



**life is  
VERY  
good**

**Evening of Prayer**

**January 28, 2021**

**Cathedral of St. Thomas More  
Arlington, Virginia**

*Confessions are available from 7:00-8:00 downstairs in Burke Hall.  
Please go to the Narthex (where you entered the Cathedral) to access the line.*

## **Examination of Conscience**

### **I am the Lord your God, you shall have no other gods besides me.**

Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I denied my faith? Have I been rebellious toward God and his commands? Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God? Have I put my phone or other technology before my relationship with God, friends, or family? Am I angry toward God because of illness or misfortune? Have I participated in any superstitions?

### **You shall not take the name of the Lord your God in vain.**

Have I misused the name of God by swearing and cursing? Have I used foul language? In conversation, have I passively listened to slander demeaning to the Church, or God's authority?

### **Remember to keep holy the Lord's Day.**

Have I missed Mass on Sunday or holy days of obligation through my own fault? Do I arrive at church late or leave early due to carelessness or without serious reason? Do I participate in the Mass or do I daydream?

### **Honor your father and mother.**

Have I been rebellious, disobedient, or disrespectful to my parents, teachers and those in authority over me? Have I lied or deceived my parents? Have I been arrogant and stubborn? Have I talked back to my parents or those in authority?

### **You shall not kill.**

Have I gotten angry, or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred? Have I had an abortion or encouraged another to have one? Have I abused alcohol or drugs? Have I put others in danger by using my phone while driving?

### **You shall not commit adultery.**

Do I value and respect my sexuality? Have I watched pornography either on the internet or through some other media? Have I led myself or others to sin by using technology inappropriately? Do I treat my body and other people's bodies with purity and respect? Have I had sexual intercourse?

### **You shall not steal.**

Have I lied? Have I stolen anything? Have I cheated on tests or homework? Do I share what I have generously with those in need?

### **You shall not bear false witness against your neighbor.**

Have I gossiped about others? Have I told lies about others? Have I talked about another person behind their back? Have I mocked or made fun of others? Did I reveal secrets that should have been kept confidential? Have I condoned prejudice and hatred toward people of other nationalities, races, or religions?

### **You shall not covet your neighbor's wife.**

Have I looked at others lustfully? Have I freely and deliberately entertained impure thoughts? Have I encouraged these thoughts by stares, curiosity, or impure conversations? Did I neglect to control my imagination or impure desires?

### **You shall not covet your neighbor's goods.**

Have I been selfish or spiteful toward others? Have I been jealous? Do I habitually compare myself with others? Is my heart set on earthly possessions or on the treasures of heaven?

## Adoration

### Exposition of the Blessed Sacrament (*Please kneel*)

#### **O Salutaris**

O salutaris Hostia,  
Quae coeli pandis ostium:  
Bella premunt hostilia,  
Da robur, fer auxilium.

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Uni trinoque Domino,  
Sit sempiterna gloria,  
Qui vitam sine termino,  
Nobis donet in patria. Amen.

*Lyrics for music during this time are found on following pages.*

### **Benediction (*Please kneel*)**

#### **Tantum Ergo**

Tantum ergo Sacramentum,  
Veneremur cernui:  
Et antiquum documentum,  
Novo cedat ritui  
Praestet fides supplementum,  
Sensuum defectui.

*Public Domain. Lyrics by St. Thomas Aquinas.*

Genitori, Genitoque,  
Laus et jubilatio  
Salus, honor, virtus quoque,  
Sit et benedictio:  
Procedenti ab utroque,  
Compar sit laudatio. Amen.

**V.** You have given them bread from heaven.

**R.** Having all sweetness within it.

#### **The Divine Praises**

Blessed be God.  
Blessed be his Holy Name.  
Blessed be Jesus Christ,  
true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most Holy  
Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary  
most holy.  
Blessed be her holy and Immaculate  
Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary,  
virgin and mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in his angels and  
in his saints. Amen.

### **Reposition of the Blessed Sacrament (*Please stand*)**

# Song Lyrics

(in alphabetical order)

## **Build My Life**

*Brett Younker, Karl Martin, Kirby Kaple,  
Matt Redman, Pat Barrett*

Worthy of every song we could ever sing  
Worthy of all the praise we could ever bring  
Worthy of every breath we could ever breathe  
We live for You

Jesus the name above every other name  
Jesus the only one who could ever save  
Worthy of every breath we could ever breathe  
We live for You  
We live for You

Holy there is no one like You  
There is none beside You  
Open up my eyes in wonder and show me who You are  
And fill me with Your heart  
And lead me in Your love to those around me

I will build my life upon Your love  
It is a firm foundation  
I will put my trust in You alone  
And I will not be shaken

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## **Holy God, We Praise Thy Name**

*Clarence Walworth, Ignaz Franz*

Holy God we praise Thy Name  
Lord of all, we bow before Thee  
All on earth Thy scepter claim  
All in heaven above adore Thee  
Infinite Thy vast domain  
Everlasting is Thy reign

Holy Father holy Son  
Holy Spirit three we name Thee  
Though in essence only one  
Undivided God we claim Thee  
And adoring bend the knee  
While we sing our praise to Thee

Hark the Loud celestial Hymn  
Angel Choirs above are raising  
Cherubim and Seraphim  
In unceasing chorus praising  
Fill the heavens with sweet accord  
Holy, holy, holy Lord

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## **King of My Heart**

*John Mark McMillan, Sarah McMillan*

Let the King of my heart  
Be the mountain where I run  
The fountain I drink from  
Oh He is my song  
Let the King of my heart  
Be the shadow where I hide  
The ransom for my life  
Oh He is my song

Let the King of my heart  
Be the fire inside my veins  
The echo of my days  
Oh He is my song

You're never gonna let  
Never gonna let me down

You are good, good oh

When the night is holding on to me  
God is holding on  
When the night is holding on to me  
God is holding on

Let the King of my heart  
Be the wind inside my sails  
The anchor in the waves  
Oh He is my song

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## **Lord I Need You**

*Christy Nockles, Daniels Carson,  
Jesse Reeves, Kristian Stanfill, Matt Maher*

Lord I come I confess  
Bowing here I find my rest  
And without You I fall apart  
You're the one that guides my heart

And where You are Lord I am free  
Holiness is Christ in me  
Where You are Lord I am free  
Holiness is Christ in me

Lord I need You oh I need You  
Every hour I need You  
My one defense my righteousness  
Oh God how I need You

So teach my song to rise to You  
When temptation comes my way  
And when I cannot stand  
I'll fall on You  
Jesus You're my hope and stay

Where sin runs deep  
Your grace is more,  
Where grace is found  
is where You are

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## **Ready the Way**

*Curtis Stephan*

Ready the way, ready the way,  
Ready the way of the Lord.  
Ready the way, ready the way,  
Ready the way of the Lord.

As we wait for you  
Give us the strength  
To walk in your truth,  
So we may love more like you  
And ready the way of the Lord.

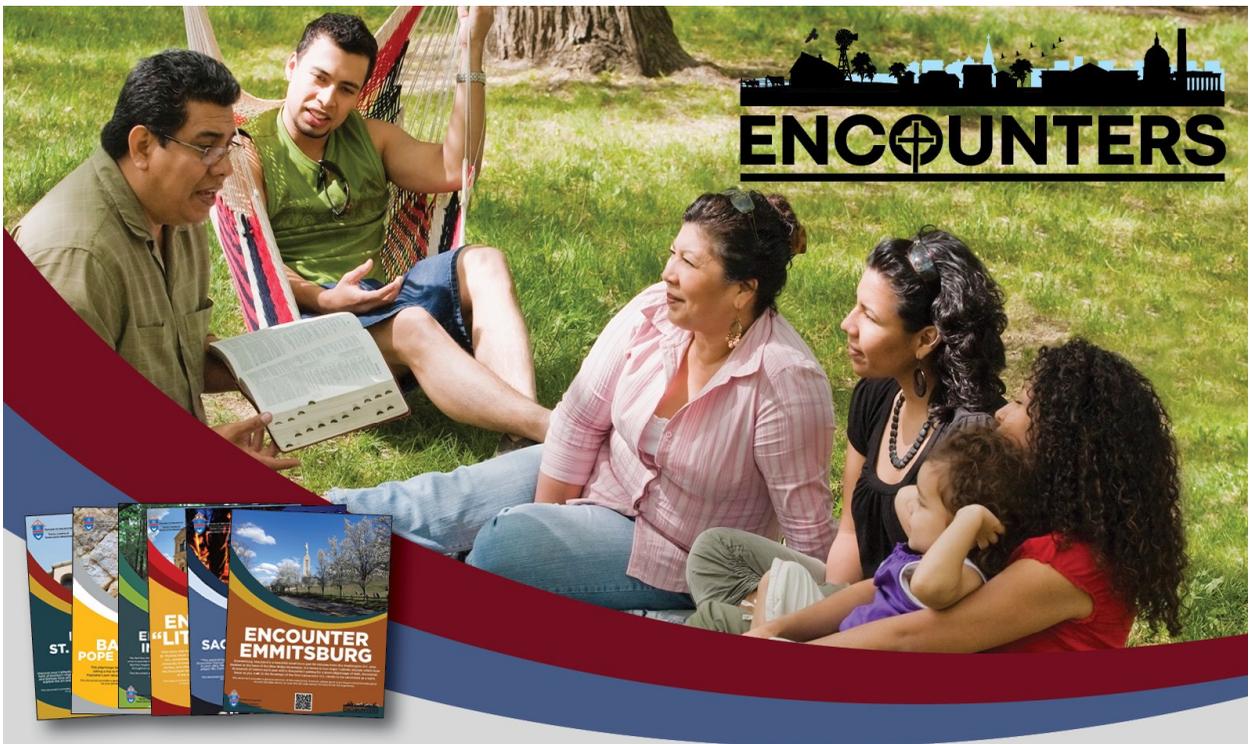
Make straight the road,  
Raise the valleys,  
and mountains make low.  
Turning from sin  
Let the broken be whole  
And ready the way of the Lord.

Let us see your face;  
In our hearts we prepare a place.  
Come bring this world  
Your mercy and grace,  
Ready the way of the Lord.

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## **Building the Culture of Life Throughout the Year**

- Embrace the Culture of Life with integrity! Learn what your Church teaches by reading the Catechism of the Catholic Church. The Church carries great wisdom on the issues of abortion, the death penalty, assisted suicide, immigration, contraception, poverty, human trafficking, and war.
- Grow in relationship with Jesus who came that you may have life “and have it abundantly” (John 10:10). Can you spare an hour now and then to be with Him at adoration?
- Pray through Colossians 3:12-15, asking God to show you how to grow in compassion, kindness, humility, gentleness, patience, forgiveness, peace, and love.
- Be a joyful witness of your faith on social media.
- Learn what to say when a friend says “I’m pregnant.” Make sure she knows her options for choosing life. Visit [123chatwithme.com](http://123chatwithme.com).
- Talk to at least one friend about the pro-life movement.
- Read *Evangelium Vitae* (The Gospel of Life), a beautiful encyclical by St. John Paul II.
- Proclaim the Gospel of Life to your elected officials so that they know you want them to enact laws that defend the dignity of the human person. Respond to calls for action and be a voice for the voiceless.
- Fast and offer up sacrifices; commit to praying a rosary for life every week.
- Embrace opportunities to speak up for life in the classroom; do so with great truth and love.
- Fundraise for your local pregnancy help center ([www.optionline.org](http://www.optionline.org)).
- Start a Students for Life club at your school ([www.studentsforlife.org](http://www.studentsforlife.org)).
- Look for ways to connect with the elderly in nursing homes.
- Share this experience with people when you get home. Write a story for your local paper.



Encounters are designed to be **family-friendly faith-based activities** and day trips which can safely take place in the midst of the pandemic.

Each Encounter is designed for families or small groups to **deepen their faith** by experiencing the **rich Catholic history** found through local sites, shrines, and natural settings in and around our Diocese.

**Turn off their screens and get back out into the world  
to Encounter the faith with your family!**

Visit [arlingtondiocese.org/encounters](http://arlingtondiocese.org/encounters) or call 703-841-2559 for more information.



## Catholic Diocese of Arlington

Office of Youth, Campus, and Young Adult Ministries

[www.arlingtondiocese.org/youth](http://www.arlingtondiocese.org/youth)



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