



Eucharistic Adoration

What is Eucharistic Adoration?

Adoration of the Blessed Sacrament is a form of prayer that began centuries ago.

Adoration means “To pay honor or homage to someone or something.”

During Adoration...

- we have the opportunity to come **face-to-face** with the living God.
- we are spending **time with a close friend**.
- We get to **deepen & strengthen** our personal relationship with God.

Adoration isn't about just sitting and staring, it is about giving thanks and praise to Christ, the One who gave His life for us.

“Adoration means entering the depths of our hearts in communion with the Lord, who makes himself bodily present in the Eucharist.”

- Pope Emeritus Benedict XVI

What to do BEFORE Adoration?

Just like getting ready for something important, you would prepare yourself. Why do we spend more time preparing for a meeting than preparing to spend time with the Lord of Heaven and Earth?

To prepare, the important things to remember are:

- WHO you are going to see.
- God simply desires to spend time with you.


How to improve focus in Adoration:

- **Consider your posture and surroundings.** Are the distractions with where you are sitting? Is it easier to pray kneeling or sitting?
- **Have something you can write in.** Have a journal where you can list out all of those “things” swimming around in your brain that are keeping you from focusing.
- **Offer up your distractions for God's glory.** If after writing down your thoughts you are still “distracted,” offer those distracting thoughts up to God.

Consider praying, **“God, I offer these many thoughts that are distracting me up to You for Your glory.”**

Before entering Adoration you should:

1. Silence any distractions, such as your cell phone.
2. After you have taken away distractions, say a prayer asking the Holy Spirit to give you focus and openness.



The **Monstrance**, comes from Latin word “to show.” It looks like rays of light, demonstrating Christ’s glory shining forth in the world.

What to do during Adoration

When entering Adoration:

1. Genuflect on one knee.
2. Either kneel or sit in prayer for some time.

Scripture to meditate on during Adoration:

John 6:35— I am the bread of life; whoever comes to me will never hunger, and who ever believes in me will never thirst.

Matthew 28:20— I am with you always, until the end of the age.

Matthew 26: 26-29— “While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.”*

Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.”

Other scripture passages: Luke 24: 13-35, John 6: 25-68, and 1 Corinthians 11:23-29

Questions to meditate on during Adoration:

- Jesus, is that really You? Do I believe that You are present in the Eucharist?
- Do I trust You Jesus? Do I trust You with my whole life?
- How can I love You more? Is there anything I am holding back from You, Lord?
- If Jesus asked me: “What do you want me to do for you?” (Luke 18:41) how would I answer?
- What in my life needs healing, forgiveness or restoration?
- Am I grateful for what God has done in my life?

When you ponder the Eucharist, try to ponder the “why” instead of the “how”:

- Why would Jesus give us the Eucharist?
- Why would he allow and even desire for us to consume Him?
- Why would He make Himself available in this way, in every Catholic Church in the world?
- Why would He choose this way to “be with us always” (Mt 28:20)?