



THE CONFRATERNITY OF EUCHARISTIC ADORATION FOR LIFE

Eucharistic Adoration Prayer Guide

LENT 2022

CEAL is an association of lay faithful, clergy and religious from various parishes and institutes. CEAL members pray for Life causes during Eucharistic Adoration.

This guide to Eucharistic Adoration includes suggested readings, prayers, hymns, devotionals, and prayerful images upon which to reflect to make your experience a greater blessing.

If you are not able to attend your church's scheduled hours of Eucharistic Adoration, but your church is open, you can still worship the Lord. Even though the tabernacle is locked, He is present always. Therefore, worshipping the Lord before the Tabernacle is acceptable.

In special situations, you may be unable to pray in the presence of the exposed Sacrament, such as in the current health pandemic or if you are confined to home without any access to Church. In these cases, you can take part in the Eucharistic Adoration online offered by various sources:
Online Perpetual Eucharistic Adoration at <https://virtualadoration.home.blog/>
EWTN at <https://www.ewtn.com/catholicism/adoration>.

For more information, visit us at:
www.cealservants.com



The Confraternity of Eucharistic Adoration for Life
Spiritual Director: Fr. Bob Romaine
Diocese of St. Petersburg, Florida
Lent 2022



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Introducing Our CEAL Lenten Devotional

Lent is a time for reflection, renewal and growth. Our CEAL team has brought together resources for you to use during your Eucharistic Adoration time to aid you in your Lenten devotions.

We've included a weekly theme featuring scripture passages for Lectio Divina as well as some frequently asked questions. Our favorite CEAL prayers are provided and also the Rosary and Divine Mercy Chaplet. You'll also find some featured saints including our CEAL patrons.

Finally, a news page with upcoming events and a link to Fr. Bob's prayer request page on our CEAL website.

Many blessings and peace to all! Your CEAL team.

Lenten Practices

Frequently Asked Questions

Why do we have a 40 day season of Lent?

The word “Lent” comes from the Middle English word “Lenten,” which meant “springtime.” Lent is the Church’s spring – a time for renewal and a reminder of the new life of baptism.

Why do we begin Lent by wearing ashes?

Lent begins on Ash Wednesday, March 2, with the use of blessed ashes made from palms and branches used the previous Palm Sunday. These ashes serve as a visible reminder of the Lenten emphasis on prayer, fasting and almsgiving.

Why do we give things up during Lent?

During the 40 days of Lent, these three aspects of Lent - prayer, fasting, and almsgiving - are meant to prepare the Christian for the celebration of the Lord’s resurrection on Easter.

<https://catholicherald.org/featured/guide-to-lent-2022/>

<https://catechistsjourney.loyolapress.com/2009/02/10/lent-faq-with-joe-paprocki-a-short-video/>

Weekly Lenten Lectio Divina



Week 1: PRAYER Ash Wednesday Mar 2 - Mar 5
Matthew 6:5-13;

When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one.

¹John 5:14

And we have this confidence in him, that if we ask anything according to his will, he hears us.

Weekly Lenten Lectio Divina



Week 2: FASTING March 6-12

Matthew 4: 1-3

Then Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread” and said to him, “If you are the Son of God, throw yourself down. For it is written: ‘He will command his angels concerning you’ and ‘with their hands they will support you, lest you dash your foot against a stone.’

Matthew 6: 16-18

The people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen.

From that time on, Jesus began to preach and say, “Repent, for the kingdom of heaven is at hand.”

Weekly Lenten Lectio Divina



Week 3: ALMSGIVING March 13-19

Matthew 6: 1-4,

[But] take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward.

But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

Proverbs 19:17

Whoever cares for the poor lends to the LORD, who will pay back the sum in full.

Weekly Lenten Lectio Divina



Week 4: PERSERVERANCE March 20-26

James 1: 2-4

Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance.

And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing.

2Thessalonians 3:13

But you, brothers, do not be remiss in doing good.

Week 5: GRATITUDE March 27-April 2

1Chronicles 16:34

Give thanks to the LORD, who is good, whose love endures forever.

1Corinthians 1:4

I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus.

Weekly Lenten Lectio Divina



Week 6: PEACE April 3-9

John 16:33

I have told you this so that you might have peace in me.
In the world you will have trouble, but take courage, I
have conquered the world.”

Psalms 4:8

But you have given my heart more joy than they have
when grain and wine abound.



CEAL Prayers

For All Members of the Confraternity
of Eucharistic Adoration For Life



Prayer To Grow In Perfect Love

Lord, your servant St. Therese of Lisieux said:
" I will spend my heaven doing good on earth."

Father, your truth is made known in your word.
Teach us the way to love because you are Love
Jesus, you embody Love and Truth.

Help us to recognize your face in the Poor.

Enable us to live out our Vocation
to bring Love and Justice to your People.

Holy Spirit, You inspire us to transform our world.

Empower us to seek the common Good for all Persons.

Give us a spirit of solidarity and make us one human family.

We ask this through Christ our Lord. Amen

St. Therese of Child Jesus and The Holy Face, pray for us.

-Based on the encyclical ' Caritas in Veritas'

- Charity in Truth of Pope Benedict XVI)

For Protection Of Babies In The Womb From Abortion



Let us pray:

God our Creator and Father, you have created man in
your own image - Genesis 1:27

and breathed into his nostrils your life - Genesis 2:7

You have said, Before I formed you, I knew you - Jerimiah 1:5

May our prayers rise up to heaven to beg for thy protection
for the babies in the wombs. Your people have been misled
by the evil one to destroy that precious life. May we be made
aware that we are made in thy image and likeness.

Mary, Mother of God, you protected the Baby Jesus from
every harm.

Please intercede for all the fathers and mothers so that they
see their babies in the wombs as your precious gifts and will
treasure and protect those gifts. Amen.

All Pray: Our Father, Hail Mary, Glory Be.

St. Therese of Child Jesus and The Holy Face, Pray for us.

Silent Meditation: 2 minutes

For Protection of Children, Youth and Adults from Human Trafficking



Let us pray:

God our Protector, you have appointed angels to guard us -
Psalm 91:11.

Your son Jesus said, Let the little children come to me. For the
kingdom of heaven belongs to such as these - Matthew 19:14.

We pray for the protection of children, youth and adults from
the evil and wicked people who are involved in human
trafficking.

St. Josephine Bakhita, please intercede on behalf of children,
youth and adults to keep them safe at schools, colleges and
work places. Amen.

All Pray: Our Father, Hail Mary, Glory Be

St. Therese of the Child Jesus and the Holy Face, pray for us.

Silent Meditation: 2 minutes

For The Protection of the Elderly from Euthanasia



Let us pray:

Heavenly Father, you gave us life to live to the full.

As your Son Jesus said, I have come that they may have Life,
and have it to the full - John 10:10.

We pray for the protection of the elderly from the evil practice
of euthanasia.

Through the intercession of St. Joseph, may all the families
care for their elderly with love and gratitude till natural
passing from this world to the next. Amen.

All Pray: Our Father, Hail Mary. Glory Be.

St. Therese of Child Jesus and The Holy Face, pray for us.

Silent Meditation: 2 minutes

For Protection of the Troubled from Suicide



Let us pray:

Merciful Father, your mercy is everlasting and the the treasury of compassion inexhaustible.

We pray for the troubled, the mentally ill, and those at the point of despair that your grace will protect them from taking their own lives.

Through the intercession of St. Faustina, may they experience Your mercy and forgiveness and heed to the invitation of your Son Jesus who promised "Come to Me, all who are weary and heavy laden, I will give you rest." - Matthew 11:28.

All Pray: Our Father, Hail Mary, Glory Be

St. Therese of Child Jesus and The Holy Face, pray for us.

Silent Meditation: 2 minutes

The Holy Rosary

In the name of the Father, and of the Son and of the Holy Spirit. Amen

THE APOSTLES CREED:

I believe in God, the Father Almighty, Creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again from the dead. He ascended to heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

OUR FATHER:

Our Father who art in heaven. Hallowed be thy Name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY: (3 times for FAITH, HOPE AND CHARITY)

Hail Mary, full of grace. The Lord is with thee. Blessed art Thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

GLORY BE:

Glory be to the Father, and to the Son and to the Holy Spirit.

As it was in the beginning, is now and ever shall be, world without end. Amen.

FATIMA PRAYER:

O my Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those in the most need of Thy mercy. Amen.



The Holy Rosary



JOYFUL MYSTERIES

1. THE ANNUNCIATION

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

2. THE VISITATION

(One Our Father, Ten Hail Marys,
Glory Be, Fatima Prayer)

3. THE NATIVITY

(One Our Father, Ten Hail Marys,
Glory Be, Fatima Prayer)

4. THE PRESENTATION

(One Our Father, Ten Hail Marys,
Glory Be, Fatima Prayer)

5. THE FINDING OF THE CHILD JESUS IN THE TEMPLE

(One Our Father, Ten Hail Marys,
Glory Be, Fatima Prayer)

The Holy Rosary



SORROWFUL MYSTERIES

1. THE AGONY IN THE GARDEN

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

2. THE SCOURGING

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

3. THE CROWNING OF THORNS

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

4. THE CARRYING OF THE CROSS

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

5. THE CRUCIFIXION

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

The Holy Rosary



GLORIOUS MYSTERIES

1. THE RESURRECTION

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

2. THE ASCENSION OF OUR LORD TO HEAVEN

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

3. THE COMING OF THE HOLY SPIRIT ON THE APOSTLES AND OUR LADY

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

4. THE ASSUMPTION OF MARY INTO HEAVEN

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

5. CORONATION OF MARY AS QUEEN OF HEAVEN AND EARTH

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

The Holy Rosary



LUMINOUS MYSTERIES

1. THE BAPTISM OF JESUS

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

2. THE MIRACLE AT CANA OF TURNING WATER INTO WINE

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

3. THE PROCLAMATION OF THE

KINGDOM OF GOD

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

4. THE TRANSFIGURATION

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

5. THE INSTITUTION OF THE EUCHARIST AT THE LAST SUPPER

(One Our Father, Ten Hail Marys, Glory Be, Fatima Prayer)

The Holy Rosary



HAIL HOLY QUEEN

Hail Holy Queen, Mother of mercy, our Life,
our sweetness, and our Hope.

To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs, mourning and weeping
in this valley of tears.

Turn then, O most gracious Advocate, thine eyes of
Mercy towards us, and after this our exile, show unto us the
blessed fruit of thy womb Jesus.

O Clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God
That we may be made worthy of the promises of Christ.

CONCLUDING PRAYER

Let us pray:

O God, whose only begotten Son, by His life, death and
resurrection,

has purchased for us the rewards of eternal life.

Grant, we beseech Thee, that by
meditating upon these mysteries of the most holy Rosary of the
Blessed Virgin Mary, we may imitate what they contain and obtain
what they promise, though the same Christ our Lord. Amen.

The Divine Mercy Chaplet



In the name of the Father and of the son and of the Holy Spirit.

All: Amen

OPENING PRAYER: (Optional)

You expired Jesus, but the source of Life gushed forth for Souls, and the Ocean of Mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelope the whole world and empty yourself out upon us.

O Blood and water which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you! (Repeat 3 times)

OUR FATHER, HAIL MARY, THE APOSTLES CREED.

FOLLOW THE FIVE DECADES OF THE ROSARY.

ON EACH OF THE 'OUR FATHER' BEADS PRAY:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

ON EACH OF THE '10 HAIL MARY' BEADS PRAY:

For the sake of His sorrowful Passion, have Mercy on us and on the whole world.

CONCLUDING PRAYER:(Repeat 3 times)

Holy God, Holy Mighty one, Holy Immortal One, have mercy on us and on the whole world.

CLOSING PRAYER: (Optional)

Eternal God, in whom mercy is endless and the treasury of Compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great Confidence submit ourselves to your holy Will, which is love and mercy itself. Amen.

Feast Days - Lent 2022



The Annunciation of Our Lord - March 25

The Feast of the Annunciation celebrates God's incarnation into the human world through Jesus, and Mary's willingness to accept and collaborate in God's plan for salvation.



St. Joseph - March 19

St. Joseph is honored on this day as the husband of the Blessed Virgin Mary. This solemnity — with the highest liturgical ranking accorded to saints — celebrates his commitment to Mary and dedication as a faithful and devoted husband.

Our CEAL Patrons



St. Therese of Lisieux



Our Blessed Mother Mary



St. Joseph



St. Josephine Bakhita

CEAL News and Events



Member News to Share

CEAL currently has over 100 members!

Let your friends and prayer partners know about CEAL and encourage them to join!

Learn more and enroll at

<https://cealservants.com/contact>



CEAL Upcoming Events

Save the date!

The next All Members CEAL webinar will be held on Wednesday, April 27, 2022 at 7:00 PM EDT.

Be sure to check your email in April for information!





CEAL Prayer Requests

You can request to add your special intentions to Fr. Bob's CEAL prayer list.

Click below to go to the intentions sign up form or go to
<https://cealservants.com/prayer-requests>

ADD YOUR REQUEST!

Remember to Pray for Our CEAL Intentions

For all Life causes:

such as protection for babies in the womb from abortion,
protection of children and adults from human trafficking,
protection for the elderly from euthanasia.
and the troubled from suicide.

Act Of Consecration of the United States of America to the Immaculate Heart Of Mary

Most Holy Trinity:

Our Father in Heaven, who chose Mary as the fairest of your daughters; Holy Spirit, who chose Mary as your spouse; Son of God, who chose Mary as your Mother; In union with Mary, we adore your Majesty and acknowledge your supreme, eternal dominion and authority.

Most Holy Trinity, we put the United States of America into the hands of Mary Immaculate in order that she may present the county to you. Through her we wish to thank You for the great resources of this land and for the freedom which has been it's heritage. Through the intercession of Mary, have mercy on the Catholic Church in America. Grant us peace.

Have mercy on our leaders and all the officers of our government. Grant us a fruitful economy, born of justice and charity. Have mercy on capital and industry and labor.

Protect the family life of the nation. Guard the precious gift of many Religious vocations. Through the intercession of our Mother, have mercy on the sick, the poor, the tempted, the sinners and on all who are in need.

Mary, Immaculate Virgin, our Mother, patroness of our land, we praise you and honor you and give our country and ourselves to your sorrowful and Immaculate Heart.

O sorrowful and Immaculate Heart of Mary pierced by the sword of sorrow, save us from degeneration, disaster, racial divisions and violence and war. Protect us from all harm. Be our advocate. Pray for us, that acting always according to the will of your Divine Son, we may live and die pleasing to God.

IN THE NAME OF THE FATHER, AND OF THE SON AND OF THE HOLY SPIRIT. Amen.

Prayer To St. Michael The Archangel

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, And do Thou, O Prince of the heavenly Host, By the power of God, cast into hell Satan and all the evil spirits Who prowl through the world seeking the ruin of souls. Amen.