

## ***EUCCHARISTIC ADORATION***

In our Catholic faith, we believe that Christ is truly present in the bread and wine. Adoration of the Blessed Sacrament is an extension of the worship we give to Christ at Mass.

Christ's presence in the sacred host is the unique way that he continues to be with us in a visible form. *"In his Eucharistic presence, Christ remains mysteriously in our midst as the one who loved us and gave himself up for us . . ."* (Catechism #1380). Quoting Pope John Paul II the same paragraph of the Catechism states:

*The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this 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.*

When we Catholics enter an Adoration Chapel, we genuflect or bow deeply as a sign of Adoration to Jesus, present in the host (CCC #1378). During your time in the chapel you can kneel or be seated in prayer.

- You can express your ***faith*** in the presence of Christ in the Blessed Sacrament with these or similar words: *"Jesus, I truly believe in your presence in the blessed sacrament. I thank you for continuing to be truly present and available to us in this special way."*

If you have a difficult time believing in this special presence of Christ, you can express your difficulty also in these or similar words: *"Jesus, I believe, help my lack of belief. Help me to come to believe in your presence in the Blessed Sacrament."*

- You are also encouraged to express your ***gratitude*** to Jesus. *"Jesus, I thank you for \_\_\_\_\_"*
- Also, express ***sorrow*** for sins. It is good to be specific. *"Jesus, I am sorry for all my sins, especially for \_\_\_\_\_"*.
- Also add prayer of ***petition*** (for self) and ***intercession*** (others). For example: *"Lord, draw me closer to you. Open my heart to whatever it is you wish to say to me. Help me to surrender to your word, etc."*

*"Lord, I also lift up to you my family, and the men/women on this weekend. I pray for people who are suffering and for their caregivers. I pray for the poor and all those who work daily to improve their lot, etc."*

- Finally, spend some time in ***quiet contemplation*** before the Lord. A medieval writer states: *"While we rest in him he works in us."* Just sit and be there. When you become aware that your focus is elsewhere, gently come back to being with Christ in the Blessed Sacrament.

## **EUCCHARISTIC ADORATION CHAPEL**

We have the unique privilege this weekend of having the Blessed Sacrament in our chapel. The basis for all Eucharistic devotion is the fact that Jesus, in the Blessed Sacrament, is the Son of God in human form. It contains “truly, really and substantially the Body and Blood together with the Soul and Divinity of our Lord Jesus Christ.”

The Church teaches us that the most powerful prayer is prayer in the presence of Jesus in the Blessed Sacrament. Prayer in the Divine Presence of Jesus releases the power, blessing and grace of God upon all people.

Each time you go to Jesus in the Blessed Sacrament, you touch His Heart with your faith. Each holy hour you make in the Presence of Jesus releases His power and graces upon you, your family, your parish, your diocese and the world. It is the one sacrament which not only gives grace, but contains the very SOURCE of grace- namely Jesus Christ!

Since we are truly in the presence of Jesus in the chapel we always genuflect- on both knees if health allows- as a sign of respect and adoration to Jesus our Lord and Savior. It is a quiet time of personal prayer so that we can communicate with Jesus.

### ***EUCCHARISTIC PRAYER***

**MOST HOLY TRINITY, I ADORE YOU! MY GOD, MY GOD, I LOVE YOU IN THE MOST BLESSED SACRAMENT!**

### ***PARDON PRAYER***

*Oh my God, I believe in you, I adore you, I trust in you and I love you! I beg pardon for all those who do not believe in you, trust in you, adore you and do not love you!*

### ***PRAYER OF PREPARATION***

*Oh most Holy Trinity; Father, Son and Holy Spirit, I adore thee profoundly. I offer thee the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg thee the conversion of all poor sinners.*