

What is Eucharistic Adoration?

The Catechism of the Catholic Church: 1418

Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration. "To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord" (Paul VI, *MF 66*).

John 6:53-57 :On the Eucharist

Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. . . . Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

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The risen Christ is present to his Church in many ways, but most especially through the sacrament of his Body and Blood. The whole Christ is truly present, body, blood, soul, and divinity, under the appearances of bread and wine—the glorified Christ who rose from the dead after dying for our sins.

Why go to Eucharistic Adoration?

The Catechism of the Catholic Church: 1380

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.

Matthew 13:17 : His Presence is Among Us

Amen, I say to you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it.

Matthew 28:20: Christ Fulfills His Promise to be With Us

....And behold, I am with you always, until the end of the age.

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In the Eucharist the Church both receives the gift of Jesus Christ and gives grateful thanks to God for such a blessing. This thanksgiving is the only proper response, for through this gift of himself in the celebration of the Eucharist under the appearances of bread and wine Christ gives us the gift of eternal life.

St. Thomas Aquinas

It is the law of friendship that friends should live together. . . . Christ has not left us without his bodily presence in this our pilgrimage, but he joins us to himself in this sacrament in the reality of his body and blood (*Summa Theologiae*, III q. 75, a. 1).

How to Participate in Eucharistic Adoration

Steps for Adoration (ACTS)

1. **Adoration:** Praise and glorify God with deep love and respect.
2. **Contrition:** Seek forgiveness for your transgressions.
3. **Thanksgiving:** Express Gratitude.
4. **Supplication or Intercessory:** Ask "God's will be done."

Lectio Divina

Lectio Divina or Sacred Reading is a prayerful reading of the Sacred Scriptures in order to come to know Christ through his word. It is done in four steps: reading/listening, meditating over what has been read, praying to God about the scripture, then contemplation-listening to God's response.

Pray the Rosary

"The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description."

-Archbishop Fulton Sheen

Divine Office

Pray the prayer of the Church using the psalms and intercessions prescribed by her for your meditation.

Simply Be in His Presence

Look at Him and Listen.



*O' Blood and Water,
which gushed forth
from the Sacred Heart of Jesus
as a fountain of mercy for us,
I trust in You!*

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 flame of love of you and that I may go into the world to proclaim your kingdom. I ask this of your mercy in your Holy Name. **Amen. Mary Mother of the Eucharist, pray for us!**