

Benefits of Eucharistic Adoration

1. Every Holy Hour we make so pleases the Heart of Jesus that it is recorded in Heaven and retold for all eternity! (St. Mother Teresa of Calcutta)
2. The spiritual lives of our families are strengthened through our Holy Hour. (St. John Paul II)
3. A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to Heaven who otherwise would have gone to hell. (Jesus revelation to Blessed Dina Belanger)
4. All the angels of heaven gaze in ecstasy at the image left on your soul after each holy hour you make in the presence of Jesus in the Blessed Sacrament. (“Letters to a Brother Priest”)
5. Perpetual Adoration extends its influence far beyond the individual adorers, touching their homes and families and reaching out to the parish community and beyond. (Pope Paul VI)
6. Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you. (St. Josemaria Escriva)
7. A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption. (Archbishop Fulton Sheen)
8. The grace of adoration of Jesus in the Most Blessed Sacrament is given to everybody. (St. Peter Julian Eymard)
9. Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace. (St. Alphonsus Ligouri)
10. The future belongs to those who worship God in silence. (St. John Paul II)
11. It is impossible in human terms to exaggerate the importance of being in adoration before the Eucharist as often and for as long as our duties and state of life allow. (Fr. John Hardon)
12. St. Vincent de Paul would make a Holy Hour asking the Lord blessings on important business transactions and, afterwards, returned to thank the Lord. (St. Vincent de Paul)

13. During our Holy Hour our souls are fed in two faculties of the spirit - the Mind and the Will. In the Mind we need light; in the Will we need strength.

(Fr. John Hardon)

14. By being faithful to a Holy Hour of Adoration you can teach by example. “The young should be taught the value of Eucharistic Adoration.” (St. John Paul II)

15. I strongly recommend that each of us make a resolution, no matter how much the decision may cost us, to make a holy hour before the Blessed Sacrament once a week. (Fr. John Hardon)

16. The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship. (St. John Paul II)

17. Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often! (St. John Bosco)

18. Our Lord in the Blessed Sacrament has His hands full of graces and He is ready to bestow them on anyone who asks for them. (St. Peter of Alcantara)

19. A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory. (St. Padre Pio)

20. It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring. (St. Augustine)

21. The faithful are to hold the Eucharist in highest honor... worshiping it with supreme adoration. (Code of Canon Law - #898)

22. During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need of His mercy. (“Letters to a Brother Priest”)

23. You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions. (Pope Benedict XV)

24. I ask everyone to intensify in coming months love and devotion to the Eucharistic Jesus. (Pope Benedict XVI)

25. A Holy Hour brings Heavens choicest blessings on those who are faithful to their Hour. (Pope Paul VI)