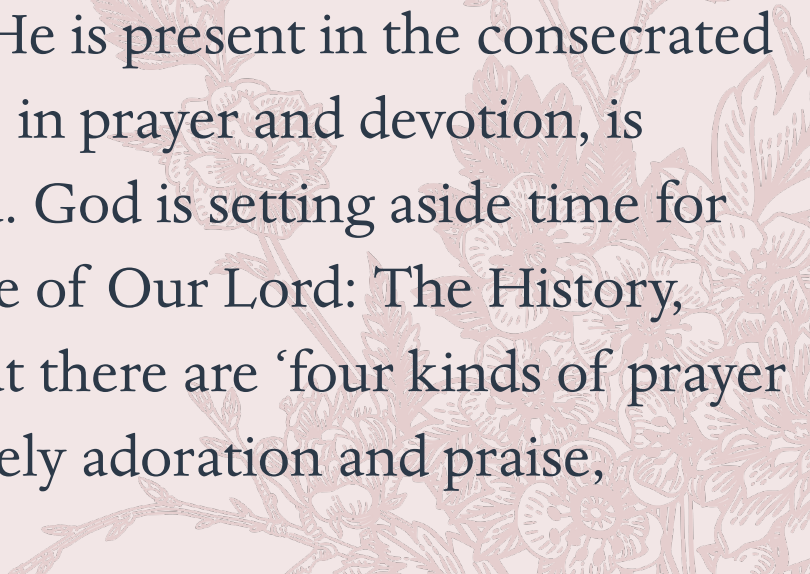




Adoration 101

What is Eucharistic Adoration?

Eucharistic adoration is the act of worshipping God as He is present in the consecrated Eucharist. Spending time before the Blessed Sacrament, in prayer and devotion, is exactly the same as spending time before the living God. God is setting aside time for us. Fr Benedict Groeschel points out in “In the Presence of Our Lord: The History, Theology, and Psychology of Eucharistic Devotion” that there are ‘four kinds of prayer most appropriate in the presence of the Eucharist, namely adoration and praise, thanksgiving, repentance, and trusting intercession.



When Did Eucharistic Adoration begin?

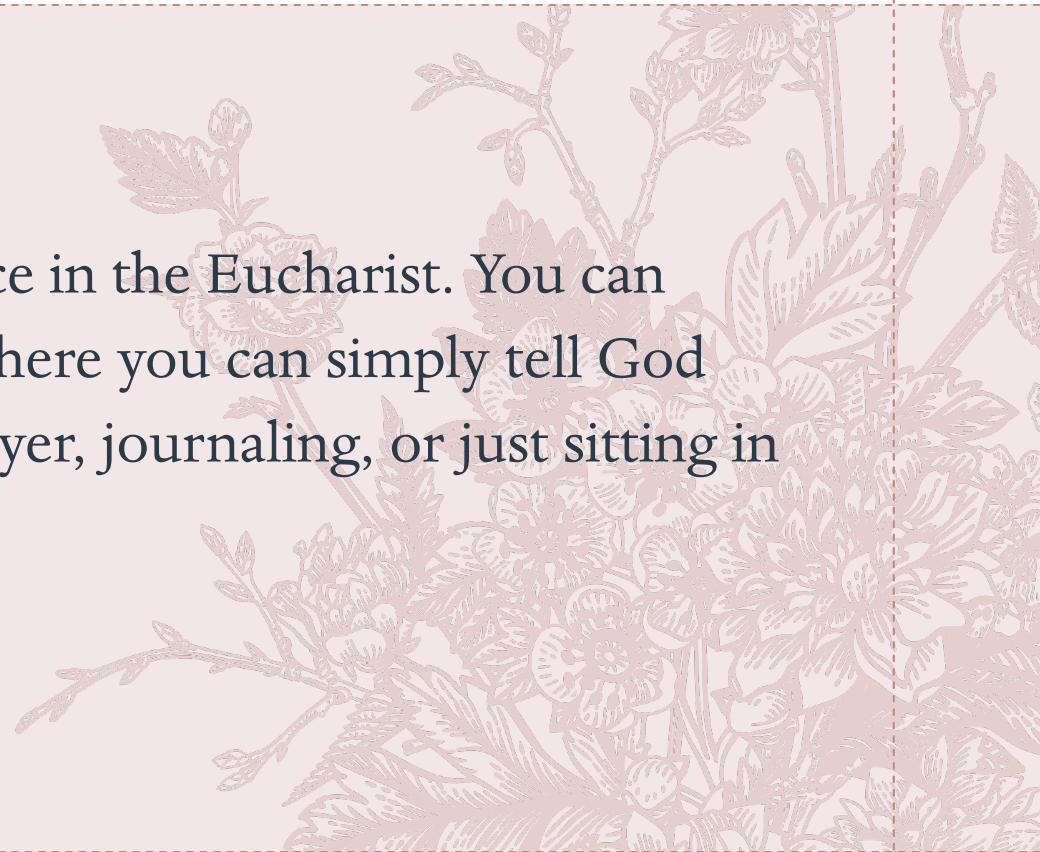
From the earliest days of its existence, the Church has been centered on the celebration of the Eucharist. Celebration of the Lord's Passion has remained the source of power and grace until the present day. Evidence shows perpetual adoration may have begun in the sixth century in the Cathedral of Lugo, Spain. But from the thirteenth century on, in the Western Church great devotion to the eucharistic presence developed even outside of the Mass.

In his book *In the Presence of the Lord*, Fr. Benedict Groeschel writes: "Since the time of St. Francis and St. Thomas Aquinas in the thirteenth century there has not been a single Catholic saint for whom this devotion has not been an integral part of the spiritual life." Actually, such devotion is rooted in the Church Fathers and may have arisen in practice by the end of the sixth century.

Jesus told Thomas who had doubted, "Put your finger here; look, here are my hands" (John 20:27). Thomas looked and believed. Such recognition caused him to fall prostrate and say: "My Lord and my God!" This is what eucharistic devotion causes people to do as well. If one believes that the Eucharist is truly the body and blood of the Second Person of the Blessed Trinity, it is only natural to revere it even when we are not receiving it.

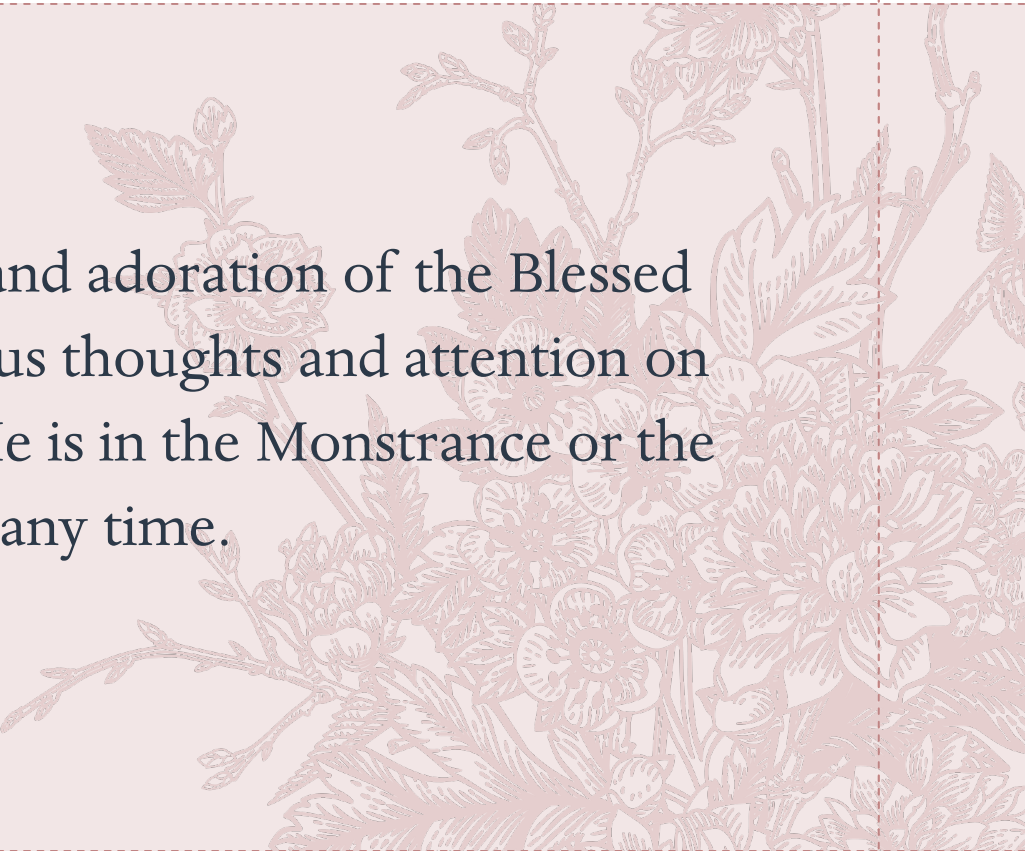
Eucharistic Adoration

We adore God when we worship Him in His Real Presence in the Eucharist. You can come for as long or short as you wish, but while you are there you can simply tell God how amazing He is. This can be done through mental prayer, journaling, or just sitting in His presence and being in awe of who He is.



What is the Monstrance?

The Monstrance is a sacred vessel used for the exposition and adoration of the Blessed Sacrament. The Monstrance helps draw our attention, focus thoughts and attention on Jesus Christ. But you can sit with Jesus anytime whether He is in the Monstrance or the Tabernacle. You can sit with Him in the church or chapel any time.

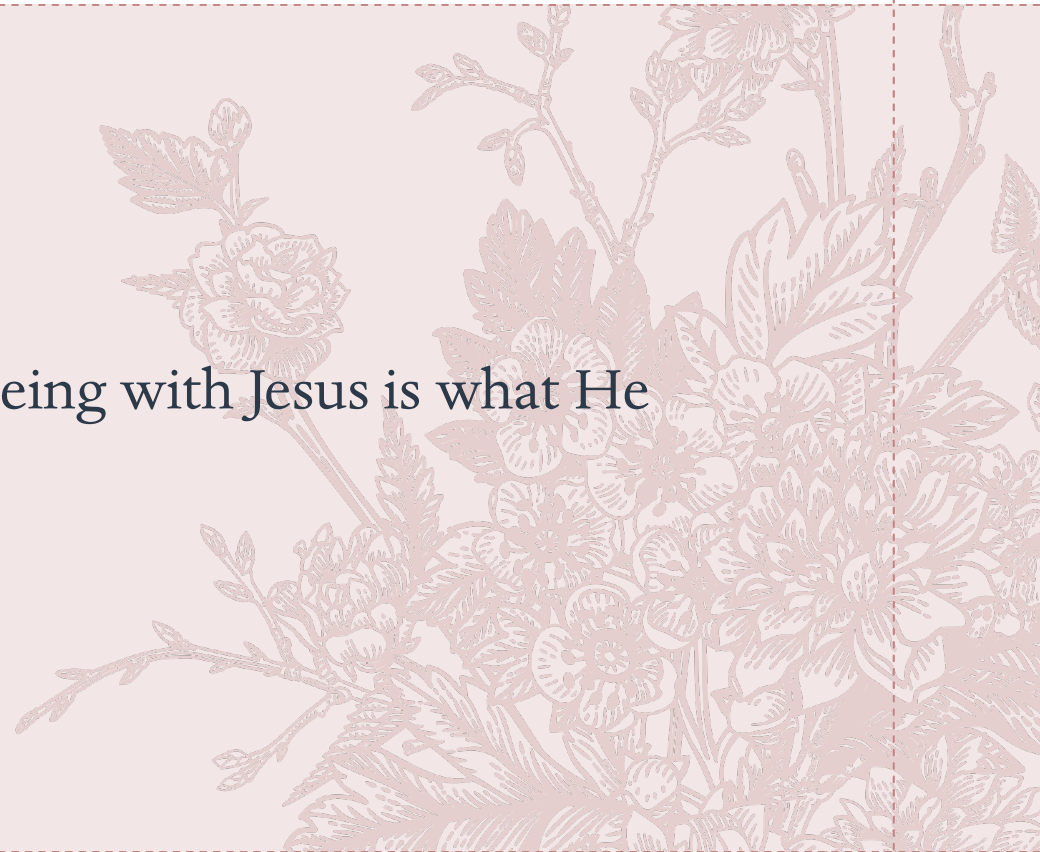


Guidelines for Eucharistic Adoration

1. Never leave Jesus Alone. We never leave Jesus alone! This is of utmost importance. Out of respect, love, courtesy and the need for us to protect the Real Presence of Jesus in His exposed and vulnerable state, an adorer must always be present in our perpetual adoration chapel (except during Masses when He is reposed). If no one else is there when you're ready to leave, go to the front desk and let them know you need to leave, and no one is there to cover the next time
2. If you leave while the Eucharist is exposed, genuflect and leave in silence.
3. The priest uses a humeral veil to emphasize that the blessing is by Jesus, not the priest, you may touch the priest's veil or the altar cloth, but not the Monstrance.
4. Chatting with friends should never occur during adoration, this is to take place outside.
5. Lastly, adoration is a place where we reverently worship Our Lord, so please avoid eating, drinking (besides water), listening to music out loud or a podcast, talking, or laying down in the aisles so as to respect others and keep the prayerful and silent atmosphere of the chapel.

How long do you have to stay at Adoration?

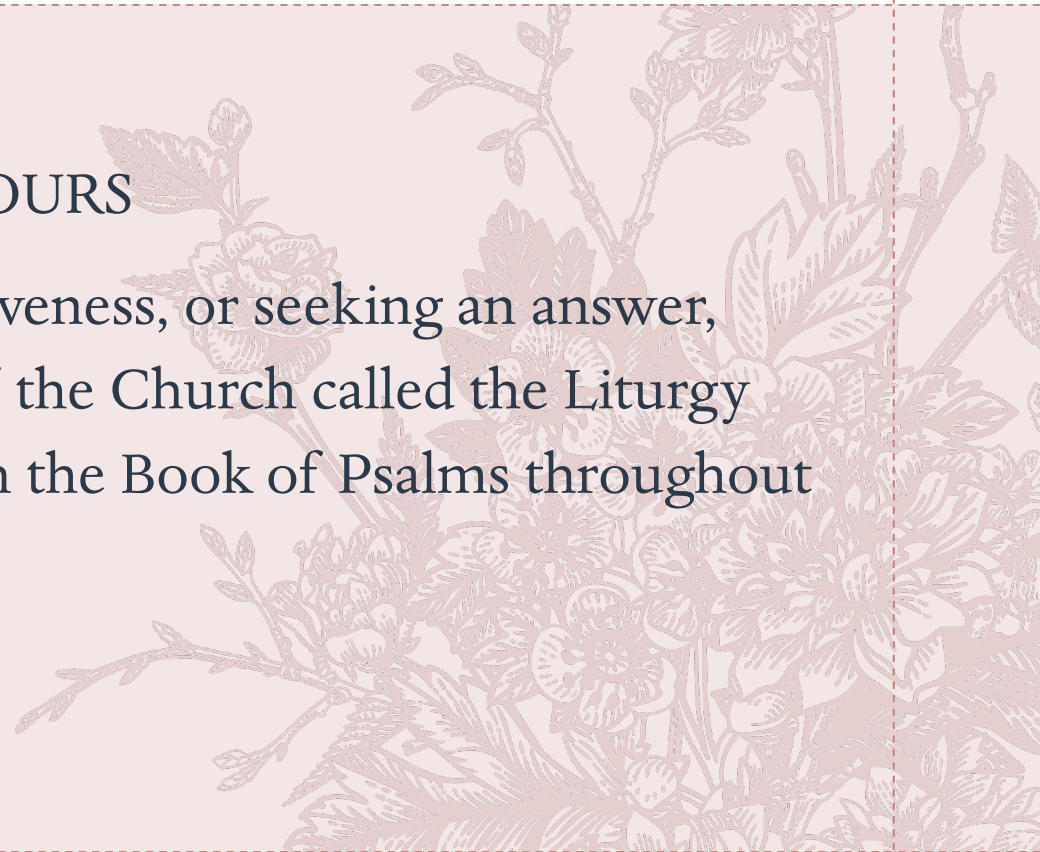
How long do I stay in Adoration? That's up to you. Just being with Jesus is what He desires.



Things to do in Adoration

1. PRAY THE PSALMS OR THE LITURGY OF THE HOURS

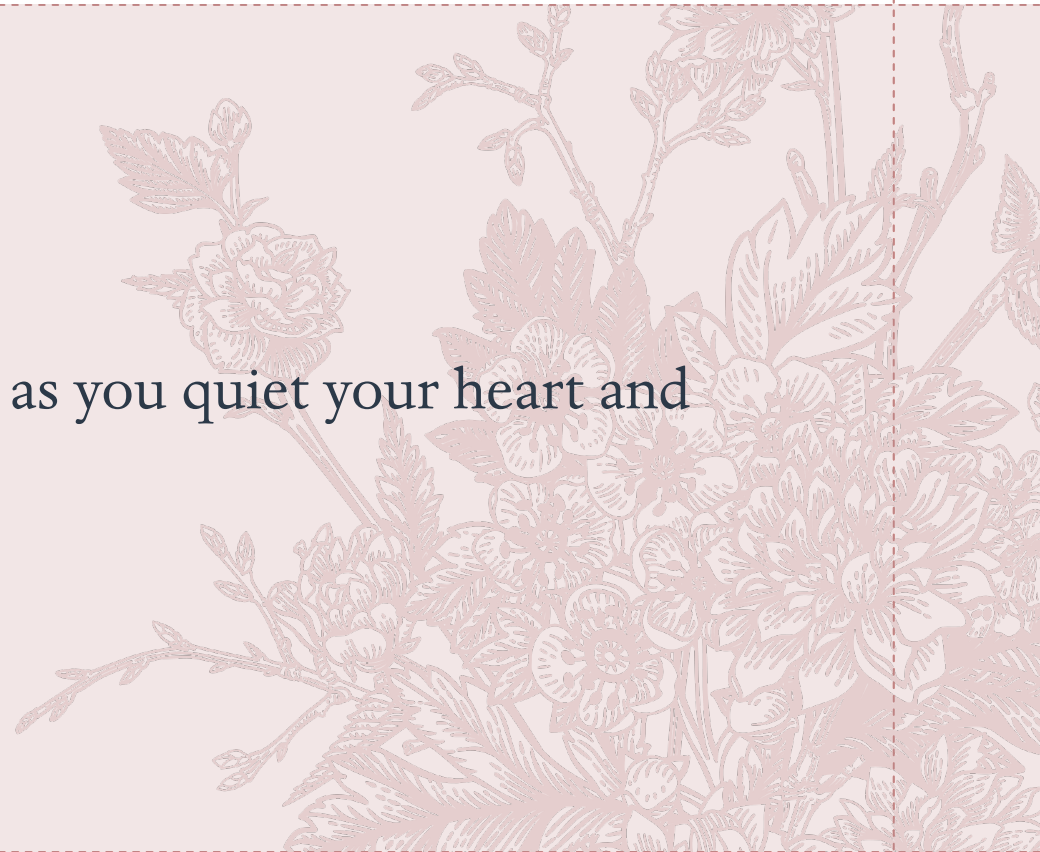
Whether you are praising, giving thanks, asking for forgiveness, or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.



Things to do in Adoration

2. RECITE THE “JESUS PRAYER”

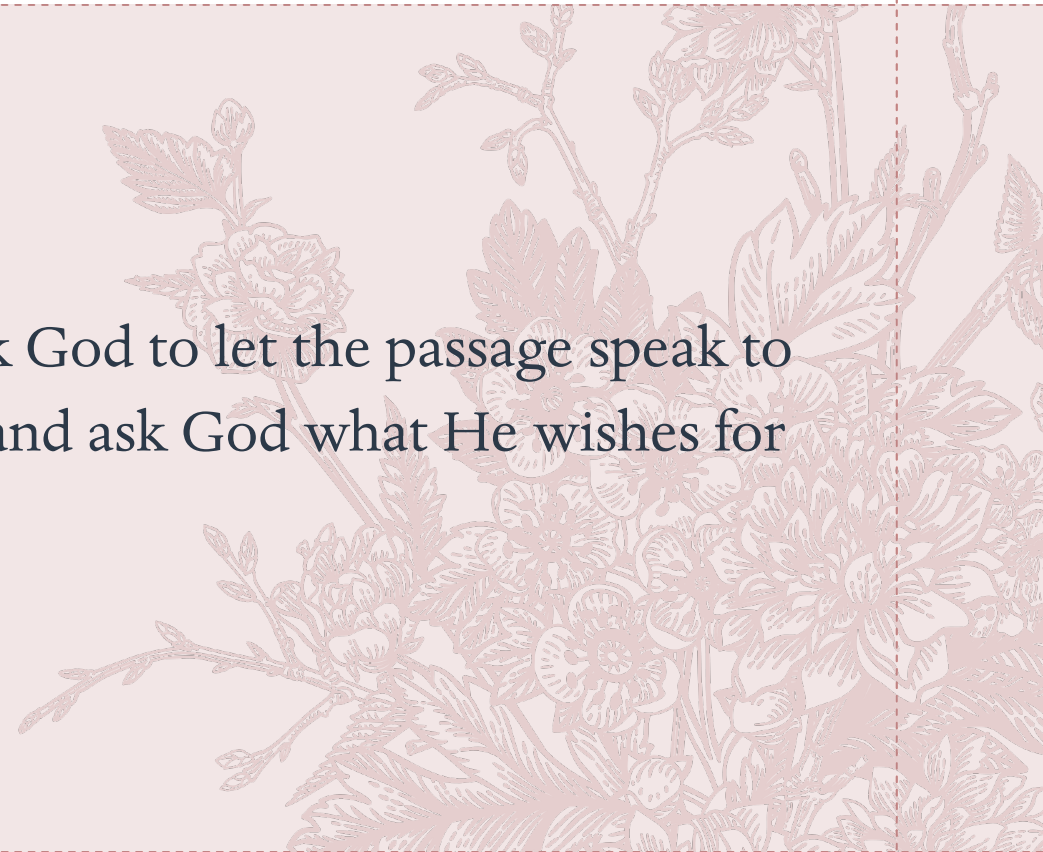
Say “Lord Jesus, have mercy on me, a sinner”, repeatedly as you quiet your heart and mind.



Things to do in Adoration

3. MEDITATE USING SCRIPTURE

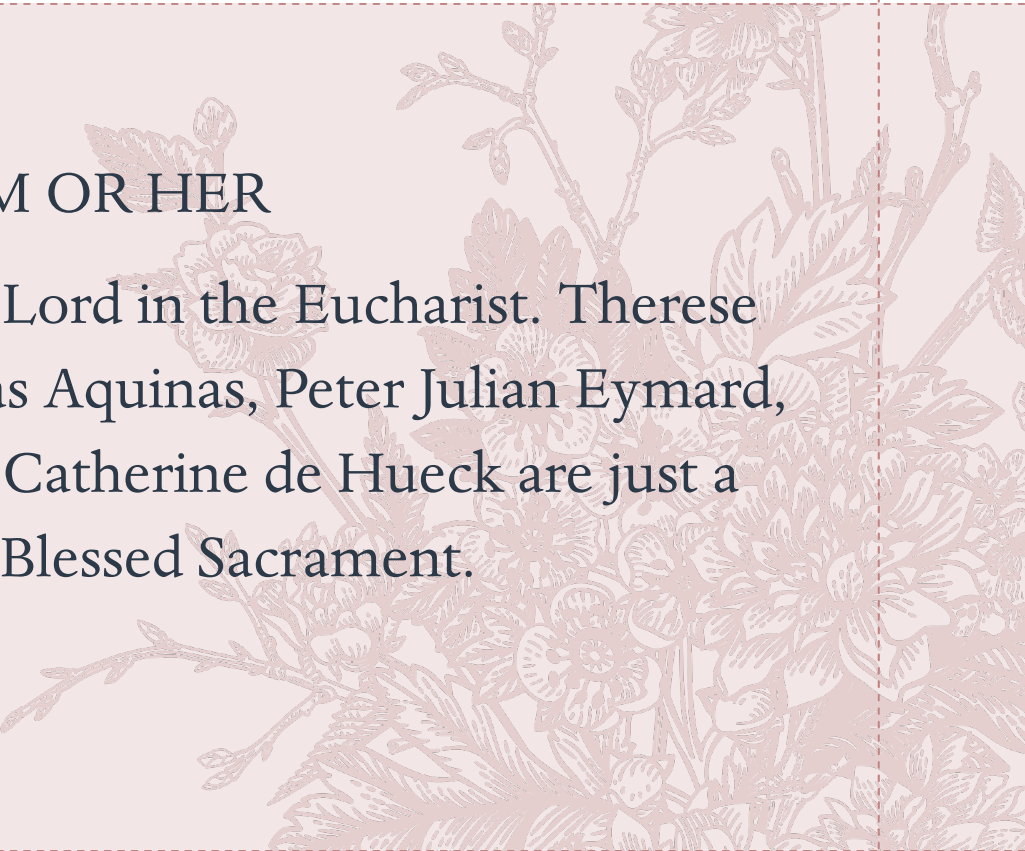
Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that passage.



Things to do in Adoration

4. READ THE LIFE OF A SAINT AND PRAY WITH HIM OR HER

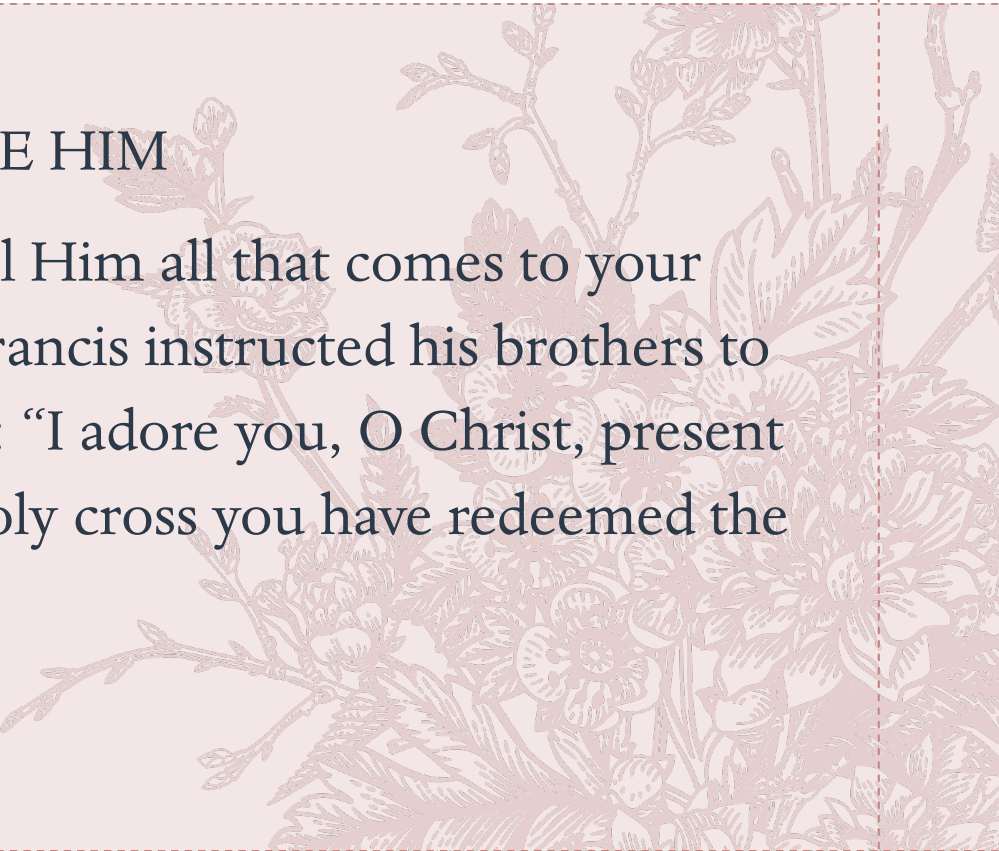
Most holy men and women have a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day, Mother Teresa of Calcutta, and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.



Things to do in Adoration

5. POUR OUT YOUR HEART TO CHRIST AND ADORE HIM

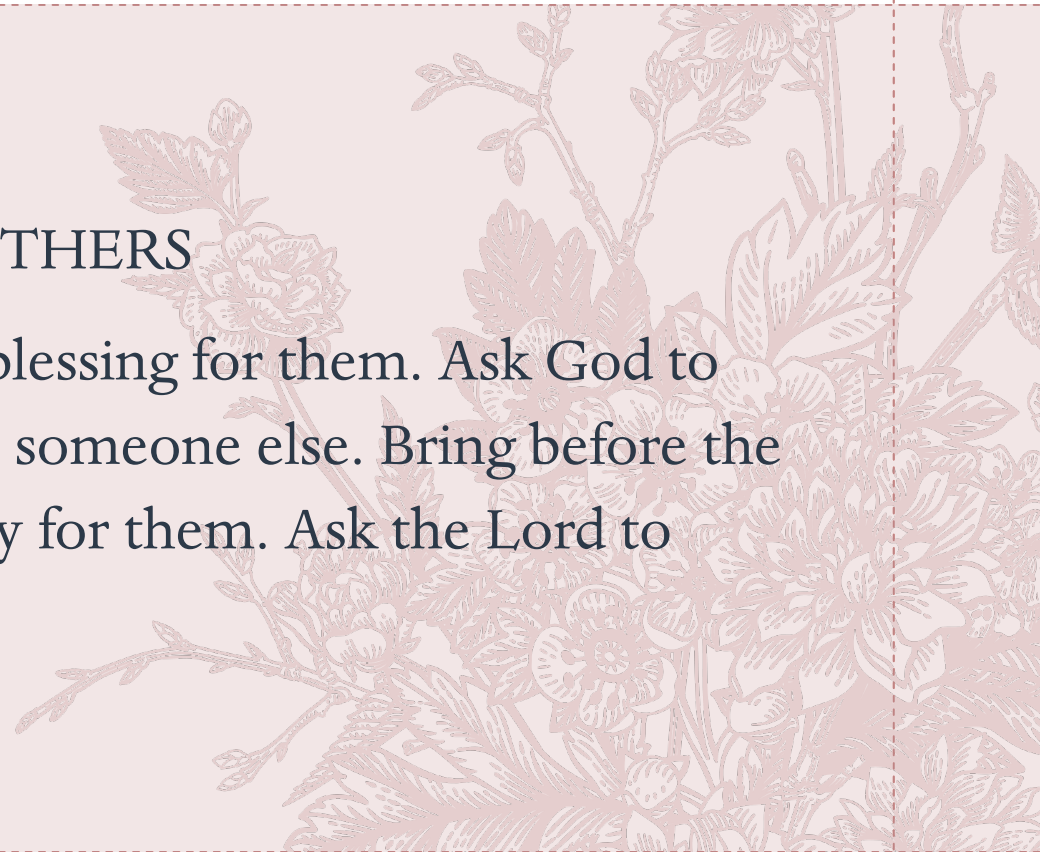
Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: “I adore you, O Christ, present here and in all the churches of the world, for by your holy cross you have redeemed the world.”



Things to do in Adoration

6. ASK FOR FORGIVENESS AND INTERCEDE FOR OTHERS

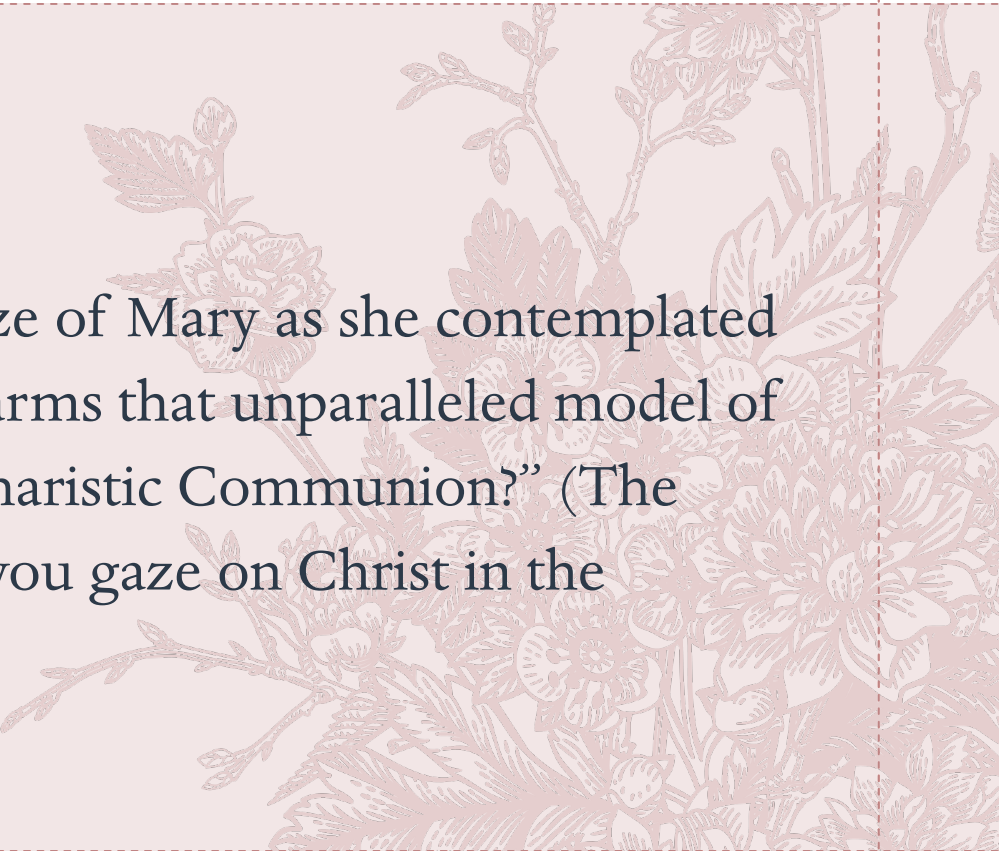
Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.



Things to do in Adoration

7. PRAY THE ROSARY

Pope John Paul II reminds us, “...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic Communion?” (The Church and the Eucharist, 55) Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.



Things to do in Adoration

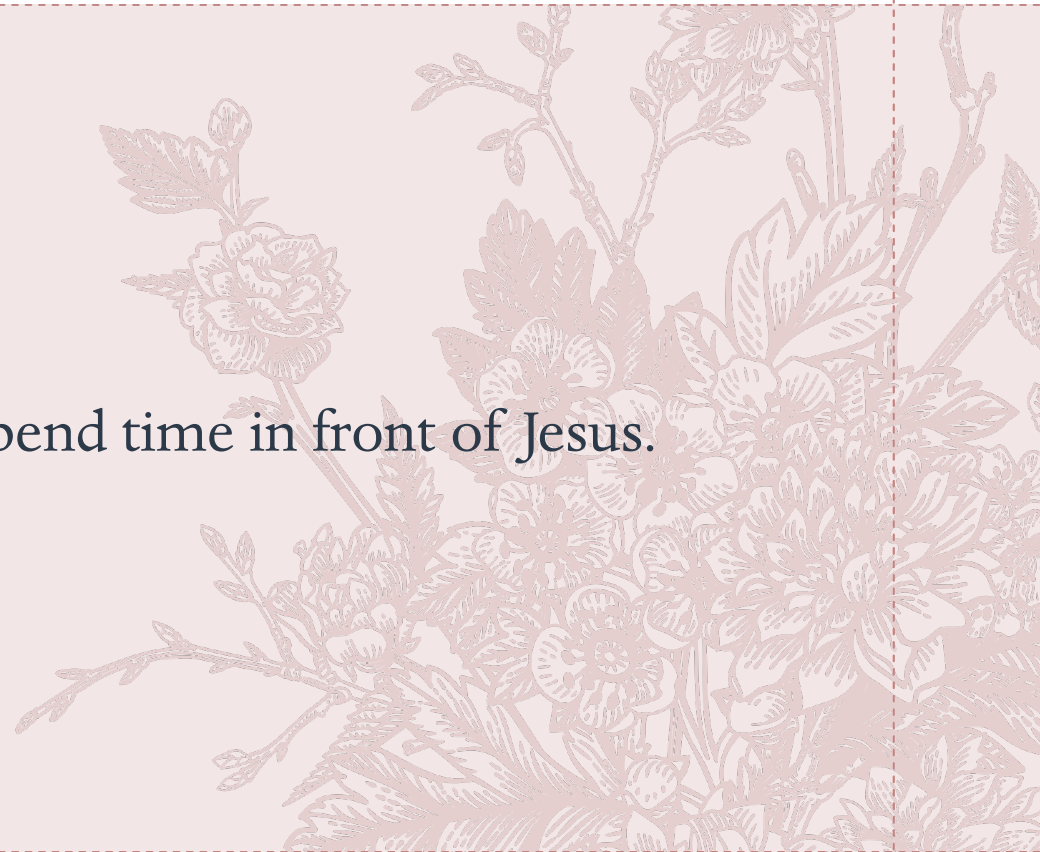
8. SIT QUIETLY AND JUST “BE” IN THE PRESENCE OF GOD

Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.



Things to do in Adoration

9. Bring whatever religious materials you would like to spend time in front of Jesus.



How to leave Adoration

Say goodbye to Jesus

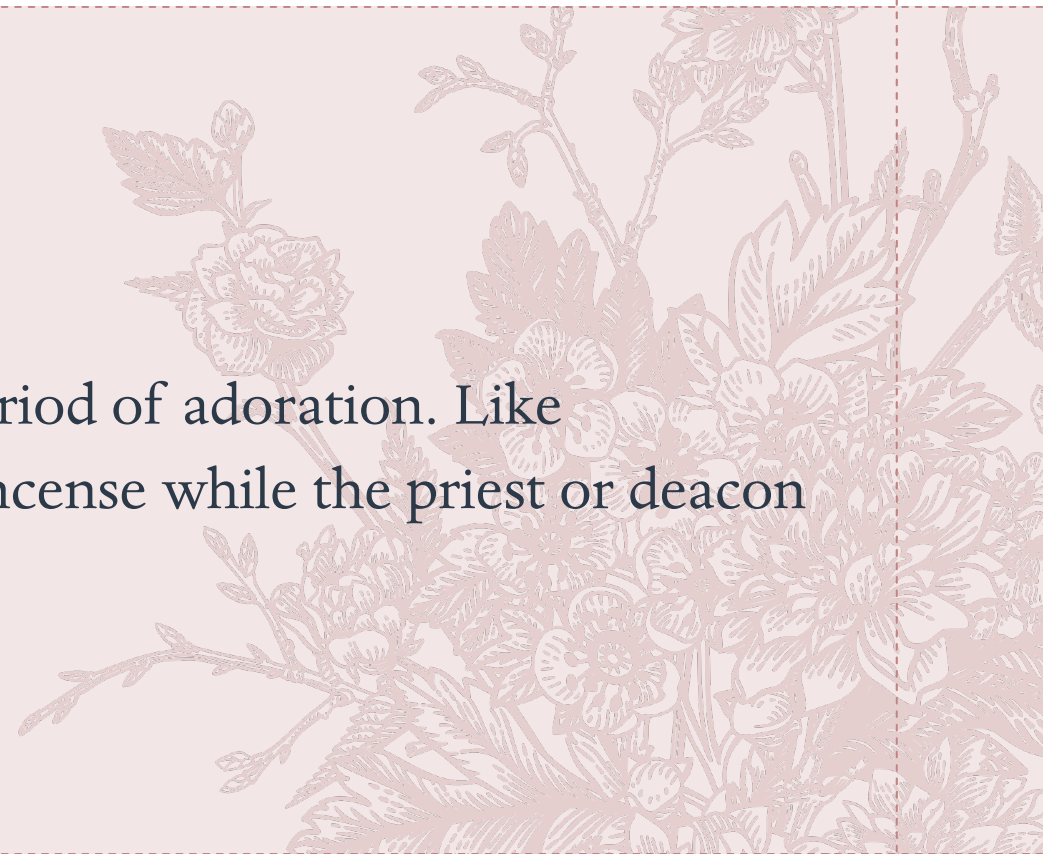
As you're preparing to leave Adoration, thank Jesus for your visit and make plans to visit again. Taking the time to say a proper farewell reminds us that we are going out into the world strengthened and emboldened by his presence and his promise to be with us always.



What is at the end of Adoration?

What is the end of adoration called?

“Benediction” indicates the rite used at the end of the period of adoration. Like exposition, benediction includes hymns, prayers, and incense while the priest or deacon blesses those present with the Eucharist.



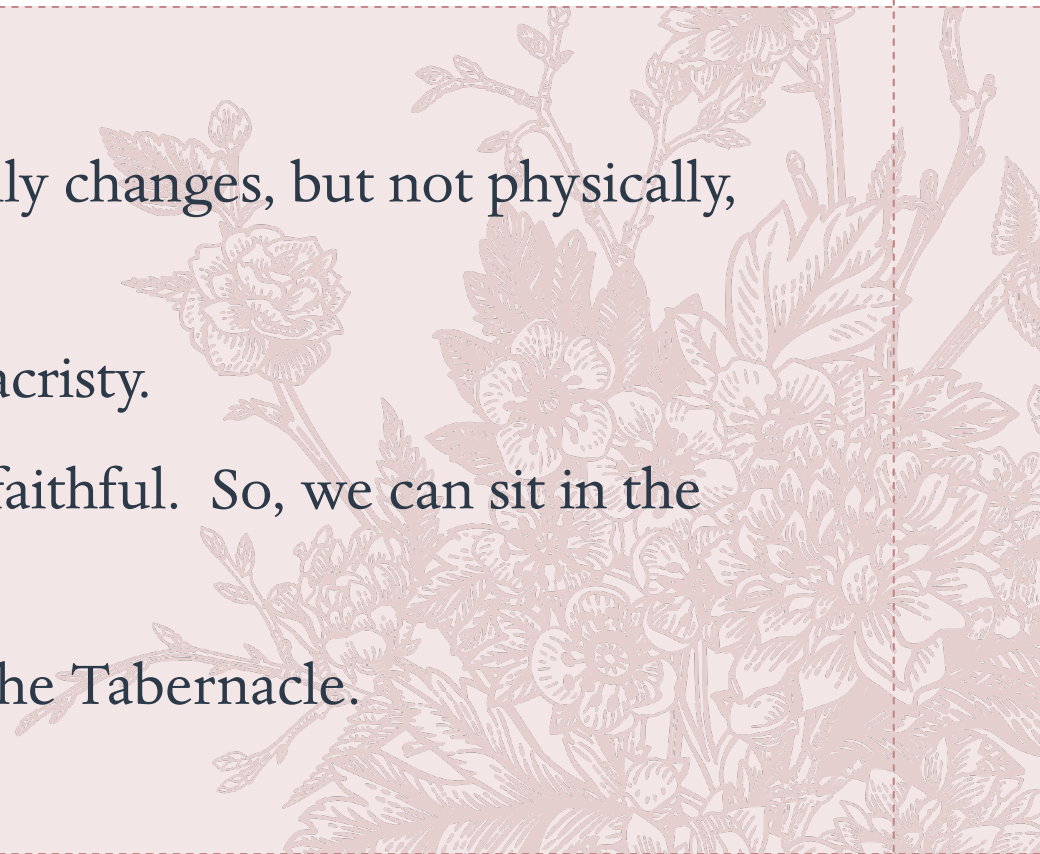
FAQ

What is Transubstantiation – When the bread substantially changes, but not physically, into the body of Christ.

Where are leftovers reserved – in the tabernacle no the sacristy.

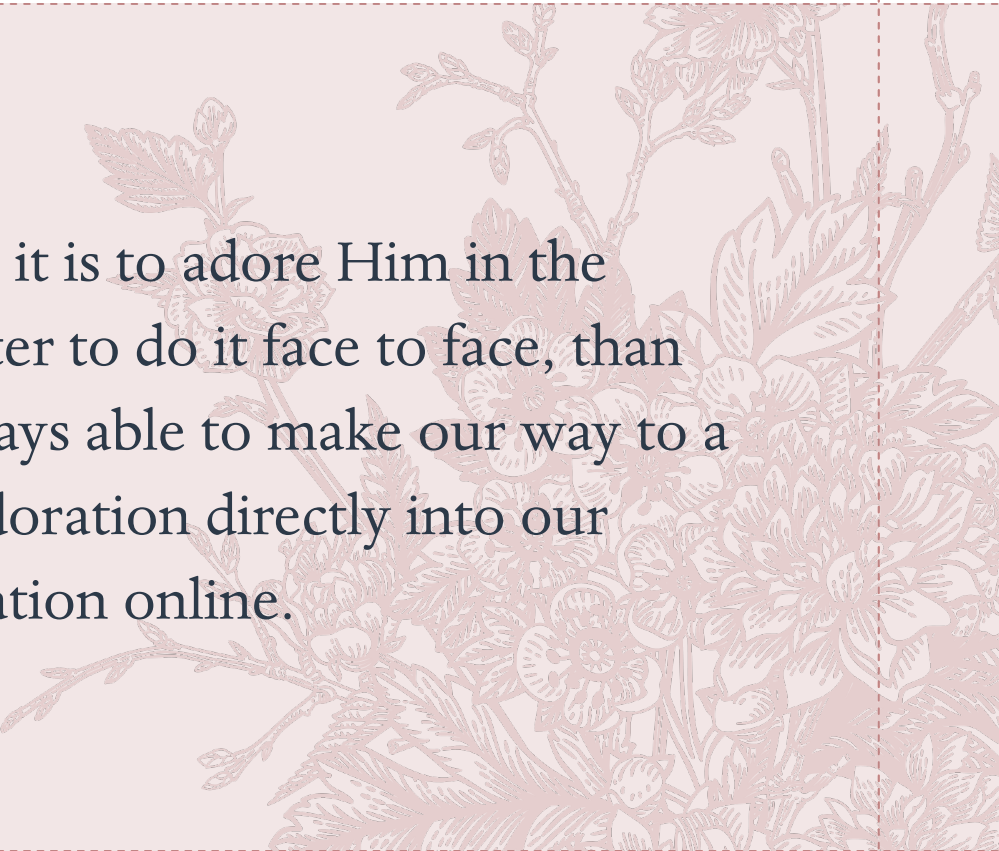
Why have leftovers? For the dying and adoration of the faithful. So, we can sit in the presence of God.

Sanctuary flame – when it is burning, Jesus is present in the Tabernacle.



Can you do adoration at home?

Our Lord is truly present in the Eucharist, and what a gift it is to adore Him in the Blessed Sacrament! And like talking to a friend, it is better to do it face to face, than over the phone. But, for whatever reason, we aren't always able to make our way to a Church or chapel. Thankfully, the Internet can bring Adoration directly into our homes. Below are a number of options to stream Adoration online.





Start at
4:58

A close-up photograph of a man with a goatee and blue eyes, wearing a black clerical shirt with a white collar. He has his hands pressed against his forehead, looking directly at the camera with a wide-eyed, open-mouthed expression of awe or surprise. The background is dark and out of focus, with some faint white lines suggesting a digital or graphic overlay.

WHAT REALLY HAPPENS WHEN WE ADORE JESUS



**WHAT TO DO
IN ADORATION**
W/ FR. JOSH JOHNSON

