

What is Eucharistic Adoration?

In short, it is a time to pray in the awesome presence of Jesus in the Eucharist outside of Mass.

But first, let us understand what the **Eucharist** is. "At the Last Supper, on the night he was betrayed, Our Savior instituted the Eucharistic sacrifice of His Body and Blood," (*Sacrosanctum concilium*, 47). The bread and wine at Mass, "By the words of Christ and the invocation of the Holy Spirit, become Christ's Body and Blood." (*Catechism of the Catholic Church*, #1333). The Eucharist is nothing less than Jesus' complete and personal gift of Himself to us - His Body and Blood, Soul and Divinity - under the appearances of bread and wine in the consecrated host.

The church explains that the Eucharist is "the source and summit of the Christian Life." (*Lumen gentium*, 11). In his first encyclical, *Redemptor Hominis*, Pope John Paul II echoed these words, adding that through the Eucharist, "each Christian receives the saving power of the Redemption." (Article 20). Jesus hides His immense glory, beauty and dignity in the Blessed Sacrament because He wants us to come to Him in faith that we may love Him for Himself.

Eucharistic Adoration or Adoration of the Blessed Sacrament is a special time for us to spend adoring or worshiping Jesus in his Eucharistic form of the consecrated host. At the Mass, the bread and wine are consecrated. This change of the bread and wine into the Body and Blood of Christ is called Transubstantiation.

The consecrated host is placed in a sacred vessel called the **monstrance**. Monstrance is taken from the word 'demonstrate', which means, to point to, or to show, to draw attention to. The monstrance draws our attention to Jesus who is really present at the altar.

Our adoration can be a time for us to just be quiet, to look at Jesus, knowing that He is looking at us. You can just sit and relax and enjoy the sweet peace that comes from simply being in the Presence of God.

It can be a time to read from the Sacred Scriptures, pray the rosary or use any other form of prayer we so desire. We can spend as much time as we desire praying in this way. You may feel that you can't pray well. Don't let this discourage you. The mere fact that you take time out to spend with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of great faith.

Eucharistic Adoration ideas: Bring with to Church: 1. Journal 2. pen or pencil 3. Bible 4. Prayer Book

Genuflect slowly before entering the pew. Also after you leave. Begin by kneeling and asking Jesus in prayer to make this time of Adoration a blessing for you. Ask Him to help you prepare your heart for His coming at Christmas. You may then sit or continue kneeling. Read through the handout on Eucharistic prayer.

Options you then have:

1. Guided prayer - name each member of your family one at a time and after each name ask Jesus to Bless them and help them (you may add whatever else you want about each person). Then do the same for your friends, relatives, classmates, teachers, co-workers, whoever you want to pray for. Record anything that you want to remember about this prayer time in your Journal.

2. Journal Prayer - got to the Prayer list in the back of your Journal and use this list to pray for, similar to #1. Then pray for yourself. Ask Jesus to help you in all areas of your life, listing each one. For example, name each class you have, where you work, times you are at home, things you do in your free time, school extra curricular activities.

3. Read in your Bible the excerpts from the Gospels, or the Psalms, or Proverbs, or the Acts of the Apostles. Record in your Journal something that you saw 'for the first time' in these readings. What did you expect was there but wasn't or what did you think was different, etc.