

"The Eucharist is connected with the Passion. ...To make sure that we do not forget, Jesus gave us the Eucharist as a memorial of his love ... **When you look at the Crucifix, you understand how much Jesus loved you then, when you look at the Sacred Host you understand how much Jesus loves you now.**" – St. Teresa of Calcutta

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth." – St. Teresa of Calcutta

"Know also that **you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day.** True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace." - St. Alphonsus Liguori

"Out of the darkness of my life, so much frustrated, **I put before you the one great thing to love on earth: the Blessed Sacrament.** . . . There you will find romance, glory, honour, fidelity, and the true way of all your loves on earth, and more than that: Death.

By the divine paradox, that which ends life, and demands the surrender of all, and yet by the taste—or foretaste—of which alone can what you seek in your earthly relationships (love, faithfulness, joy) be maintained, or take on that complexion of reality, of eternal endurance, which every man's heart desires. – JRR Tolkien, Letter to his Son Michael

"The only cure for sagging or fainting faith is Communion. Though always itself, perfect and complete and inviolate, the Blessed Sacrament does not operate completely and once for all in any of us. **Like the act of Faith it must be continuous and grow by exercise.** – JRR Tolkien

In an apparition to St. Margaret Mary Alacoque, Jesus spoke: **"I have a burning thirst** to be honored by men in the Blessed Sacrament."

"Every member of the Church must be **vigilant in seeing that the sacrament of love shall be at the center of the life** of the people of God so that through all the manifestations of worship due him shall be given back 'love for love' and truly become the life of our souls." – St. John Paul II, Redeemer of Man)

"Let us **be generous with our time** in going to meet Jesus and ready to make reparation for the great evils of the world. Let your adoration never cease." (Pope John Paul II, *Dominicai Cena*)

"Christ is reserved in our churches as the spiritual center of the heart of the community, the universal Church and all humanity, since within the veil of the species, Christ is contained, the invisible heart of the Church, the Redeemer of the world, the center of all hearts, by him all things are and of whom we exist." (Pope Paul IV, *Mysterium Fidei*)

"Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete." (Pope John Paul II, Redeemer of Man)

What to do in Adoration

1. Be Patient with the discomfort of silence – It's like training for a marathon. Start with 5-10 minutes if you have to, and build up, challenge yourself
2. Bring Scripture – read the next Sunday's reading, a Psalm, etc.
 - a. Lectio: Lectio, oratio, meditatio, contemplation, resolutio
 - b. Ignatian Contemplation: Prayerfully read the reading, and let it 'play' out, interact with the people, engage the senses
3. Pray the Rosary
4. Consciousness examen
 - a. Invite the Holy Spirit to come
 - b. Prayerfully review your day/time since the last examen
 - c. Pay attention to emotions and 'spiritual movements' that lead to God or away from Him
 - d. Thank the Lord for how you experienced Him, and ask for the grace to do better
5. Read the writings of the Saints (many resources online)
6. Pray for your loved ones
7. Pray to know/respond/live your vocation
8. Journal about your faith journey
9. Just look at Him, who looks at us with love.

Why Adoration

1. Jesus Christ is truly present! And He waits, a prisoner of love, for you.
2. A gift of His presence awaits, why should we not accept it
3. The Lord speaks, but only in silence (Elijah's encounter with Him on Mt. Sinai)
4. To quiet our hearts from the inner turmoil
5. Radiation Therapy

Story of encounter