



Eucharistic Adoration

Jesus gave us the sacrament of the Eucharist as food, to nourish us so that we may be a witness of Christ and bring the spirit of Christ to the world! It is the food that keeps us going so we can build the Kingdom of God on earth!

- 1) Christ is present!
 - a) Catholic belief that Christ is truly present in the celebration of the Eucharist!
 - i) In the people gathered together
 - ii) In the Word
 - iii) In the celebrant
 - iv) In the consecrated bread and wine
 - b) Since the consecrated bread and wine are the Body and Blood of Christ, Christ is still present under the form of bread and wine after Mass
 - c) From the beginning of Christianity people saved some of the consecrated bread (the Body of Christ) to give to the sick who could not be at the Mass
- 2) We worship Christ!
 - a) It is one of our beliefs to worship God, and Christ is God
 - b) Since Christ is present in the Eucharist it makes sense for us to treat this consecrated host with reverence!
 - i) We keep the consecrated hosts in a special place: the host is in the ciborium, which is in the tabernacle. When it is displayed for adoration it is in the pyx, in the monstrance)
 - ii) There is a light (red is traditional) outside the place where we keep the consecrated hosts
 - c) Prayer in the presence of Christ in the Eucharist (Adoration)
 - i) Some find the concrete, physical presence helpful, although we believe God is present in all of creation
 - ii) This prayer is silent or spoken
 - iii) There are many benefits of this adoration
 - (1) It draws us closer to Christ
 - (2) It draws us to the Mass - "the celebration of the Eucharist in the sacrifice of the Mass is the center of the entire Christian life"
 - (3) It draws us into spiritual communion with the rest of the faithful
 - (4) It encourages us to live the way Christ wants us to live
- 3) What to avoid
 - a) Magic or superstitious belief
 - b) Preference over the Mass