

## Eucharistic Adoration

### Silence

*We cannot find God in noise or agitation. Nature: trees, flowers and grass grow in silence. The stars, the moon, and the sun move in silence.... In silence he listens to us; in silence He speaks to our souls. In silence we are granted the privilege of listening to his voice. Silence of our eyes. Silence of our ears. Silence of our minds.... In the silence of the heart, God will speak.*

*-- Blessed Mother Teresa*

### Rest in Him!

You don't have to "do" anything when you are with Jesus in the Blessed Sacrament. "Adoration" is a state of mind and heart more than an activity or prayer regimen. Read the following story, told by Franciscan priest Fr. Murray Bodo. Read this meditation, then rest in the powerful "rays" of our God in the Eucharist.

*Fratel Carlo [a Franciscan brother in Spello, Italy] used to expose the Blessed Sacrament in the monstrance and ask those who would to learn to pray to sit in silence for two hours before the Blessed Sacrament. Usually they were, to say the least, nonplussed. And he would then explain, "Imagine you are lying on the beach, thinking of nothing in particular, just letting the sun's rays work gradually on your skin, a beautiful tan emerging day by day. The host in the monstrance is the sun. Just be in its presence, not worrying about so-called distractions or whether or not you are concentrating on the 'sun.' A change gradually takes place in you the way a suntan emerges on the skin. Relax, let the 'sun' do its work. Your work is to be there."*

### Meditate on Scripture

Choose a Scripture verse (a few possibilities are below). Read it slowly to yourself. Repeat it a few times. Use the verse as a springboard for prayer, or simply repeat it over and over to yourself.

*Speak, Lord, your servant is listening. (1 Samuel 3:10)*

*Lord, you know everything. You know that I love you. (John 21:17)*

*Lord, teach us to pray. (Luke 11:1)*

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. (Philippians 4:6)*

## Meditate on a Single Word or Phrase

Repeat within your heart and mind a single word or phrase as you contemplate Jesus in the Eucharist. Pick a word that is meaningful to you. You may wish to say the word once as you breathe in, and repeat it again as you breathe out. Here are some suggestions:

*Peace*

*Heart of Jesus*

*Love*

*Jesus, I love you.*

*Jesus*

*Jesus, heal me.*

*Mercy*

*Come, Holy Spirit.*

## The Jesus Prayer

The “Jesus Prayer” is an ancient prayer first used by monks in the early centuries of the Church in their quest to “pray without ceasing” (1 Thess. 5:17). The Jesus Prayer has several forms, but the most traditional is:

***Jesus Christ, Son of God, have mercy on me, a sinner.***

It can be very meditative to say the Jesus prayer using rosary beads, or to say it as you breathe in (“Jesus Christ, Son of God”) and out (“have mercy on me, a sinner”).

## Spiritual Communion

If you are spending time before the Blessed Sacrament, or simply praying at home, and you wish to receive Jesus, say the following Act of Spiritual Communion. It is a way of explicitly inviting Jesus into your heart when you cannot receive him in the Eucharist.

*My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.*

