A Meditation on Adoration
by Venerable Fulton Sheen

I keep up the Holy Hour to grow more and more into His likeness… Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way as the face of Moses was transformed after his companionship with God on the mountain.

The Holy Hour is not a devotion; it is a sharing in the work of redemption. 'Could you not watch one hour with Me?' Not for an hour of activity did He plead, but for an hour of companionship. The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him and to ask such things as we need and to experience what a blessing there is in fellowship with Him. One of the by-products of the Holy Hour was the sensitiveness to the Eucharistic Presence of Our Divine Lord.

A Meditation on Adoration
by St. John Paul II

This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago, is present today in the Eucharist.

The Church and the world have great need of Eucharistic adoration. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and contemplation full of faith. And let us be ready to make reparation for the great faults and crimes of the world. May our adoration never cease.
A Meditation on Adoration

by Father Martin Lucia, M.S.S.

The Church also teaches us that the most efficacious prayer is prayer in the Presence of Jesus in the Blessed Sacrament. Prayer in the Divine Presence of Jesus in the Blessed Sacrament releases the power, blessings and graces of God upon mankind.

The best example of this is from Sacred Scripture. Jesus asked His Apostles who touched Him, because He felt the power go out from Him. He was referring to a woman who made an act of faith by touching the hem of His garment, knowing that by doing so she would be healed.

Each time you go to Jesus in the Blessed Sacrament, you touch His Heart with your faith. Each Holy Hour you make in the Presence of Jesus in the Blessed Sacrament releases His power and graces upon you, your family, your parish, your diocese and the world. This is why our Holy Father, Pope John Paul II, says that "the Church and the world have a great need of Eucharistic Adoration.

A Meditation on Adoration

by St. Padre Pio

Eucharist adoration is the most concrete expression of our adoration of God. Fixing our gaze on the Host we cannot but be aware of our nearness to God.

"... you will come closer to God and will place yourself in His presence for two major reasons. First, to render to God the honor and obedience that we owe Him. It can be done without His speaking to us, and without our speaking to Him because this duty can be fulfilled by acknowledging Him as our God, and ourselves as His vile creatures spiritually prostrate before Him, awaiting His commands. How many courtiers are there who frequently place themselves before our King, not to talk to Him or to listen to Him, but simply to be seen by Him so that by their assiduity they may become known as His true servants? This manner of coming before God solely to voluntarily acknowledge ourselves as His servants is most holy, most excellent, most pure and is also the utmost perfection."

"The second reason for placing oneself in God's presence while praying is to talk to Him and to hear His voice by means of inner aspirations and illuminations. ....when you are praying in God's presence, face the truth, speak to Him if you can, and if you can't, be still, let yourself be seen, and don't worry about it..."
A Meditation on Adoration
by St. Peter Julian Eymard

One performs no more holy act on earth than that of Eucharist adoration. It is the perfect exercise of all the virtues:

1. **Of Faith** - The exercise of faith is complete and perfect when I adore Jesus Christ veiled, hidden in the Most Sacred Host. Then all my faculties, all my senses subject themselves and adore, entirely in the spirit of faith.

2. **Of Piety** - Piety, wholly centered on the hidden God, is exercised both inwardly and outwardly when I adore Him by prayer, contemplation, religious ritual, and with a deep respect.

3. **Of Love** - Since love takes in the entire law, I fulfill that law by adoring my Lord and God according to the first commandment, with my whole mind, my whole heart, my whole soul and my whole being.

4. **Of Charity** - In my adoration I can practice perfect charity towards my neighbor by praying for him and acting as mediator and victim for his salvation, obtaining for him my Savior's graces and mercies.

What are you waiting for?

Become a registered adorer today and experience the grace that only He can give!

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