



Perpetual Eucharistic Adoration

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 present body, blood, soul and divinity in the Consecrated Host or Blessed Sacrament.

Why do we have Perpetual 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 are examples of the fruits of Eucharistic Adoration. No matter how busy their schedules, or how many important people wanted to see them, Jesus in the Blessed Sacrament, the most important Person of all always came first. Every day they would spend 2 or 3 hours in His Eucharistic Presence, and they tell the whole world that this is where they get 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 the 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.”

~ Saint John Paul II



Why go?

To deepen your personal relationship with Jesus and to 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?

This hour that you spend with Jesus in the Blessed Sacrament may be spent in 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 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.”

~ Saint John Paul II