



Eucharistic Adoration *Some Personal Testimonies*

"My husband and I feel attending adoration is plus for us. We talk over our problems and our joys with Jesus. The quiet time in His presence allows us to sort out what is important and focus our energies towards those things."

"With each visit, I begin to see my failings more clearly and forgive others more generously. I began to appreciate the sacrament of reconciliation as a gift of mercy!"

"After a visit to the Chapel, I feel renewed peace and tranquility in my mind and heart. There is something special and sacred praying before the Blessed Sacrament!"

"I find that when I spend time before the Lord, he gives me a great sense of peace. I feel a real serenity when facing the daily chaos of life."

"After going to adoration, I visited my friend and she remarked that my face was glowing! I knew I was more serene, but a verse from the Bible came to me about Moses' face was illuminated after being face to face with the Lord!"

"When I can't seem to find Him in any other way, I find Him in the Adoration Chapel."

"When someone needs a substitute in adoration, I volunteer because I feel Jesus is calling me to be with Him and to pray."

"I have been coming to adoration for awhile and I marvel that anytime of the day, we can find Jesus here waiting for us. We are fortunate to have such a treasure in our parish."

"In the chapel I am free of all those things that busy my mind and hands. There is no laundry, no internet, no dusting, no shopping lists...there is simply an hour of quiet, an hour to commune and listen."

"In my personal opinion there is no more moving or beautiful part of our holy Catholic Faith than Our Lord's presence (Body, Blood, Soul and Divinity) in the Eucharist. Indeed, throughout the trying days of my teenage years I have found His presence therein to be the greatest possible comfort. He is the best friend I could ever have."

"I've found that my weekly adoration hour – the fervent and constancy of prayers – keeps me focused on Christ giving me a rich joy filled spirit anxious to praise Him at every opportunity."

"I can honestly say with all my heart, soul and mind that it is my most precious gift I've received on earth."

"Prayer before the Eucharistic Lord has provided me with an inkling of the divine insight that sees suffering not as an evil, but as an antidote which unites us, our loved ones, and the entire church to Our Savior on the cross."

"Spending an hour in the presence of the Blessed Sacrament always is a source of peace and consolation to me. It always helps me carry my cross a little more easily."

"Adoration has enhanced every aspect of my life. My relationship with Christ has grown in ways unimaginable. I've learned the more I pray, the more I need Him, and the more I need Him, the more humble and obedient I become. He is alive in every part of my day and my life."

"I am amazed that I stayed away as long as I did, and even more amazed at how great it feels to be back! I picture myself climbing into his lap, like a little child, and simply speaking my heart to Him and giving thanks to Him. What a comfort He has been to me."



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"I knew that we Catholics had the ultimate gift of Jesus in the Eucharist. Yet, we never talked about a personal relationship with Him. I have now developed a personal relationship with God by visiting Him on a regular basis in adoration."

"Not only is He never too tired to listen to my troubles or sorrows, no matter how trivial they may be, His Sacramental Presence is a constant reminder of God's infinite love for mankind and of the greatest sacrifice ever made!"

"I would like to share that I have received so much peace and inspiration during my time in Adoration...I can't see how anyone can live without it and I pray that everyone that reads my testimony will be blessed with the love of the Lord in Adoration as well."

"There is no mistake, the devil is truly present and at work in the world! He'll try very hard to keep us uninterested in our Faith. But spending time with Jesus in Adoration, being able to converse with Him and seeing Him right before my eyes, is what gave me the extra grace each week to grow in my Faith and give balance to my life."

"Adoration is a great blessing to our parish community, but mostly it is a blessing to me. I can spend time with Jesus in quiet prayer for as long (or sometimes short with a baby) as I want. It's a place for me to say "thank you" to the one who has made me everything that I am."

"I immediately felt a change in my body as I walked into adoration for the first time. I knelt down to pray and my heart rate was slightly elevated. It wasn't long until I felt a calming come over me."

"By bringing myself to Jesus, a peace prevails in my heart such as I have never known. In prayer, I become more aware of my vocation as wife and mother and who God has called me to be."

"It is obvious to me that Jesus loves our parish very much. We've received many blessings as a parish. We have a wonderfully active parish, with lots of activities and committed parishioners."

"At that point in my life, I was pro-choice. Through my prayers in adoration, my heart was converted. I couldn't help but see the error in my thinking. It was so powerful being in the presence of Christ."

"He seems to expose my very heart, not for my own humiliation, but for His healing touch."

"We may enter this place with broken lives and flowing tears, but we know He has been waiting for us with endless Love, Comfort, and Joy—Peace comes from Our Lord and Savior Jesus Christ."

"I have solved the stress problem in my life by going to the Perpetual Adoration Chapel and just sitting in the presence of our Eucharistic Lord. I can just feel the stress drain away. I go on a weekly basis on an assigned time and day, but when there is added stress in my life, I go more often."

"Adoration has taught me new ways to pray, meditation and I've learned new prayers. If you don't think you will know what to do or you're not sure on what prayers to say, there are prayer books provided, but you will soon find your own way to be with Our Lord."



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"If we Catholics could really appreciate what the Blessed Sacrament is, the Chapel would be packed day and night. Jesus waits patiently for our visits - imagine, the King of Kings waits for our visits. My time at the Chapel is very special to me."

"My faith was weak and my belief shaking, but I started to make my weekly Holy Hours. Several times I wished I didn't have to go, but in the presence of the Lord I was filled with peace. It became easy to put God first."

"One good thing that has happened to me since I started Adoration is my youngest child and his family have returned to the Church. I've been praying for the conversion of all my children for many years."

"I feel I have received many blessings, and answers to prayers since I've started adoration. Sometimes my prayers are not always answered the way I want, but I know that God gives me what I need, not what I want."

"It is the one time during the week that I feel that I am in touch with my own feelings, but simultaneously able to hear God's will for me."

"It is here in the quiet presence of Jesus that I seek the Father's Will in my life. By bringing myself to Jesus, a peace prevails in my heart such as I have never known."

"For me, my God is an awesome Lord, a supportive friend, a caring Father. I spend my time with him enjoying all those relationships. It is an hour I would recommend to anyone, do it for yourself and do it for your Lord."

"It is my hour of uninterrupted communication with my dear Lord and I am becoming a different person in so many ways, better I hope. I feel like I am finally sharing of myself with God and giving him the time I should."

"Every time I spend an hour with Jesus in the Adoration Chapel, I feel I am in a spiritual oasis where there is peace, light and Christ reveals His truth to me in a moment of intimacy, trust and friendship."

"When I miss my Adoration hour, and do not go at another time, I can feel the difference in my week. Now I do not even think about how long I will be going to Perpetual Adoration. My husband also goes at a different hour and I feel that it blesses our marriage."

"My hope is that you will open yourself to Christ in Adoration. You may not feel anything at first, but He is at work in the silence of your heart. Know that your time in Adoration with Christ will bring you much more than you could ever expect. It will change your life!"

"I feel like I am finally sharing of myself with God and giving him the time I should. It's the very least I can do in return for the many blessing in my life."

"I have found solace and peace in my hour of adoration. I have been able to tackle my problems or realized it wasn't time to act on certain situations." "I could feel myself falling in love with the poor, the oppressed, the exploited and the marginalized. I also began to feel in my heart what I knew in my heart."