



## LESSON 27: The Eucharist — Adoration

### Overview

The highest thoughts and sentiments of the human being always draw the person nearer to God, and nowhere is this more obvious than in the Eucharist. The great churches, the music, the art, all of these great achievements point towards the enduring impact of Christ present to mankind in the Eucharist. The way of showing love for him is in adoring him in the Eucharist, in adoration, and the Church's teaching on the Real Presence is the foundation of Eucharistic adoration and devotion.

### Saint Quote

“The greatest love story of all time is contained in a tiny white host.” —Venerable Fulton Sheen

### Opening Prayer *Anima Christi*

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from Christ's side, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malicious enemy, defend me. In the hour of my death, call me. And bid me come unto Thee, That I may praise Thee with Thy saints. And with Thy angels Forever and ever. Amen.

### Sacred Scripture *Gospel of John 6:60-69*

### Catechism 1375-1381

### DOES PRAYING IN THE CHURCH REALLY MATTER?

The *Catechism* recognizes the importance of praying before our Lord in the Blessed Sacrament, whether he is in the tabernacle, the “prison of love,” or exposed in the monstrance, as is done during adoration. The effects of this are numerous: psychologically, it is easier to concentrate and the quiet of adoration permits us less distraction; theologically, the Real Presence is the most real way we can be near to God, and therefore being in his presence radically forms us whether we realize it or not; spiritually, it permits us to have a deeper intimacy with Our Lord, like visiting a friend for coffee, we begin to see Jesus in the Eucharist as more approachable and bring him into our confidence; it also bears fruit in that it is an excellent testimony to others who may stumble in for adoration to see another there with them in prayer.

## WHEN IS THE BEST TIME TO VISIT THE LORD IN THE EUCHARIST?

The Church's teaching tradition has emphasized three times to especially focus on: first, we should always take time after we have received him in Communion to give thanks and to adore him as he is truly present in us; second, visiting him for a longer period, whether on a Sunday or another day, taking time to simply be in his presence, preferably exposed in the monstrance; finally, making frequent short visits when you are able, even if simply to stop in to say a brief prayer and then leaving. Think of it this way if you will: if you spend a good hour with one of your best friends, you'll leave that encounter with gratitude (like we do at Mass); if you spend half an hour with that person or on the phone, you are again grateful, and also you'll want to come back and spend more time with them later; if you send each other a text, it is just a way of saying hi and checking in. Would you not do the same thing for our Lord who loves you more than you could ever imagine?

## WHAT DO I DO WHEN I VISIT THE LORD IN THE EUCHARIST?

Sit there, lay prostrate, kneel in the pew, stand if you are tired—there is no rule to follow. Time before our Lord varies for every season of life and for every personality, but some of these basic things to attempt while in adoration will help you to get the most out of it. Be prepared to be quiet: this is usually the most uncomfortable part of adoration, so training yourself to enjoy quiet, listening to no music while driving to church, maybe having a white noise in your background instead of music—these are ways that help you to better encounter the silence that adoration offers. Take a book with you, whether it is the Bible, the Catechism, or something by a saint or great teacher of the Faith, having a book with you to read will help stimulate thought and conversation with God in prayer, and this is never a problem. Pray your rosary or another devotion: time with our Lord in the Eucharist can be challenging if we are not used to being still and silent, so having some kind of devotional meditation can help you get more accustomed to this time of prayer. Be patient: you may not find it very helpful at first, but very often if you just persevere, you'll find yourself wanting to go more often, and frequently you'll stop bringing books and your devotions and realize this is the most valuable time of your week with Jesus other than the Mass.

## DISCUSSION QUESTIONS

- • What are some of the ways we express our belief in the Real Presence (actions of reverence)?
- • When is the last time you prayed quietly before our Lord in the tabernacle?
- • Is there a way you like to spend time in adoration of the Blessed Sacrament in particular?
- • Is receiving the Blessed Sacrament in a state of grace every Sunday important to you? If yes, why? If no, why not?