



### **What is Adoration?**

Adoration is a quiet time spent in prayer before Jesus present in the Eucharist. A Consecrated Host is placed in the center of a sacred vessel called a Monstrance. The word Monstrance means "to show." The Monstrance is then set in a very special place for all to see and worship. Jesus truly is present body, blood, soul and divinity in the Consecrated Host or "Blessed Sacrament."

### **Why do we have Eucharistic Adoration?**

Because Jesus wants it. "Could you not watch one hour with Me." (Matthew 26:40). But we too have needs, hurts, joys, and sorrows that we can share only with Our Lord and Savior. By coming to Adoration we give Jesus great honor and act with humility by acknowledging our need for, and dependence upon Him - our Creator.

Mother Teresa of Calcutta and Pope John Paul II were living examples of the fruits of Eucharistic Adoration. No matter how busy they were, or how many important people they had to see, they made sure that they spent time with the most important Person of all: Jesus in the Blessed Sacrament. Every day they spent 2 to 3 hours in His Eucharistic Presence, and they told the whole world that this is where they got all their energy to do so much for God and His people.

"The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this Sacrament of Love. Let us not refuse the time to go to meet Him in Adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our Adoration never cease." Pope John Paul I

“Adoration outside Holy Mass prolongs and intensifies what has taken place in the liturgical celebration and makes a true and profound reception of Christ possible. I . . . warmly recommend, to Pastors and to all the faithful, the practice of Eucharistic adoration” (Pope Benedict XVI, June 10, 2007).

### **Why should I go?**

To deepen your personal relationship with Jesus and grow in faith, hope, and love. St. Peter Julian Eymard said that every time you look at Jesus in the Blessed Sacrament, your place in heaven is raised. Besides that future goal, right now, here on earth, Jesus will give you His peace within you as you spend time with Him. Just as you can't be exposed to the sun without receiving its rays, neither can you come into the Light and Presence of Jesus in the Blessed Sacrament without receiving the divine rays of His grace, His love, His peace.

### **What do I do during my hour?**

You may spend the time with Jesus in the Blessed Sacrament any way you want. You may bring prayer books, read the Bible, pray the Rosary, or just sit, relax and enjoy the peace that comes from being in His Presence. You may feel you can't pray well. Don't let this discourage you. The fact that you came to spend time with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of faith.

### **How can I show my Love for Jesus?**

By coming to Adoration quietly and with reverence. By kneeling on both knees before going to the chairs or kneelers. By keeping still as you and others pray. By trying to lift your mind and heart to Jesus during Adoration. Try thinking about His sufferings and believe that He suffered all He did because you are very precious and worth everything to Him! "Our essential commitment in life is to grow spiritually in the climate of the Holy Eucharist." Pope John Paul II