

### **Who should I contact about Eucharistic Adoration?**

Please contact the Adoration Coordinator Lisa Lively at 678-699-7590 or [llively@regnumchristi.net](mailto:llively@regnumchristi.net).

### **What is Eucharistic Adoration?**

Eucharistic adoration is the respect and worship we give to Jesus Christ, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace. Because Christ himself is present in the sacrament of the altar, He is to be honored with the worship of adoration. "To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord." [CCC 1418] The Blessed Sacrament is always available reserved in the Tabernacle and at times exposed on the Altar for adoration by the faithful.

### **What are some of the purposes of Eucharistic Adoration?**

- To draw us more deeply into the mystery of Christ's Real Presence in the Holy Eucharist.
- To strengthen our relationship with Jesus Christ.
- To express our love, gratitude, and respect for Christ our Lord.

### **What are some of the benefits of Eucharistic Adoration? Here are a few quotes:**

"Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer." -St. Alphonsus Ligouri

"The spiritual lives of our families are strengthened through our Holy Hour." -Blessed John Paul II

"The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship." - Archbishop Fulton Sheen

"The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship." - Blessed John Paul II

### **Who may participate?**

Everyone! To help maintain a prayerful environment adults are encouraged to accompany any children in their care.

### **When is Eucharistic Adoration available?**

You can always come adore Jesus reserved in the tabernacle while the church is open. There are also times available to adore Jesus in the Blessed Sacrament while he is exposed on the altar in a monstrance. Please visit the [worship schedule page](#) to see the scheduled times for exposition of the Blessed Sacrament for adoration.

### **How many people are needed during adoration while the Eucharist is exposed?**

At least one person, and preferably two or more, are needed for each hour that Jesus is exposed in the monstrance. The people present who have signed up and commit to a holy hour are not only adorers, but also guardians of the Blessed Sacrament. When two or more people are scheduled at an hour, each adorer is expected to attend that hour each week. However, when one of those adorers is not able to attend their hour, they only need to contact another adorer to ensure that someone will be there and the hour will still be covered.

### **What is required of an assigned adorer?**

Each assigned Adorer selects one hour during the week. They promise to keep this same hour covered each week. If they are unable to attend their hour, they are required to find a replacement guardian. Assistance is available when help is needed finding a substitute.

### **Which hour should I choose?**

You should choose an hour that realistically fits into your schedule. The time from 12 AM to 6 AM is the greatest sacrifice for many, but the rewards are even greater. We are always looking for volunteers and substitutes for this particular, very quiet, relaxing and precious time before the Lord.

If you can be somewhat flexible, the Adoration Coordinator will inform you of the hours of greatest need. Their name and phone number are provided at the beginning of this page.

### **What do I do at Eucharistic Adoration? Here are some suggestions:**

1. Pray the Psalms or the Liturgy of the Hours

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"
3. Say "Lord Jesus, have mercy on me, a sinner", repeatedly as you quiet your heart and mind.
4. 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 wishes for you to draw from that message.

5. Read the life of a saint and pray with him or her

Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day. Mother Teresa of Calcutta and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.

6. 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 the churches of the world, for by your holy cross you have redeemed the world."

7. Ask for forgiveness and intercede for others

Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.

8. Pray a devotion like the Divine Mercy Chaplet or the Rosary

Pope John Paul II reminds us, "...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" (The Church and the Eucharist, Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.

9. 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. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.