

What Is Eucharistic Adoration?

Eucharistic adoration is an expression of our love for Jesus who loves us so much that He never wants to leave us and so stays with us day and night in the Blessed Sacrament. We see Him under the form of bread so that, in faith, we will love Him even though we do not see His immense glory.

In a Perpetual Eucharistic Adoration Chapel, Jesus is exposed in a monstrance for us to come and spend some time with Him, any time day or night. We may choose to pray, read scripture, enter into dialogue, be still and listen to Our Lord speaking to our heart, or do all of these. What is important is our decision to be in this intimate relationship with Our Lord.

While adorers may come to the Chapel at any time, many commit to one hour of adoration a week, the same hour each week that they spend with Our Lord. Just imagine the blessings God will pour out upon those who make this sacrifice, especially in the middle of the night. And blessings are poured out beyond ourselves to the community, our province, our country and, yes, the whole world. God will not be outdone in generosity!

In the words of Mother Teresa, “The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about an everlasting peace on earth. When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host you understand how much Jesus loves you *now*”.