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# Adoration Journal

For the two 12-hour Eucharistic Adoration events

## FATHER'S OPENING RETREAT CONNECTION

Father's opening retreat named adoration as one fruit of a Eucharistic culture. Use this hour to return to your guiding desire and ask Jesus how He wants to fill, heal, and send you.

### Date / Time:

### Arrive

Jesus, I am here. What do You want me to notice as I begin this hour?

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### Listen

What word, phrase, Scripture, memory, or desire is rising in my heart?

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### Surrender

What burden, fear, habit, or relationship do I need to place before Jesus?

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### Intercede

Who needs prayer today: my wife, family, parish, school, work, or someone suffering?

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### Carry Forward

What small action, prayer, or Holy Moment should I take with me after adoration?

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