

7–EUCCHARISTIC ADORATION

Eucharistic adoration is simply prayer before Jesus in the Blessed Sacrament. We do this at Mass but it more popularly refers to time spent in the presence of the Blessed Sacrament either before the tabernacle or with the host exposed in a monstrance.

This is a very free form of prayer that can encompass nearly all other forms of prayer, e.g., while at adoration we can do lectio, meditate, contemplate, pray the Rosary et al. Further, this can be an opportune time to reflect and converse with God or simply to rest in his presence, quite literally. It is a form of prayer that can be both personal and communal.

Prayer before the Blessed Sacrament can help to focus our prayer in a very special way. It allows us to quietly and more leisurely contemplate what we celebrate at Mass, i.e., Jesus self-giving to us and our self-giving with Him through the Holy Spirit to the Father.

The celebration of the Eucharist (The Mass) is the source and summit of the Christian faith. Everything we do as Catholic Christians flows from the celebration of the Eucharist and leads towards it. So too, Eucharistic adoration flows from the celebration of the Eucharist and leads us to it. Adoration is an act of thanksgiving for what we have received and an act of preparation for what we will receive. The ultimate destination of the Blessed Sacrament is not the tabernacle or a monstrance but the human heart.

Eucharistic adoration is an opportunity to grow and deepen in a spirit of prayer. Eucharistic adoration can draw us more deeply into the paschal mystery we celebrate at the Eucharist. Seeing Jesus in the Blessed Sacrament should lead to us see him better in others. St. John Chrysostom noted that the Jesus who said “This is my body.” is the same Jesus who said, “I was hungry and you gave me to eat.”

When exposition takes place, there must a least one person present at all times. It should include the Word of God and may conclude with Benediction. This may be given by a priest or a deacon.

*Yesterday evening we came together in the presence of the Sacred Host, in which Jesus becomes for us the bread that sustains and feeds us (cf. Jn 6: 35), and there we began our inner journey of adoration. **In the Eucharist, adoration must become union....**The Latin word for adoration is ad-oratio - mouth to mouth contact, a kiss, an embrace, and hence, ultimately love.*

Pope Benedict XVI

How good it is to stand before a crucifix, or on our knees before the Blessed Sacrament, and simply to be in his presence! How much good it does us when he once more touches our lives and impels us to share his new life! What then happens is that “we speak of what we have seen and heard” (1 Jn 1:3).

Pope Francis