại với con luôn mãi. Amen.

Jesus in the most Holy Eucharist, I love You and I adore You. Please enter my soul and remain with me always. Amen