



“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,”

-Saint Mother Teresa of Calcutta

What is Eucharistic Adoration?

Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense it involves “the contemplation of Christ truly present before us” in its fullest essence. Eucharistic Adoration is “God and man reaching out for each other, at the same time!”

The Church and the world have a great need for Eucharistic worship. Jesus awaits us in the sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.

(Catechism of the Catholic Church, 1380)

What to do in Adoration?

Sometimes we can be intimidated to go to Adoration. It is not because we fear being with Jesus in prayer but rather we have never been taught what to do in an extended period of prayer. Is it alright to read, pray a Rosary, or reflect upon the Scriptures? Or do I have to sit there- not moving or making a sound, staring at a gold monstrance with a Host inside? While visiting our Lord in Eucharistic Adoration, we can pray in a variety of different ways. Here are some suggestions:

1. Pray the Psalms or the Liturgy of the Hours

Whether you are praising, giving thanks, asking for forgiveness or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.

2. Recite the "Jesus Prayer"

Say "Lord Jesus Christ, have mercy on me, a sinner," repeatedly as you quiet your heart and mind.

3. Meditate using Scripture

Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message.

4. Read the life of a saint and pray with him or her

Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day, Mother Teresa of Calcutta and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.

5. Pour out your heart to Christ and adore Him

Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore You, O' Christ, present here and in all the churches of the world, for by Your holy cross You have redeemed the world."

6. Ask for forgiveness and intercede for others

Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.

7. Pray the Rosary

Pope John Paul II reminds us, "...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" (The Church and the Eucharist, 55) Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.

8. Sit quietly and just "be" in the presence of God

Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.

Holy Hour. What's that?

The purpose of this special hour is to spend time in prayer in the presence of the Blessed Sacrament. We can do many things during a Holy Hour. Venerable Fulton Sheen tells us that with each Holy Hour we do, in a way, we undo the first failed Holy Hour of the disciples when our Lord said to them: "Could you not keep watch one hour with me?" In our Holy Hours we keep vigil with the Lord. Here are some steps to help you prepare for a Holy Hour:

Step 1: Enter in

When we get to the place where we have gone to pray we need to give ourselves over to the time with Jesus. It is time to focus. At this time, it is helpful to offer the time with our Lord for an intention, whether it is for our family, friends, the Church, or a distress of our times.

Step 2: Practice Prayer

We need to practice things to become good at them. Sometimes prayer seems distasteful or difficult. If there is difficulty in a type of prayer you are practicing, to the point where you cannot focus, then move on to another type of prayer. If you are meditating on Scripture and keep getting distracted, then maybe it is time to start praying for the people in your family.

Step 3: Thank God

As the time concludes for this prayer, we need to collect mentally all of the graces and experiences we have received and thank God for them. Then we can end the time with an Our Father or Hail Mary.

Step 4: Remember

As we go about our lives, let's keep in mind those graces in prayer we were given and revisit them in future prayer times. It is important to not view our prayer as individual moments that have nothing to do with each other. Prayers, like life, build and have a starting point and a point where they are going to bring us.

Bible verses about Eucharist:

John 6, 35

1 Corinthians 11,27-32

St. John 6, 51

John 6, 56

Benefits of Eucharistic Adoration

*A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to heaven who otherwise would have gone to hell. (Jesus's revelation to Blessed Dina Belanger)

*Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundance of grace. (St. Alphonsus Ligouri)

*"You can come to me (in Eucharistic Adoration) at any time; I want to speak to you and I desire to grant you grace!" (Jesus to St. Faustina)

*If souls understood the treasure they possess in the Divine Eucharist the churches would overflow with adorers no less by night than by day. (Blessed Dina Belanger)

*Restoration, sanctification, transformation, reparation and salvation are the graces being poured out graciously upon us with each Holy Hour we make. (excerpt from "Letters to a Brother Priest")

*Adoration of the Blessed Sacrament is the best time you will spend on earth! (St. Mother Teresa of Calcutta)

*A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament. (St. Padre Pio)

*Let us take time, in the course of the week, to go in and spend a moment with the Lord who is so near. (Pope Benedict XVI)

Prayer of Adoration of the Eucharist

My Lord Jesus Christ, I adore you in all the tabernacles of the world. I offer you my life in reparation for the sins against the Blessed Sacrament, the unworthy communions, disrespect, lack of reverence in your churches, and countless other sins against your most Holy Body and Blood. Please, my Lord, increase my faith in your Eucharistic presence so that my devotion may be fanned into a flame of love of you and that I may go into the world to proclaim your kingdom.
I ask this of your mercy in your Holy Name. Amen.

Mary, Mother of the Eucharist, pray for us!

Exposition of the Blessed Sacrament at Good Shepherd

Monday-Friday 4:00 pm-5:00 pm

Wednesday 7:30 pm-8:30 pm (after 7:00 pm Mass)

First Saturday 9:30 am-5:00 pm (after 9:00 am Mass)