

What is Adoration?

~quotations from those who love the Lord~

“Our lives must be woven around the Eucharist...fix your eyes on Him who is the light; bring your hearts close to His Divine Heart; ask Him to grant you the grace of knowing Him, the love of loving Him, the courage to serve Him. Seek Him fervently.”

Mother Teresa of Calcutta

“Eucharistic Adoration is the most fundamental duty in the life of the Christian and that liturgical celebration of the Eucharist and private worship of the Eucharist complement each other.”

Pope John Paul II

“Pray always! The Good Book tells us, and Jesus exhorted us to make sure that our prayer was patient, persistent, and persevering. Eucharistic adoration accomplishes this. It tells the world that "we can't give what we don't have," and that, if we do not constantly turn to God in prayer for His grace and mercy, we're finished. The best thing people of faith can do is pray . . . I can't think of a better place to do that than before our Lord in the Blessed Sacrament.”

Archbishop Timothy Dolan of New York

“People of God should make Jesus loved in the Blessed Sacrament and make the Eucharist the very center of each parish through adoration.”

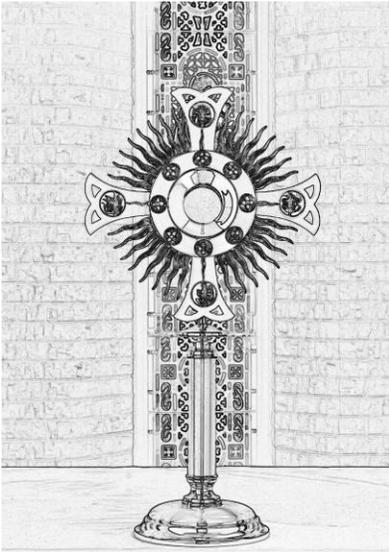
Pope John Paul II

“The Hour That Makes My Day! The purpose of the Holy Hour is to encourage a deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him, to ask for such things as we need and to experience what a blessing there is in fellowship with Him.”

Archbishop Fulton J. Sheen

What is perpetual adoration? “In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering.”

Pope Benedict XVI



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“God dwells among His people in the flesh of Jesus Christ, born in Bethlehem of old, present in the Eucharist today. Like the Magi, let us bring the gifts of our worship before Him in praise, adoration, and thanksgiving.”

Magnificat, January 2012

“Adoration of Christ must find expression in various forms of Eucharistic devotion. Let us be generous with our time in going to meet Him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease.”

Pope John Paul II

“Let us take the time to kneel before Jesus present in the Eucharist, in order to make reparation by our faith and love for the acts of carelessness and neglect, and even the insults which our Saviour must endure in many parts of the world. Let us deepen through adoration our personal and communal contemplation, drawing upon aids to prayer inspired by the word of God and the experience of so many mystics, old and new.”

Pope John Paul II

“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.”

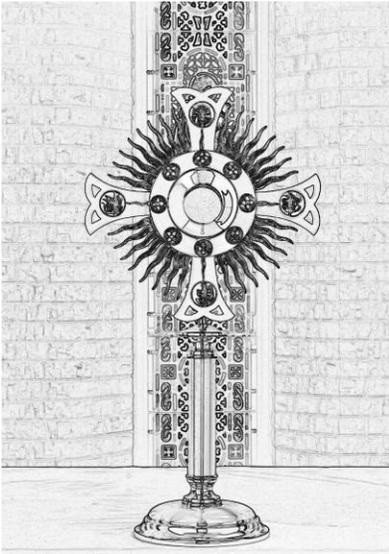
Mother Teresa of Calcutta

“There is another aspect of prayer which we need to remember: silent contemplation. Saint John, for example, tells us that to embrace God’s revelation, we must first listen, then respond by proclaiming what we have heard and seen. Have we perhaps lost something of the art of listening? Do you leave space to hear God’s whisper, calling you forth into goodness? Friends, do not be afraid of silence or stillness, listen to God, adore Him in the Eucharist. Let His word shape your journey as an unfolding of holiness.”

Pope Benedict XVI

It is there in His Eucharist that He says to me: "I thirst, thirst for your love, your sacrifices, your sufferings. I thirst for your happiness, for it was to save you that I came into the world, that I suffered and died on the Cross, and in order to console and strengthen you I left you the Eucharist. So you have there all My life, all My tenderness."

Mother Mary of Jesus, foundress of the Sisters of Marie Reparatrice



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"To speak of the Blessed Sacrament is to speak of what is most sacred. How often, when we are in a state of distress, those to whom we look for help leave us; or what is worse, add to our affliction by heaping fresh troubles upon us. He is ever there waiting to help us."

St. Euphrasia Pelletier, Foundress of the Sister of the Good Shepherd

One day St. Teresa of Avila heard someone say: "If only I had lived at the time of Jesus... If only I had seen Jesus... If only I had talked with Jesus..." To this she responded: "But do we not have in the Eucharist the living, true and real Jesus present before us? Why look for more?"

St. Teresa of Avila

"Each one of us is a co-worker of Christ - we must labor hard to carry Him to the hearts where He has not yet been known and loved...But, unless we have Jesus, we cannot give Him; that is why we need the Eucharist. Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power."

Mother Teresa of Calcutta

"The hidden treasure... is Jesus himself, the Kingdom in person. In the Sacred Host, He is present, the true treasure, always waiting for us. Only by adoring this presence do we learn how to receive Him properly-we learn the reality of communion."

Pope Benedict XVI