

A Message from Fr. Karl:
Eucharistic Adoration: How to Spend your Time in Adoration



We continue to pray our novena this week to Our Lady of the Blessed Sacrament for perpetual adoration. Let us find time to adore Jesus in the chapel.

“Adoration is the first act of the virtue of religion. To adore God is to acknowledge Him as God, as the Creator and Savior, the Lord and Master of everything that exists, to acknowledge, in respect and absolute submission, the “nothingness of the creature” who would not exist but for God... The worship of the one God sets man free from turning in on himself, from the slavery of sin and the idolatry of

the world.” CCC 2096-2097

*Eucharistic adoration is worshiping God as He is present in the consecrated Eucharist. Spending time before the Blessed Sacrament is exactly the same as spending time before the living God. In Fr. Benedict Groeschel’s book, *In the Presence of Our Lord*, **there are suggestions on how to spend time in adoration:***

1. Pray the Psalms. 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.
2. Recite the “Jesus Prayer”. Say “Lord Jesus, have mercy on me, a sinner,” repeatedly as you quiet your heart and mind.
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 wants for you to draw from that passage.
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... Read about them and pray their prayers before the Blessed Sacrament.
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 churches of the world, for by your Holy Cross you have redeemed the world.”
6. Ask for forgiveness and intercede for others: Think of those who have hurt you and request a special blessing for them.... Bring before the Blessed Sacrament all those who have asked you to pray for them.
7. Pray the Rosary: Ask Mary to join you as you gaze on Christ in the Eucharist.
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... Instead of talking to the Lord, try listening to what He wants to tell you.