

Adoration  
Every Friday  
From 7:00 - 8:00pm



### **What is Adoration?**

Adoration is a form of prayer where we come before the Blessed Sacrament, exposed on the Altar in a monstrance, which is an ornate vessel used to display a consecrated Eucharistic Host. As Catholics, we believe Jesus Christ is truly present in the Blessed Sacrament. We “watch and wait” opening our hearts in silent prayer and adoration, talking to Him interiorly, and listening for His response.

### **Why should I go to Adoration?**

The world is getting louder and louder; there is little separation between work and home, and screens dominate our lives. Adoration provides a wonderful break from these distractions. It's peaceful and restful. It is a place to pray and meditate where you can breathe and talk to Jesus. Not to mention that sitting in the presence of Jesus is so different than any thing we experience in the world. You won't want to leave! It's like heaven on earth.

### **What should I do in Adoration?**

There are various ways to pray in Adoration:

- Pour your heart out to Him
- Tell you love Him
- Thank Him
- Read Scripture/Psalms
- Pray the Rosary
- Sing to Him
- Listen - pay attention to how you feel. Be still, be silent, be open and wait for the Lord.

### **What people say about the experience:**

*Jesus gives me comfort, peace, love and guidance. He relieves my stress and helps me to set my priorities.*

*When I am truly open to Jesus in Adoration, I find it hard to leave because of the way it makes me feel.*

