

# Adoration Etiquette

**The Main Thing:** spend quiet, unstructured time worshiping the Real Presence of Jesus Christ in the Blessed Sacrament.

## Basic rules:

1. Respect the Eucharist (genuflect upon entering and leaving, remain reverent in all your actions).
2. Respect your fellow adorers (remain silent unless you have permission from your fellow adorers to pray or sing out loud).

## Suggestions:

- Write your own thoughts and prayers down in a journal
- Read Scripture
- Read writings of the Saints or other spiritual reading
- Fix your eyes on the Eucharist and listen for the Lord's comfort or direction.
- Pray the Rosary
- Pray the Divine Mercy Chaplet
- Listen to a guided meditation, Scripture, or rosary with earphones
- Listen to Praise and Worship music with earphones
- Sing or play an instrument reverently as a form of worship (with permission from fellow adorers)
- Use the provided prayers and meditations

*\*\*The Blessed Sacrament should not be left alone and unprotected while exposed in the monstrance. However, emergencies happen. If you have an urgent need to use the bathroom or take an important call and there are no other adorers or Knights in the Vestibule, please be as quick as possible. If there are Knights outside the Chapel providing security, please ask one to step inside the Chapel while you are away. \*\**