

Eucharistic Adoration

"The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth," – St. Mother Teresa of Calcutta

"Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, 'Lord, I am here. Tell me what you would have me to do' . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply." – St. Catherine Labouré

"Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace." – St. Alphonsus Liguori

What is Adoration?

It is highly fitting that Christ should have wanted to remain present to His Church in this unique way. Since Christ was about to take His departure from His own in His visible form, He wanted to give us His sacramental presence; since He was about to offer Himself on the cross to save us, He wanted us to have the memorial of the love with which He loved us "to the end," even to the giving of His life. In His Eucharistic presence He remains mysteriously in our midst as the one who loved us and gave Himself up for us, and He remains under signs that express and communicate this love:

The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease (Catechism Catholic Church; 1380).

Vision: *To cultivate awareness of Christ's real presence, both in the Celebration of Mass and in the worship of the Eucharist outside Mass and give greater honor & glory to God.*

Mission: *To maintain continuous prayer in the presence of Our Eucharistic Lord. We believe He will enkindle and renew our love for Him as we adore Him, thank Him, and present our needs and petitions in prayer.*

What to do in Adoration?

Sometimes we can be intimidated to go to Adoration. It is not because we fear being with Jesus in prayer but rather, we have never been taught what to do in an extended period of prayer. Is it alright to read, pray a Rosary, or reflect upon the Scriptures? Or do I have to sit there- not moving or making a sound, staring at a gold monstrance with a Host inside? You really don't have to "do" anything during Adoration. You can just sit there and look at Jesus. Take the time to be with Him. This is your personal time with Christ.

But, if you want to have some guidance, here are few guidelines of how you can make a holy hour of adoration before the Blessed Sacrament by dividing it into **three blocks of twenty minutes**.

The first twenty minutes before the Lord really present in the Eucharist is a sacred time of intimacy between us and him. It is a time to just be present to our God who welcomes us and accepts us. In the words of St. John Vianney, it is a time when "I look at Him and he looks at me." Before the Eucharist is a time when we lean on Jesus' breast, like John did at the last supper, and allow his heart to speak to ours. This was the episcopal motto of Blessed John Henry Newman: *cor ad cor loquitur* (heart speaks to heart). We begin to grow in our "interior knowledge of the Lord" as we contemplate his words, his life, and his real presence before us (St. Ignatius of Loyola, *Spiritual Exercises*, 104). Here is the zone into which we are drawn in the first third of our holy hour, where our heart speaks to his. It is also a time when we listen to him and allow him to speak to us. This is a time when we can tell him everything about how we are and how we feel. It is a time to tell him about our day and to ask his help in ways in which we need it. Above all it is a time to thank the Lord for his presence and action in our lives and to adore him for his goodness, truth, and mercy. It is also an opportunity to present to him the things we do not understand, our sins, failings, and the worries that burden us. In this twenty minutes of our holy hour, we bask in the light of his love that never fails us.

The second twenty minutes can be a time when we intercede for all the people we know and are part of our lives. At this stage of our prayer, we bring to the Lord all who have asked us to pray for them, our families, and friends both living and dead. In this time, we pray for all we have met in the past days or weeks, the conversations we had, the things we have said and done. Often during this time in the holy hour, some person will arise in our minds who we feel the Lord is calling us to pray for, reach out to, to contact or to visit. It is also a time to focus on what lies ahead—our next appointment, our next challenge, or perhaps a courageous conversation we need to have with

someone to clear the air. In this time of prayer, our hearts are reminded that our call is to love others in Christ's name, and that the same Lord before us in the Eucharist is the same Lord present in everyone, especially in the least of his brothers and sisters.

The final twenty minutes can be a time when we pray for the entire human family and the whole world. So, we might pray for persecuted Christians around the world, for the victims of famine, and for an end to the pandemic we are facing, to conflicts and wars. We might pray for the Church around the world, for the Holy Father, for our bishop, all priests, and deacons, or for all missionaries away from home. We might pray for the environment and for the care of the earth, thinking of ways to conserve more and consume less. For his beauty revealed in creation, this is a time to thank God for the sun, moon, and stars that were made through his Word present before us in the Eucharist. Finally, we can pray in this time for the peace among all nations for which Jesus lived and died—and that it might become a reality in our troubled world today.

There are many ways of praying and many ways of making a holy hour for ***“the Spirit blows where it wills”*** (John 3:8). But sometimes we need a little guidance that helps us to focus. Above is a guide for a holy hour of Adoration before the Lord, truly present in the Blessed Sacrament. It starts off with his love for us but ends with a prayer that blesses God for the whole of creation. In this way we exercise our share in Christ's priesthood that lovingly embraces every individual but extends to the entire cosmos we inhabit.

**“O Sacrament most holy, O Sacrament divine.
all praise and all thanksgiving be every moment thine.”**