

Eucharistic Adoration



What is Eucharistic Adoration?

http://www.catholic-church.org/kuwait/eucharistic_adoration.htm

Understood simply, Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense, it involves “the contemplation of the Mystery of Christ truly present before us”.

During Eucharistic Adoration, we “watch and wait”, we remain “silent” in His Presence and open ourselves to His Graces, which flow from the Eucharist ... By worshipping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us.

In its fullest essence ... Eucharistic Adoration is “God and Man reaching out for each other, at the same time!”

The Eucharist is: Jesus truly present - Body, Blood, Soul, and Divinity!

At the moment of Consecration, during the Mass, the “gifts” of bread and wine are transformed (transubstantiated) into the actual Body and Blood of Christ, at the Altar. This means that they are not only spiritually transformed, but rather are actually (substantially) transformed into the Body and Blood of Christ. The elements retain the appearance of bread and wine, but are indeed the actual Body and Blood of Christ. This is what is meant by Real Presence: the actual, physical presence of Jesus in the Eucharist.

Christ instituted this Holy Sacrament of the Eucharist in order to remain with mankind until the end of time (Jn. 14:18).

The (reserved) Blessed Sacrament serves as a focal point of devotion.

Because, as Catholics, we believe that Christ is truly and substantially present in the Eucharist, the Blessed Sacrament is given the same adoration and devotion that is accorded to Christ.

At the beginning of the exposition of the Blessed Sacrament, a priest or deacon removes the sacred host from the tabernacle and places it in the Monstrance on the Altar for adoration by the faithful. “Monstrance” is the vessel used in the Church to display the consecrated Eucharistic Host, during Eucharistic adoration or benediction. The word monstrance comes from the Latin word *monstrare*, meaning “to expose”. It is known in Latin as an *Ostensorium*. When a consecrated host is placed in the monstrance, it is said to be a solemn exposition.

When the Monstrance contains the Sacred Host, the priest does not touch it with his bare hands, but instead, holds it with a *humeral veil*, a wide band of cloth that covers his shoulders (humera) and has pleats on the inside in which he places his hands.

At all other times, the reserved Sacrament is kept locked in the Tabernacle, so that the faithful may pray in the presence of the Sacrament.

“Perpetual Adoration” is Eucharistic Adoration round the clock (that is, twenty-four hours a day). A “Holy Hour” is “Eucharistic Adoration of Reparation” which lasts for about an hour.

Adoration ceremonies traditionally include Scripture readings, hymns, prayers and time for silent adoration.

What do I do at Eucharistic Adoration?

Everyone finds his or her own ways of spending time with Jesus. Some spend an hour on their knees, gazing adoringly at the monstrance. Say a rosary, read Scripture, write in a journal, read a spiritual book (there are dozens available specifically for Holy Hours) or do absolutely nothing at all. Whatever happens in that space and time is Okay. The point is to make time for Jesus as you make time for your spouse, your kids, and your friends—any important relationship.

The Franciscan tradition offers some ideas to get you started.

St. Clare of Assisi instructed her sisters to follow a four-step process for meditation.

- **Gaze.** Simply spend some time looking at the Host. Except for the Elevation at Mass and the few moments when we receive Communion, it’s not something we get to see. The profound reality of the Real Presence is so essential to our faith that it’s worth spending some time on.
- **Consider.** Is there a special concern weighing on your mind? Even complicated issues sometimes can untangle themselves when considered in the light of Christ’s presence. This is also a good time to simply consider Christ. You might start with pondering his Agony in the Garden, or the Passion and Death that followed. You might reflect on his sacrifice for you, and how the evidence of his presence in front of you confirms that even death did not exhaust his love.
- **Contemplate.** Pray. Whatever is on your mind, whatever thoughts can’t quite fit into the few minutes your day usually allows for prayer—you have time for them now. Pour out your heart to the One who is anxious to receive your worship, your praise, your pleas, even your anger.
- **Imitate.** Spending time in Eucharistic Adoration usually has a profound effect on a person’s life. Take whatever insights you have gained from your time in prayer, or whatever peace you have been granted, and bring it back to your daily life. With time, you may find that the hour you thought you could never fill is not long enough.

“When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host, you understand how much Jesus loves you now,” Mother Teresa said.

“...The time you spend with Jesus in the Blessed Sacrament is the best time 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 everlasting peace on earth.”

In every case, the object of Eucharistic Adoration is to draw closer to Jesus and, then, to bring that presence of Christ to our needy world. From www.AmericanCatholic.org