

DO YOU KNOW WHY?

YOU ARE INVITED TO PRAY WITH US ON:

Fourth Tuesdays - 9:30AM - 6:15PM Eucharistic Adoration with Closing Benediction

Why is Eucharistic Adoration important? Participation in the sacrifice of the Mass and receiving Holy Communion is the most powerful source of grace for us, but it is not the only source of Eucharistic grace. After the sacrifice is completed, the sacrament continues on. Jesus, in His sacramental body and blood remains here with us as our friend, just as He promised. This is why Eucharistic Adoration is so important. This is why we should visit our friend, Jesus, in the Blessed Sacrament, to return His love for us and to draw spiritual strength and nourishment and encouragement from that love. One time when Blessed Mother Teresa was visiting in our country, a group of American women asked her what they could do to help her in her work. Blessed Mother Teresa replied, "The greatest help they could give her would be to spend one hour each week in silent adoration before the Blessed Sacrament". Spending time with Jesus in adoration should not strike us as unusual. It is really a very natural human activity. When two people love each other, they want to spend time together to visit, to get to know each other better. You cannot love someone you do not know. Adoration of our Lord in the Eucharist is your chance to know Jesus better. One of the best aspects of Eucharistic adoration is this: how you spend your time with Jesus is entirely up to you. There is no one preaching to you, reading to you, telling you when to stand, sit, kneel, sing this or whatever. You are on your own. In most adoration chapels there are books available, some holy hour books, to help you get started if you need them. Most of us do at times but you're basically on your own. You spend your time with Jesus any way you want. You can pray your Rosary, you can read your Bible, or you can do some other spiritual reading. Remember, you are there to visit with your friend, Jesus. Talk with Him; tell Him your problems, your needs or your concerns. Tell Him about your joys, too. Chances are He doesn't hear about those very often! So finally we go back to our subject entitled: "Why Eucharistic Adoration"? Why should you spend time visiting with Jesus in the Eucharist, simply because Jesus himself, your best friend, invites you. He said it so warmly, "Come to me, all you who are weary and burdened. Come to me and I will refresh you". Who could refuse such an invitation from your very best friend?