

WELCOME TO PERPETUAL EUCHARISTIC ADORATION

WHAT IT IS AND WHY SO IMPORTANT

TO SPEND TIME WITH JESUS



Perpetual Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. In the many Churches that have this adoration, the Eucharist is displayed in a special holder called a monstrance, and people come to pray and worship Jesus continually throughout the day and night. Christ's great love for us was shown when he was crucified on the cross to pay the penalty for our sins and give us eternal life. He loves us without limit, and offers Himself to us in the Holy sacrament of the Eucharist. Can we not give Jesus a few minutes of love and adoration in return?

Some Catholics think, that we can share in the Eucharist and gain grace from the Eucharist only in the Mass by receiving Holy Communion. This idea limits the power and the love of Jesus too much. Certainly participation in the sacrifice of the Mass and receiving Holy Communion is the most powerful source of grace for us, but it is not the only source of Eucharistic grace. After the sacrifice is completed, the sacrament continues on. Jesus, in His sacramental body and blood remains here with us as our friend, just as He promised. This is why Eucharistic Adoration is so important.

This is why we should visit our friend, Jesus, in the Blessed Sacrament, to return His love for us and to draw spiritual strength and nourishment and encouragement from that love.

Listen to what the Holy Father said, St. Pope John Paul II said this: "The Church and the world have a great need of Eucharistic worship". Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration. Notice how the Holy Father is asking you to be generous with your time. He is not asking for your money but something much more precious – your time.

The soul needs the spiritual food of the Eucharist, the spiritual rest of meditation and the spiritual air of prayer. Without this proper spiritual nourishment the human soul cannot mature and flourish spiritually as an individual and consequently cannot fulfill his role in worshipping God as a member of the community. The individual can go through the motions

of public prayers, singing, standing and kneeling, but it is only external worship. Missing is internal worship which results only from personal communication with God. Just as air is essential to physical life, so prayer is essential to spiritual life. When you stop breathing, you are dead physically. When you stop praying, you are dead spiritually.

Spending time with Jesus in adoration should not strike us as unusual. It is really a very natural human activity. When two people love each other, they want to spend time together to visit, to get to know each other better. You cannot love someone you do not know. Adoration of our Lord in the Eucharist is your chance to know Jesus better.

One of the best aspects of Eucharistic adoration is this: how you spend your time with Jesus is entirely up to you. There is no one preaching to you, reading to you, telling you when to stand, sit, kneel, sing this or whatever. You are on your own. In most adoration chapels there are books available, some holy hour books, to help you get started if you need them. Most of us do at times but you're basically on your own. You spend your time with Jesus any way you want. You can pray your Rosary, you can



read your Bible, or you can do some other spiritual reading. But I always say: remember, you are there to visit with your friend, Jesus. Talk with Him; tell Him your problems, your needs or your concerns. Tell Him about your joys, too. Chances are He doesn't hear about those very often! Sometimes I think all Jesus hears from a lot of us is the complaints and the "gimmies". Lord, gimme this and Lord gimme that. But most important, is to stop and listen, let Jesus do some of the talking. He's been waiting for a chance to visit with you, but your life is so busy with work, family and school, your line is always busy. Jesus can't get through to you. It's time to give yourself a break. Take a little time out for a private visit with your best friend, Jesus. The whole purpose of our human existence is to live forever with the Blessed Trinity in heaven, to enjoy forever, the victory of Jesus over sin and death. We get a foretaste of that eternal happiness and peace when we visit and adore Jesus in the Blessed Sacrament.

This is why thousands of people from all across our country will testify that one hour each week with Jesus in the Blessed Sacrament is the most peaceful, the most satisfying hour of their whole week.