

An Hour with Jesus: Adoration and Lectio Divina

Sr. Mary Michael Fox — 2024-04-25

As the title implies, this was not actually a talk, but rather a guided meditation in the presence of the Eucharist in Adoration. As such, there is no traditional summary. The experience was deeply personal for each one of us. We attempted to capture the session on video by keeping the camera focused on the Eucharist, and having Sister's words and music in the background. Sister led us through a time of praise, a time of contrition, a time of desire, and concluding with a time of thanksgiving. She encouraged us to receive the gift of Jesus being presented to us in this Holy Hour. The time together was profound, and meaningful. Below is an outline of the session with songs and psalms.

	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](#)