

An Hour with Jesus: Adoration and Lectio Divina

Sr. Mary Michael Fox — 2024-04-25

	Psalm *	Song (Min)	Silence
Opening Prayer			
Praise	Psalm 148	• Adoro Te (4:14)	5 minutes
Contrition	Psalm 32	• Misericordia Domini (1:47) • Jesus My Lord, My God, My All (3:44)	10 minutes
Desire	Psalm 63	• Domine Non Sum Dignus (1:33) • Soul of my Savior (2:43)	15 minutes
Desire (Continued)	Psalm 84	• Verbo Caro (1:27) • O Sacrum Convivum (1:32)	10 minutes
Thanksgiving	Psalm 136	• Ecce Panis Angelorum (1:30)	Silence
Closing		• Tantum Ergo—Traditional (1:56)	
Benediction / Reposition of the Blessed Sacrament		• Holy God We Praise Thy Name (Acapella)	

* The Psalms are provided on the next 2 pages.

Eucharistic Adoration Songs

- [21 From Catholic Link](#)
- [Song: In Your Presence](#)
- [Adoration from Carmelite Sisters](#)

PRAISE — Psalm 148

Praise the LORD from the heavens; praise him in the heights.	Lightning and hail, snow and thick clouds, storm wind that fulfills his command;
Praise him, all you his angels; give praise, all you his hosts.	Mountains and all hills, fruit trees and all cedars;
Praise him, sun and moon; praise him, all shining stars.	Animals wild and tame, creatures that crawl and birds that fly;
Praise him, highest heavens, you waters above the heavens.	Kings of the earth and all peoples, princes and all who govern on earth;
Let them all praise the LORD's name; for he commanded and they were created,	Young men and women too, old and young alike.
Assigned them their station forever, set an order that will never change.	Let them all praise the LORD's name, for his name alone is exalted, His majesty above earth and heaven.
Praise the LORD from the earth, you sea monsters and all the deeps of the sea;	He has lifted high the horn of his people; to the praise of all his faithful, the Israelites, the people near to him. Hallelujah!

CONTRITION (I Need You) Psalm 32

Blessed is the one whose fault is removed, whose sin is forgiven.	You are my shelter; you guard me from distress; with joyful shouts of deliverance you surround me.
Blessed is the man to whom the LORD imputes no guilt, in whose spirit is no deceit.	I will instruct you and show you the way you should walk, give you counsel with my eye upon you.
Because I kept silent, my bones wasted away; I groaned all day long.	Do not be like a horse or mule, without understanding; with bit and bridle their temper is curbed, else they will not come to you.
For day and night your hand was heavy upon me; my strength withered as in dry summer heat.	Many are the sorrows of the wicked one, but mercy surrounds the one who trusts in the LORD.
Then I declared my sin to you; my guilt I did not hide. I said, "I confess my transgression to the LORD," and you took away the guilt of my sin.	Be glad in the LORD and rejoice, you righteous; exult, all you upright of heart.
Therefore every loyal person should pray to you in time of distress. Though flood waters threaten, they will never reach him.	

DESIRE — Psalm 63

A psalm of David, when he was in the wilderness of Judah.

O God, you are my God— it is you I seek!
For you my body yearns; for you my soul thirsts,
In a land parched, lifeless, and without water.

I look to you in the sanctuary
to see your power and glory.

For your love is better than life;
my lips shall ever praise you!

I will bless you as long as I live;
I will lift up my hands, calling on your name.

My soul shall be sated as with choice food,
with joyous lips my mouth shall praise you!

I think of you upon my bed, I remember you
through the watches of the night

You indeed are my savior, and in the shadow of
your wings I shout for joy.

My soul clings fast to you; your right hand
upholds me.

But those who seek my life will come to ruin;
they shall go down to the depths of the
netherworld!

Those who would hand over my life to the sword
shall become the prey of jackals!

But the king shall rejoice in God;
all who swear by the Lord* shall exult,
but the mouths of liars will be shut!

DESIRE (Continued) — Psalm 84

For the leader; “upon the gittith.” A psalm of the
Korahites.

How lovely your dwelling, O LORD of hosts!

My soul yearns and pines for the courts of the
LORD. My heart and flesh cry out for the living
God.

As the sparrow finds a home and the swallow a
nest to settle her young, My home is by your
altars, LORD of hosts, my king and my God!

Blessed are those who dwell in your house!
They never cease to praise you.

Blessed the man who finds refuge in you,
in their hearts are pilgrim roads.

As they pass through the Baca valley,
they find spring water to drink.
The early rain covers it with blessings.

They will go from strength to strength
and see the God of gods on Zion.

LORD God of hosts, hear my prayer;
listen, God of Jacob.

*O God, watch over our shield;
look upon the face of your anointed.

Better one day in your courts
than a thousand elsewhere.
Better the threshold of the house of my God
than a home in the tents of the wicked.

For a sun and shield is the LORD God,
bestowing all grace and glory.
The LORD withholds no good thing
from those who walk without reproach.

O LORD of hosts,
blessed the man who trusts in you!

THANKSGIVING — Psalm 136

Praise the LORD, for he is good;
for his mercy endures forever;

Praise the God of gods;
for his mercy endures forever;

Praise the Lord of lords;
for his mercy endures forever;

Who alone has done great wonders,
for his mercy endures forever;

Who skillfully made the heavens,
for his mercy endures forever;

Who spread the earth upon the waters,
for his mercy endures forever;

Who made the great lights,
for his mercy endures forever;

The sun to rule the day,
for his mercy endures forever;

The moon and stars to rule the night,
for his mercy endures forever;

Who struck down the firstborn of Egypt,
for his mercy endures forever;

And led Israel from their midst,
for his mercy endures forever;

With mighty hand and outstretched arm,
for his mercy endures forever;

Who split in two the Red Sea,
for his mercy endures forever;

And led Israel through its midst,
for his mercy endures forever;

But swept Pharaoh and his army into the Red
Sea, for his mercy endures forever;

Who led the people through the desert,
for his mercy endures forever;

Who struck down great kings,
for his mercy endures forever;

Slew powerful kings,
for his mercy endures forever;

Sihon, king of the Amorites,
for his mercy endures forever;

Og, king of Bashan,
for his mercy endures forever;

And made their lands a heritage,
for his mercy endures forever;

*A heritage for Israel, his servant,
for his mercy endures forever.

The Lord remembered us in our low estate,
for his mercy endures forever;

Freed us from our foes,
for his mercy endures forever;

And gives bread to all flesh,
for his mercy endures forever.

Praise the God of heaven,
for his mercy endures forever.