

PRAYING OUR MEDIA

Eucharistic Adoration for a Media Fast




Pauline

Exposition Hymn

Guide: *As we prayerfully come before Jesus in the Blessed Sacrament, let us invite him into our digital media experience. We pray to open our hearts to Christ so that through a media fast we can grow closer to him who desires intimate communion with us.*

Our visit will be in three parts to lead us into a deeper relationship with Jesus Master, the Truth, the Way, and the Life.

Let us pray:

I believe, my God, that I am in your presence, that you are looking at me and listening to my prayers. You are so great and so holy, I adore you! You have given me all, I love you! You have been so offended by me; I ask your pardon with all my heart. You are so merciful, and I ask of you all the graces which you know are beneficial to me. —Blessed James Alberione

Silent Adoration

LISTEN TO JESUS TRUTH

Reading: Isaiah 58: 1-10

Thoughts to ponder:

- What fasting does the Lord desire of me?
- How can a media fast lead me to let my “light rise in the darkness” of the media culture?

Let us pray: Jesus, we recognize our need to break away from the technology that consumes our minds and hearts. Grant us the wisdom of awareness and accountability to you for our souls. Help us to be more mindful of the way we engage with our media and guide us to use media in ways that uplift, educate, and inspire rather than distract or overwhelm. Show us how a media fast can open our hearts to your guidance, that our media use may reflect your light. Grant that we may reconnect with the world beyond the screen—so that we may honor you in all we do and reflect your love to the world. Amen.

FOLLOW JESUS WAY

Guide: *Let us ask the Lord for guidance in a media fast by first examining our online life. Let us prayerfully enter into conversation with Jesus and ask for enlightenment on how we can follow him more closely in the digital culture.*

Examination for my Online Life

1. Thank Jesus for his gifts and blessings in your life.
2. Reflect how you have responded to his invitations.
3. Examine your media use:
 - a. How do I practice balance with my digital media?
 - b. Does my online activity reflect virtue?
 - c. What online behaviors do I need to re-evaluate?
 - d. What device/app should I fast from to gain space in my life for Christ?
4. Ask the Lord for mercy for the sinful ways you used media that was harmful to yourself or others.
5. Prayerfully ask Jesus to show you how to change bad habits into virtuous actions.

Guide: *Let us ask the Lord for his mercy for the times we failed to follow his commandments and invitations to love God and love others in and through our media use.*

Act of Sorrow—sing *Agnus Dei*

LOVE JESUS LIFE

Guide: *“A media fast can be challenging, but it’s so worth it! By fasting from the media, we learn to do without it, as well as how to live with media in a healthy, balanced way.... By setting aside time for an intentional fast, we can grow in understanding the role of digital media in our lives and invite Christ into our experience so to live well with our media moving forward.” (from *Media Fasting: Six Weeks to Recharge in Christ* | paulinestore.com)*

Guide: *Let us pray over our media asking the Lord to help us be more media mindful. We also pray in reparation for the evil present in the media and the ways it dehumanizes persons. Let us take a moment to present our petitions to the Lord. (We can present our petitions aloud and use the response: O Lord, hear us, hear our prayer.)*

We call upon the “media saints,” those who are patrons of various aspects of communications and media arts, to help us be responsible and intentional users of media.

Litany of Media Saints

Most Holy Trinity, Father, Son, and Holy Spirit, your inner life of love is the essence of our communion. **Have mercy on us.**

Mary, Queen of Apostles, you help us respect the dignity of every human person and reflect that dignity in the media we produce and consume, **pray for us.**

Saint Gabriel, you brought God’s saving message to Mary; you who are the patron of radio, telecommunications, and communication workers, **pray for us.**

Saint Paul, you are the apostle who proclaimed Christ to all peoples through your preaching, example, and letters; you who are the patron saint of the Catholic press and a patron of writers, **pray for us.**

Saint Cecilia, you loved Jesus above all things and brought joy to your friends and family in the faith through beautiful sounds; you who are the patron of music and musicians, **pray for us.**

Saint Bernardine of Siena, you proclaimed Jesus to everyone you met; you spread devotion to the Eucharist and the Holy Name of Jesus; you created a logo for Jesus' name and are the patron of those who work in public relations; **pray for us.**

Saint Clare, you saw the Mass appear on your wall when you were too sick to attend; you who are the patron saint of television, television workers, and all those who watch television, **pray for us.**

Saint Genesius, you who were converted when acting in a play about Baptism, and are the patron saint of actors, **pray for us.**

Saint Francis de Sales, you wrote many books about how to live the spiritual life. You who are the patron saint of journalists and the good press, **pray for us.**

Saint Luke the Evangelist and Saint Catherine of Alexandria, you loved art and gave us images of what is true, good, and beautiful; you who are the patrons of artists, **pray for us.**

Saint Martin de Porres and Venerable Pierre Toussaint, you who are the patrons of hairdressers and therefore those who create special effects in media, **pray for us.**

Saint Isidore of Seville, you wrote the world's first "database" of information. You who are the patron of the internet, **pray for us.**

Saint Albert the Great, you are the patron of science and technology. Pray for all those who use science and technology to communicate information and entertainment stories to us, **pray for us.**

Saint Thomas Aquinas, you were a great thinker and philosopher; because of your great faith, there was never any question of which you were afraid. Give us the wisdom to always ask questions of the media so we can be mindful of media messages, **pray for us.**

Saint Maximilian Kolbe, you discovered the power of the radio to proclaim the truth of the human person and were imprisoned in Auschwitz for preaching against the Nazi regime. You who are the patron of amateur radio operators and radio stations, **pray for us.**

Blessed James Alberione, you saw every media invention as a "gift of God" to be used by the Church to evangelize the culture. You are considered the "media apostle of the new evangelization." You who are patron of movies and all media; **pray for us.**

Blessed Carlo Acutis, you who were a gamer and computer programmer, creating a website to document Eucharistic miracles from around the world, inspire all who work in computer science and information systems, that they may use these technologies to uplift the human spirit. You who may be patron of programmers, coders, and gamers, **pray for us.**

All Saints, you once lived among us and witnessed to the love of Christ for everyone in your own times. We live in a media world. Show us the way to make thoughtful choices about the media so that we may discover Christ in our daily lives. Help us to become mindful of our media use, **pray for us.**

Reposition Hymn