



# Adoration of the Blessed Sacrament



## What is Adoration?

*Eucharistic adoration is the act of worshipping God as He is present in the consecrated Eucharist. Since the Last Supper, when Jesus broke the bread and distributed the wine, saying, “This is my Body” and “This is my Blood”, Catholics have believed that the bread and wine are no longer merely baked wheat and fermented grape juice, but the actual living presence of the Second Person of the Trinity. Spending time before the Blessed Sacrament, in prayer and devotion, is exactly the same as spending time before the living God. Adoration occurs whenever someone kneels in front of a tabernacle that contains the Blessed Sacrament, genuflects towards a tabernacle, bows before receiving the Blessed Sacrament at Mass, or, in a more focused way, when the Blessed Sacrament is exposed for adoration.*

## 48 THINGS TO DO AT ADORATION

1. Slowly read Sacred Scripture until something hits you. Then listen.
2. Say the Holy Rosary.
3. If you can't say 15 decades, say five decades.
4. If you can't say five decades, say one decade.
5. If you can't say 1 decade, say one Hail Mary very slowly.
6. If you can't say one Hail Mary, say “Holy Mary, like a little child saying “Momma”.
7. Pray as you can, not as you can't.
8. Look at the Good God, and let Him look at you.
9. Consider that the Sacred Body of Jesus came from Holy Mary. Thank her.
10. Tell Jesus something that made you happy. Then listen.
11. Tell Him what you are afraid of. Then listen.
12. Tell Him what angers you. Then listen.
13. Speak about your loved ones.
14. Pray for an enemy.
15. Talk with Him about school.
16. Pray to St. Joseph for a happy death.

17. Pray for the Holy Souls in Purgatory.
18. Sing a song for Him in your heart.
19. Promise to trust Him.
20. See the Blessed Virgin kneeling next to you, adoring her Son and praying with you.
21. Realize that your Holy Guardian Angel is with you. Ask him to coach you in holiness.
22. Renew your loyalty to His Church.
23. Ask your patron saint to pray for you to know and do God's Will.
24. Lean on Him. Tell Him you love Him.
25. Thank Him for the Sacraments.
26. For a time, don't DO anything. Be with Him, as a friend, while He works.
27. Ask Him if that is perhaps what he wants you to "do" more often.
28. Tell Him your failures. Ask for help. Then listen.
29. Slowly recite the Beatitudes.
30. Say one Our Father slowly.
31. Say the Creed slowly.
32. Slowly recite a favorite psalm. Perhaps Psalm 50 (51), the Miserere, one or two lines at a time.
33. Pray for a great love of the Cross.
34. See Our Lord in His Passion...stand there, with Him, as Our Lady does.
35. Lean into the hurricane of graces coming from the monstrance.
36. Consider the blinding Uncreated Light shining out from Him.
37. Be aware that He is sending out graces to the world right then through you.
38. Pray the 'Jesus Prayer': Lord Jesus Christ, son of God, have mercy on me, a sinner.
39. Pray Jesus, mercy... and listen. Pray Mercy, Jesus... and listen.
40. Tell Him: Jesus, I trust in You...strengthen my trust.
41. Ask Him: Lord, what do you want me to do? And how do you want me to do it?
42. Ask Him to show you the next step.
43. Talk to Him heart to Heart.
44. Pray for the Holy Father.
45. Pray for vocations.
46. Look at yourself. Count your gifts. Then thank Him.
47. Pray for the world.
48. Enjoy just being in His Presence