

*May he find us ready when he comes, vigilant before his presence and faithful to our duty to his gospel.*



## **Eucharistic Devotion And The Real Presence**

If there is one mystery of our Faith that is being widely challenged today it is the Real Presence of Christ in the Blessed Sacrament. Pope John Paul II was deeply concerned about this weakening of belief in the cardinal truth of catholic Christianity.

For the first time in History, there is now Eucharistic Exposition and Adoration at St. Peter's Basilica in Rome during every weekday of the year. One of the hopes of the Holy Father is that Eucharistic Adoration outside of the Mass is promoted throughout the world.

In his own language, the Pope identifies the Eucharist as the Presence Sacrament. Christ is on earth. He wants to perform miracles of His grace, especially miracles of conversion, in what is becoming a Christ-less age. The key to tapping the resources of His grace is our deep faith in Christ's living presence among us in the Blessed Sacrament.

Eucharistic Adoration is the worship we offer to God in the presence of the Blessed Sacrament so reposed or exposed.

## **Frequently Asked Questions**

### **What is Perpetual Adoration?**

This devotion began in the 13<sup>th</sup> century with the feast of Corpus Christi in honor of the real presence of Christ in the Eucharist. Perpetual Adoration takes place in a room or chapel 7 days a week, 24 hours a day with permanent exposition of Jesus in the Most Blessed Sacrament.

### **Why is Perpetual Eucharistic Adoration Necessary?**

The more we limit the hours of Adoration, the more we limit the availability of Christ to His people. Only a few could respond to the Lord's invitation "Could you not watch one hour with Me?" if we only had one hour, or a few hours of Adoration, during the week.

The more we expand the hours, the more we extend the opportunity to adorers. When a chapel is open all the time, then everyone in the parish can participate. Through Perpetual Adoration with exposition, we proclaim to our parish and community that Jesus is here, truly present among us today.

### **What are the Benefits?**

Each person who spends time in the presence of Jesus in the Most Blessed Sacrament grows in holiness. Communally, increased Mass attendance, conversions, the return of fallen away Catholics and vocations to the Priesthood and Religious life are among the many fruits of Perpetual Eucharistic Adoration.

Through our Holy Hours of prayer, Our Holy Father declares that we are contributing to "the radical transformation of the world," the "establishing of everlasting peace," and the coming of Christ's Kingdom on Earth.

## **How has Perpetual Adoration affected your life?**

### ***Responses to an anonymous survey of adorers at Saint Boniface Parish, Pembroke Pines, Florida.***

"This is where I get fed – my adoration hour is a must."

"That chapel is like a magnet."

"After my hour, I came away refreshed, recharged, renewed. I need that constantly, since I'm the mother of three teenagers."

"My Adoration hour is a must. That's where I get my priorities straight – at the feet of Jesus."

"It's an awesome experience to meet Jesus in the Blessed Sacrament – words cannot explain it."

"How wonderful it is to have Someone to listen to you."

"I give the Lord an earful and He listens!"

"I come on my lunch hour. It's my daily date with the Lord."

"I drop in on my way to work and offer my day to Jesus."

"I used to talk all the time at prayer. Now I'm quiet, just there!"



## Eucharistic Adoration

It has been the consistent belief of the Catholic Church from the very beginning that the bread and wine consecrated at Mass truly become the Body and Blood of Christ; and that, furthermore, as the Catholic Catechism states, this *"Eucharistic presence of Christ [which] begins at the moment of the consecration...endures as long as the Eucharistic species subsist"* (CCC#1377)

In other words, the Eucharistic Christ then continues to be present in our midst beyond the Eucharistic liturgy when the consecrated host is either reposed in a tabernacle or exposed on the altar.

Eucharistic Adoration is then the worship we offer to God in the presence of the Blessed Sacrament so reposed or exposed. But according to common usage and understanding, the term has come to refer to adoration offered before the Blessed Sacrament *exposed*.

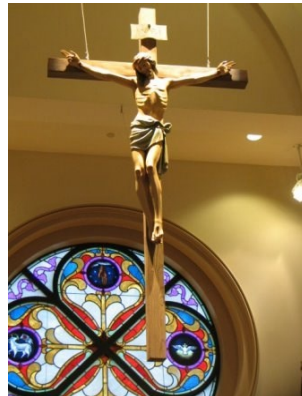
It is not essential for exposition to take place to have Eucharistic Adoration, yet people report experiencing a greater sense of intimacy with Jesus and attentiveness of mind and heart to prayer when they are able to actually "see" our Eucharistic Lord. But the best reason for having exposition of the Blessed Sacrament is simply that God will it.

During His Eucharistic discourse Jesus made this unmistakably clear; *"Indeed, this is the will of My Heavenly Father, that everyone who looks upon the Son, and believes in Him, shall have eternal life. Him I will raise up on the last day"* (John 6:40)

*Heavenly Father, increase our faith in the Real Presence of Your Son Jesus Christ in the Holy Eucharist. We are obliged to adore Him, to give Him thanks, and to make reparation for sins. We need your peace in our hearts and among nations. We need conversion from our sins and the mercy of Your forgiveness.*

*May we obtain this through prayer and our union with the Eucharistic Lord. Please send down the Holy Spirit upon all peoples to give them the love, courage, strength and willingness to respond to the invitation to Eucharistic Adoration.*

*We beseech You to spread Perpetual Adoration of the Most Blessed Sacrament in parishes around the world. We ask this in the name of Jesus the Lord.*  
**Amen**



**St. Brigid Catholic Church**  
3400 Old Alabama Road  
Alpharetta, GA 30022

Phone: 678-393-0060 Fax: 678-393-0071

Web: [www.saintbrigid.org](http://www.saintbrigid.org)

Email: [adoration@saintbrigid.org](mailto:adoration@saintbrigid.org)

# ONLY ONE HOUR

