



Exposition of the Blessed Sacrament outside of Mass

What is it about Adoration of the Blessed Sacrament outside of Mass that seems to draw the Catholic faithful, especially young people, into a deeper worship of the Eucharist? The liturgy is our communal celebration together as the Body of Christ, and it is beautiful and filled with Scripture and rich meaning, and hymns with beautiful text, and interaction with each other. The unfortunate reality of this experience though, is that there is not much time to sit and ponder the presence of God. This is part of the reason that the great saints were all drawn into devotion to the Blessed Sacrament, wherever the reserved sacrament was made available.

10 quotes revealing the beauty of the Eucharist in Adoration

"This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago is present today in the Eucharist." –Saint John Paul II

"When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now." –Saint Teresa of Calcutta

"Let us beseech the Lord to reawaken in us the joy at his presence and that we may once more adore him. Without adoration, there is no transformation of the world." –Pope Benedict XVI

"Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, "In four hours, in two hours, in one hour, our Lord will give me an audience of grace and love. He has invited me; he is waiting for me; he is longing for me." –St. Peter Julian Eymard

"In this Sacrament of Love, Jesus Christ waits for us. Let us not fail to be generous in giving our time to Jesus in adoration, contemplating him in faith, ready to make reparation for our own transgressions, large and small, and for the offenses of the world." –Saint 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."
–Saint Teresa of Calcutta

"Never stop urging your faithful, as they approach the Mystery of the Eucharist, to learn to embrace the Church's cause as their own, to pray to God without slackening, to offer themselves to God as an acceptable sacrifice for the peace and unity of the Church." –Saint Paul VI in "Mysterium Fidei"

"The Eucharistic table is a table of social non-distinction, a place where the rich and the poor are called to be together beyond all class and status. At the Eucharist there are to be no rich and no poor, only one equal family praying together in a common humanity." –Fr. John Coleman

"To say that Eucharist calls us to justice and to social justice is not a statement that takes its origin in political correctness. It takes its origin in Jesus who, drawing upon the great prophets of old, assures us that the validity of all worship will ultimately be judged by how it affects "widows, orphans, and strangers." –Fr. John Coleman



Pour out your heart to Jesus and adore Him

During this time of Adoration with Our Lord in the Blessed Sacrament, have a conversation with Jesus. Spend a few moments talking with Him.

- Tell Jesus what you are most thankful for.
- Tell Jesus what you are most excited about.
- Tell Jesus what you are worried or concerned about.
- Tell Jesus what you are sorry for.
- What does Jesus say to you about any of the above?
- Ask Jesus for the help you need in the days to come.
- Who needs your prayers? Pray to Jesus for this person/these people.
- What else do you want to ask Jesus for or about?
- Ask Jesus what He wants you to do for Him in the days to come.

LITANY: All respond: Walk with them, Lord

For all who have lost hope

For all who suffer

For all who are sick and in pain

For all who are struggling

For all who have been badly hurt in life

For all who are grieving

For all who are depressed

For all who feel rejected

For all who feel unloved

For all who are oppressed

For all who are anxious

Adore him by praying: Jesus I praise and thank you

Walk with them, Lord Walk with them.

Lord our God,

**we thank you for the presence of Jesus
in the sacrament of the Eucharist.**

**Help us to stay with Him now in our hearts and minds and give us the
strength to believe in him, especially when our faith seems weak.**

We ask this through Christ our Lord. AMEN.

*The Prayer of Abandonment of Brother Charles of Jesus
(St. Charles de Foucauld)*

*Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures.
I wish no more than this, O Lord.
Into your hands I commend my soul;
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands, without
reserve, and with boundless confidence,
for you are my Father.*

Fr. Ch. de Foucauld

This is the prayer common to all those who share the spirituality of Charles de Foucauld, everywhere in the world; that is why it has been translated into many languages. Charles did not write it as it is: it was taken from a longer meditation, written in 1896, in which he sought to join the prayer of Jesus on the cross.