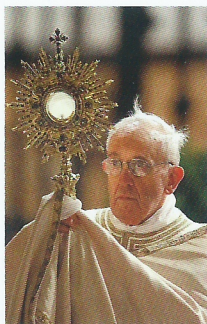




Eucharistic ADORATION

Deepening Our Communion with Christ

The primary aim of our Christian lives is to grow in our relationship with Jesus. The Eucharist is a distinctive way of deepening our ongoing communion with God and Christ through the power of the Holy Spirit. The sacramental ritual makes Christ present through the priest, the gathered community, the Word of God and the bread and wine that become Christ's body and blood for our daily spiritual nourishment. Thus Christ continues to be with us even when the eucharistic bread is reserved after Mass for distribution to the sick or dying, and eucharistic adoration arises when the faithful show this blessed sacrament the veneration and adoration which is due to God.



The exposition of the eucharistic bread reminds us of Christ's real presence and invites us to deepen our communion with him

in prayer. But though our prayer may be silent and private, we must always remember that it is not an end in itself. Like Jesus, who prayed alone to God through the night (Lk 6:12) and then plunged into his daily activity of proclaiming, healing and bringing God's love to others, we must do the same.

"Could You Not Watch One Hour with Me?"

(Mt 26:40)

Holy hours are a devotional tradition of spending an hour in eucharistic adoration in the presence of Christ in the eucharistic bread. Several holy hours have been created by the U.S. Bishops to focus our



prayer time with Jesus on peace, life, vocations and other important topics for the life of the Church and our mission to the world. (You can find these online in English and Spanish at: uscbb.org).

Our faith in Christ's real presence in the eucharist leads to our public expression of that faith in eucharistic adoration. This devotion, by nourishing our spiritual union with Christ, should lead us back to the Mass with a renewed and deepened spirituality and then from the Mass to our daily task of witnessing to God's presence in our world and building Christ's kingdom on earth.

"The importance of eucharistic adoration is shown in the fact that the Church has a ritual that regulates it: the Rite of Eucharistic Exposition and Benediction.

This is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: 'Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.' Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for communion with Christ and the rest of the Church. The Rite concludes with the ordained minister blessing the faithful with the Blessed Sacrament."



—The U.S. Bishops