



ADORATION OF THE BLESSED SACRAMENT

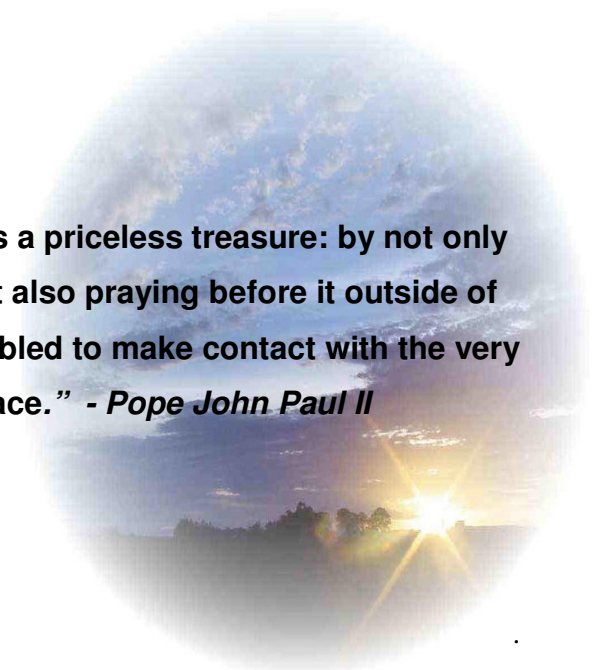
I am the bread of life. No one who comes to me will ever hunger; no one who believes in me will ever thirst.

John 6: 35

Jesus is here!

Imagine for a moment that we are living in Jesus' time and he has invited us to visit with him and spend some quiet time getting to know him better. ...The good news is that Jesus is here with us TODAY—body, blood, soul and divinity—in the Holy Eucharist. Although Jesus comes to us under the appearance of bread and wine, his presence is as real to us now as he was flesh-and-blood-real to His disciples when he walked this earth. He can perform miracles, heal us, teach us, love us. We can talk to him, and he can speak to us through His Word, Holy Scripture, and through the Holy Spirit who lives in us through our baptism and confirmation.

From: www.therealpresence.com



“The Eucharist is a priceless treasure: by not only celebrating it but also praying before it outside of Mass we are enabled to make contact with the very wellspring of Grace.” - Pope John Paul II

His Loving Presence

In early 2007, Pope Benedict XVI wrote a letter called "The Sacrament of Charity." In it he says, "the celebration and worship of the Eucharist enable us to draw near to God's love and to persevere in that love." He goes on to say, "When Jesus instituted the Eucharist at the Last Supper... Jesus revealed that he himself was the sacrifice that would bring salvation to fulfillment. The institution of the Eucharist demonstrates how Jesus' death, for all its violence and absurdity, became in him a supreme act of love and mankind's definitive deliverance from evil."

In celebrating the Eucharist the church is able to celebrate and adore the mystery of Christ who is present in the bread and wine through the power of the Holy Spirit."

Our Lady of the Most Blessed Sacrament

Virgin Immaculate, perfect lover of Our Lord in the Blessed Sacrament, we ask you to obtain for us the graces we need to become true adorers of our Eucharistic God.

Grant us, we beg of you, to know Him better, to love Him more, and to center our lives around the Eucharist – to make our lives a constant prayer of adoration, thanksgiving, reparation, and petition to Our Lord in the Blessed Sacrament. Amen.

By St. Peter Julian Eymard

Ways to Pray Before the Blessed Sacrament

*By St. Peter Julian Eymard,
Founder of the Congregation of the Blessed Sacrament*

It may mean simply being one with Jesus as he offers adoration, thanksgiving, reparation, and petition for our needs and those of the world.

It may mean offering to Jesus himself our prayer of adoration, thanksgiving, reparation, and petition for our needs and those of the world.

It may mean simply being in God's presence in a state of adoration, thanksgiving, reparation, and petition.

Being there simply, loving, peacefully waiting on him, sitting in his presence, offering one's own presence, and drinking in his Love like the rays of the sun:

To adore Christ present in the sacrament, "remembering that this presence flows from the sacrifice of the Mass and leads to sacramental and spiritual communion";

To dwell with Christ our Lord, enjoying his intimate friendship and pouring out our hearts before him, for ourselves and our dear ones, and praying for the peace and salvation of the world;

To offer our entire lives with Christ to the Father in the Holy Spirit and receiving in this wonderful exchange an increase of faith, hope, and love;

To worship Christ our Lord in the Blessed Sacrament in harmony with our way of life.

“Be Still, and Know That I Am God.”

To adore Jesus—God—in the Blessed Sacrament, we need to quiet our souls. Jesus knows every inch of us, every thought we think, every hope in our hearts. He loves to hear us talk to him. That means He loves to hear you talk to him. And he wants to talk to you. To hear him, you have to become still inside. That’s hard to do, for all of us. There is a way to pray that helps us be quiet so we can hear Jesus -- it is called the prayer of quiet or contemplative prayer. It is a way to help quiet ourselves interiorly, so the Holy Spirit, the Father, Jesus, can speak to us.

To practice it, try to quiet all those distracting thoughts about the people around you, the things you have to do, the way you feel. Have you ever just sat in silence with a dear friend, enjoying each other’s presence while feeling the peace of the friendship? Doing that with Jesus is the prayer of quiet. It lets Jesus get a word in edgewise! He speaks gently, through the Holy Spirit.

To get started, you might try thinking of an image or word related to Jesus. Some people simply gaze at the Blessed Sacrament and try to think of nothing else. And the Holy Spirit will touch your heart. St. Peter Julian taught beautiful, simple methods of prayer before the Eucharistic Jesus; they are given at the end of this booklet.

Ask Jesus to give you the grace of contemplative prayer. He will answer your prayer with great graces because he loves you—you—beyond your wildest dreams, and he wants to give you great joy and great peace.

For meditation: a reading from John 15: 12-14, 16-17

Read the meditation texts slowly. When the Holy Spirit makes a word or phrase strike a chord in your heart, pause and reflect.

“This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends. You are my friends if you do what I command you....You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask in my name. I am giving you these commands so that you may love one another.”

PSALM 117

**Praise the Lord, all you nations!
Extol him, all you peoples!
For great is his steadfast love toward us, and the
faithfulness of the Lord endures forever.
Praise the Lord!**

For meditation: a reading from Luke 22: 14-22

“When the hour came, he took his place at the table, and the apostles with him. He said to them, “I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it again until it is fulfilled in the kingdom of God.” Then he took a cup, and after giving thanks he said, “Take this and

divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood."

Spiritual Communion
A Prayer for Times Away from Church
by Saint Alphonsus Liguori

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. I embrace You and unite myself entirely to you; never permit me to be separated from You!