

Adoration-

realizing the greatness of God,
pondering who God is, who I am.
Jn. 21:7, Mt. 2:1-12, 16:17, 17:1-8,
Lk. 2:8-20, Jn. 20:24-29

Contrition (Sorrow)-

for my failings, my sin, my weakness
and for the sins of the world.
Mt. 26:69-75, Lk. 5:27-32, 13:1-5,
15:7, Ja. 4:6-10

Thanksgiving-

for the blessings and gifts God has
given to me, natural and spiritual.
Mt. 15:29-31, Mk. 14:22-25,
Lk. 2:25-32

Supplication (Petition)-

presenting to God my needs, whether
spiritual or temporal, for body or for
soul, especially for vocations, respect
for life, family needs, and our country.

Other time-honored suggestions include:

Pray with the Sacred Scriptures

Pray the Rosary

Pray the Chaplet of Divine Mercy

Just Spend Time with Jesus

Above all, try to spend at least twenty minutes in
silent recognition of Jesus, truly present in the
Eucharist.

*The Church and the world
have a great need of
eucharistic worship. Jesus
waits for us in this
sacrament of love. Let us
be generous with our time
in going to meet Him in
adoration and in
contemplation that is full of
faith and ready to make
reparation for the great
faults and crimes of the
world. May our
adoration never cease.*

*John Paul II
"Dominicae Cenae"*

Adoration of the Blessed Sacrament



Adoration of the Blessed Sacrament

There has been an explosion of interest in adoration of the Blessed Sacrament. Yet for all the interest and participation, many do not understand the role and purpose of adoration. Adoration of our Lord Jesus Christ truly present in the Blessed Sacrament has its foundation in an understanding of what occurs in the Mass.

What Occurs in the Mass?

The Scriptures are the foundation for our understanding of what takes place in the Mass. They tell us that:

“During the meal Jesus took bread, blessed it, broke it, and gave it to his disciples.

‘Take this and eat it,’ he said, ‘this is my body.’

Then he took a cup, gave thanks, and gave it to them.

‘All of you must drink from it,’ he said, ‘for this is my blood, the blood of the covenant, to be poured out in behalf of many for the forgiveness of sins.’”

Mt. 26:26-28

The Catechism of the Catholic Church offers profound insights. It refers to the body and blood of Jesus as the Eucharist, the Lord’s Supper, the Breaking of Bread, the Holy Sacrifice, the Sacrament of Sacraments, the Blessed Sacrament and the Holy Mass. All these titles attempt to express the great treasure, the tremendous gift that we have in Jesus, truly present in his Body and Blood at every Mass that is celebrated.

When “the bread and wine are brought to the altar, they will be offered by the priest in the name of Christ in the Eucharistic sacrifice in which they will become his body and blood.” (#1350)

At every Mass that is celebrated the sacrifice Christ offered once for all on the cross remains ever present. “The Eucharist is thus a sacrifice because it *re-presents* (makes present) the sacrifice of the cross....” (#1366)

“In this divine sacrifice which is celebrated in the Mass, the same Christ who offered himself once in a bloody manner on the altar of the cross is contained and is offered in an unbloody manner.” (#1367)

“In the most blessed sacrament of the Eucharist, ‘the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really and substantially contained.*’” (#1374)

At “the consecration of the bread and wine there takes place a change of the whole substance of the bread into the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation.” (#1376)

This tremendous gift is “the source and summit of the Christian life.” (#1324)

What Is Adoration?

Outside of the Mass, we can also adore Jesus, truly present in the Eucharist, every time we visit his sacramental presence reserved in a tabernacle or visibly displayed in a monstrance.

Adoration is an attitude

“To adore God is to acknowledge him as God, as the Creator and Savior, the Lord and Master of everything that exists...to acknowledge...the ‘nothingness of the creature’ who would not exist but for God.” (#2096-2097)

Adoration is prayer

“Lifting up the mind toward God is an expression of our adoration of God: prayer of praise and thanksgiving, intercession and petition.” (#2098)

How to Spend Time in Adoration

The late John Joseph Cardinal Carberry of St. Louis, in *Reflections and Prayers for Visits with Our Eucharistic Lord*, reminds us of the time-honored tradition of making a prolonged visit, or a holy hour with Jesus. He suggests a way to spend time with our Lord by remembering the acronym **ACTS**—