

What is Eucharistic Adoration

Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. The Real Presence of the Lord Jesus in the Eucharist means that it's the whole Christ whom we adore - His body, blood, soul, and divinity - in His full divine and human nature. During 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 often the night.

How can I pray during Eucharistic Adoration?

Sometimes we can be intimidated to go to Adoration because we have never been taught what to do in an extended period of prayer and we don't know how to pray. While visiting our Lord in Eucharistic Adoration, we can pray in a variety of different ways. **Here are some suggestions:**

- **Pour out your heart to Jesus and talk to Him.** Sit quietly and just "be" in the presence of God. Think of a visit to the Blessed Sacrament as coming to see your best friend. Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Tell Him about everything that's going on in your life. Ask Him questions and listen for His response. Write your thoughts and conversations with God in a prayer journal.
- **Simply adore Jesus.** Focus all your attention on Jesus and adore Him with all your heart. Give thanks and praise Him. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore You, O' Christ, present here and in all the churches of the world, for by Your holy cross You have redeemed the world."
- **Bask in Jesus' presence.** When you lack words, simply be with Jesus and let Him love you. Sit quietly and enjoy being in each other's company. Just bask in His presence. Instead of talking to the Lord, try listening to what He wants to tell you. Realize that Jesus is present before you - in all His glory and majesty, surrounded by the Heavenly court, with all the angels and saints, who constantly adore Him.

- **Read the Bible.** Meditate using Scripture. Read the Mass readings for a given day or choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message. You can write down your thoughts in your prayer journal.
- **Pray the Psalms or the Liturgy of the Hours.** Whether you are praising, giving thanks, asking for forgiveness, or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.
- **Read a spiritual book** (e.g. about the life of a saint). Most saints have had a great devotion to Our Lord in the Eucharist and they are a great example of faith. You can read their books or diaries to grow in faith and understanding of God.
- **Ask for forgiveness and intercede for others.** Think of those who have hurt you and ask Jesus to help you forgive them. Ask for a special blessing for them, so they experience God's love in their lives. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.
- **Make reparation, intercede for the world, and pray for the souls in purgatory.** You can pray with your own words or use different prayers, for example, Divine Mercy Chaplet.
- **Pray silently the Rosary and meditate on its mysteries.** Ask Mary to join you as you gaze on Christ in the Eucharist and as you meditate on the mysteries of the Holy Rosary.

Reasons for wanting to spend time with Jesus in the Blessed Sacrament

- Day and night Jesus dwells in the Blessed Sacrament because of His infinite love for you! He is infinitely deserving of your unceasing thanksgiving and adoration for all He has done for your salvation.
- Each moment you spend with Jesus in the Blessed Sacrament brings joy, pleasure, and delight to His Sacred Heart!
- Each moment that you spend in His Eucharistic Presence will increase Jesus' Divine Life within you and deepen your personal relationship and friendship with Him.
- Each hour you spend with Jesus will deepen His Divine Peace in your heart.
- Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven.
- Jesus will bless you, your family, and the whole world for the time you spend with Him in the Blessed Sacrament.
- Just as you can't be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of His grace, His love, and His peace.
- Jesus wants to give you many graces. He said to St. Faustina: *"I want to pour out My divine life into human souls and sanctify them, if only they were willing to accept My grace. The very inner depths of My being are filled to overflowing with mercy, and it is being poured out upon all I have created. My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul."*

Prayer of Adoration of the Eucharist

My Lord Jesus Christ, I adore you in all the tabernacles of the world. I offer you my life in reparation for the sins against the Blessed Sacrament, the unworthy communions, disrespect, lack of reverence in your churches, and countless other sins against your most Holy Body and Blood. Please, my Lord, increase my faith in your Eucharistic presence so that my devotion may be fanned into a flame of love for you and that I may go into the world to proclaim your kingdom. I ask this of your mercy in your Holy Name. Amen