



ADORATION, PART 2

LITURGY BYTES *by Michele Hall*



Picking up from last week's column regarding Adoration, I am reminded about one of my favorite Scripture readings from St. Luke's Gospel about the road to Emmaus. Those disciples on the road yearned for the company of Jesus with their words: "Stay with us, Lord!" Adoration gives us this opportunity to truly embrace that the Lord's presence remains with us in the Blessed Sacrament.

If you have never participated in Adoration during one of our holy hours, please know there are no rules for Adoration, but there are some traditional ways to help you engage in the hour. Here are some suggestions:

- Silence: primary focus, sit with God in quiet.
- Prayer: pray the Rosary or other known prayers; pray in your own words for family, or for people who have serious illnesses and need healing; or pray for peace in our world. If you have access to the Liturgy of the Hours, that works well during Adoration.
- Scripture: read some passages from the Bible; read the Psalms.
- Listening: instead of talking to the Lord, try listening to what He wants to tell you.

Jesus awaits us in this Sacrament of love. Let us meet Him in Adoration in addition to Mass. Make the time to join with our parish community at one of our Holy Hours and encounter Our Lord Jesus!

Have a prayerful, peaceful, and loving week ahead!