

# EUCCHARISTIC ADORATION



## What is the Eucharist?

*"I will be with you always until the end of the age"  
(Matthew 28:20).*

This is Jesus' promise to His disciples (and to us) before ascending to the Father. If He was physically leaving, how could He vow to be with us forever? How can we know that God is with us today? How can we develop a relationship with the Creator of the Universe in a real and tangible way? The answer to all these questions is the Eucharist.

The word "Eucharist" comes from a Greek word meaning "thanksgiving." Just as Christ gave thanks for the gifts of bread and wine at the Last Supper, we give thanks for His eternal and true presence to us – in the flesh – but under the appearance of bread and wine, at every single Catholic Mass. The bread and wine at Mass, "By the words of Christ and the invocation of the Holy Spirit, become Christ's Body and Blood." (CCC, 1333).

The Eucharist is not merely a symbol, or a nice gesture, or even a dramatic "reenactment" of the Last

Supper. The Eucharist IS God, The Eucharist is nothing less than Jesus' complete and personal gift of Himself to us – Body, Blood, Soul and Divinity.

The Eucharist is the Real Presence of Jesus Christ, just as real as the person sitting next to you. The Body and Blood still keep the outward appearance of bread and wine, but through the power of the Holy Spirit, while the "form" of the bread and wine do not change, their substance does. We call this transubstantiation (CCC 1373–77). Through the words of consecration being uttered by Christ's priests, the Holy Spirit transforms simple bread and wine into the very flesh and blood of Jesus Christ.

Why would we believe this? Simple, we believe it because Jesus said it was so. At the Last Supper, he said "This is my Body" and "This is my Blood" (Matthew 26:26–28). At every single Mass, those same words are spoken and the same miracle takes place. In the Eucharist, God fulfills his promise to "be with us always" in the most physical and intimate of ways.

## What is Adoration?

*"The worship of the one God sets man free from turning in on himself, from the slavery of sin and the idolatry of the world." (CCC, 2097)*

Did you ever wish that you had a "pause" button for life? You know, the ability to pause the really important moments so that you could more fully enjoy them? In a way, Eucharistic Adoration is a "pause button" for the moment in Mass when the priest elevates the host, the Body of Christ. Adoration of the Blessed Sacrament is a form of prayer that began centuries ago. The same Eucharist we receive at Mass is what (or more accurately Who) we worship in Adoration.

A consecrated host is displayed in a beautiful sacred vessel called a Monstrance. The word "monstrance" means "to show." The monstrance allows Christ's body to be seen and "shown" to us – so that we can be present to God as He is present to us in His Eucharist.

It is very important to remember that Adoration is a prayer that flows from the Mass; it does not take the place of Mass. During Adoration, we have the opportunity to come face-to-face with the living God. Like spending time with a close friend, Eucharistic Adoration is about deepening and strengthening our personal relationship with God.

Adoration can be a time for us to just be quiet, to look at Jesus, knowing that He is looking at us. You can just sit and relax and enjoy the sweet peace that comes from simply being in the Presence of God.

It can be a time to read from the Sacred Scriptures, pray the rosary or use any other form of prayer we so desire. We can spend as much time as we desire praying in this way. You may feel that you can't pray well. Don't let this discourage you. The mere fact that you take time out to spend with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of great faith.

# What do I do During Adoration

*“Be still, and know that I am God.” (Psalm 46:10)*

When the Blessed Sacrament enters and exits the church, we kneel as a sign of respect. During the rest of the time, feel free to assume a position that will allow you to pray and listen. This is your time to bring your heart, your worries, your joys, your hopes – your entire life – before a God who is madly in love with you.

During Adoration, use the music, prayers and Scripture readings as a way to focus your heart on Christ. There is no right or wrong way to come before the King, He just wants you to spend time with Him. While we will be worshipping together as a family, this is also a very individual time of prayer.



If you are unsure where to start, some options are:

1. Guided prayer – name each member of your family one at a time and after each name ask Jesus to Bless them and help them (you may add whatever else you want about each person). Then do the same for your friends, relatives, classmates, teachers, co-workers, whoever you want to pray for. Record anything that you want to remember about this prayer time in your Journal.
2. Journal Prayer – got to the Prayer list in the back of your Journal and use this list to prayer for, similar to #1. Then pray for yourself. Ask Jesus to help you in all areas of your life, listing each one. For example, name each class you have, where you work, times you are at home, things you do in your free time, school extra curricular activities.
3. Read in your Bible the excerpts you saw 'for the first time' in these readings. What did you expect was there but wasn't or what did you think was different, etc.

# What if I get distracted?

*“Pray, hope and don't worry.” –St. Pio of Pietrelcino*

It happens to all of us. We are trying to pray, but our minds wander in a million different directions. And if you are not familiar with Adoration, even the sights and sounds of this time can be distracting. So what's a Catholic to do? First, bring yourself back into the moment. Remind yourself Who is before you in the Eucharist. Second, get yourself in a posture and place that will minimize distractions. Third, offer to Christ everything on your mind (even the most random things) and ask Him to give you the grace to enter into this time of prayer. Finally, listen. God has something He wants to tell you... yes, you. Don't miss it.

WHAT TO BRING	WHAT TO DO
Journal	Guided Prayer
Pen or Pencil	Journal Prayer
Bible	Read your Bible

**Sources:**  
*The Diocese of Kansas City – St. Joseph Youth.* What is Adoration, Web. 29 Mar. 2016 <.www.kcsjyouth.org/documents/What is Adoration Handout.pdf>  
*Cathedral of the Holy Trinity.* What is Eucharistic Adoration. Web. 29 Mar. 2016 <.www.cathedralht.org/What\_is\_Eucharistic\_Adoration.pdf>

