

# “COULD YOU NOT WATCH ONE HOUR WITH ME?”

(Mt. 26:40)

Christ is present to us in many ways, as in the assembled faithful or the Word of God; however, his presence in the Eucharist is unique and qualitatively superior in that he is present truly, really, and substantially in his Body and Blood, Soul, and Divinity.

When, therefore, the Church bids us adore Christ hidden behind the Eucharistic veils and pray to Him for the spiritual and temporal favors of which we ever stand in need, she manifests living faith in her divine Spouse who is present beneath these veils.

(Pope Pius XII, *Mediator Dei*, 131)



## Eucharistic Exposition & Adoration

Eucharistic Adoration is the respect and worship we give to Jesus Christ, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass, we are enabled to make contact with the very wellspring of grace. Because Christ himself is present in the sacrament of the altar, He is to be honored with the worship of adoration. “To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord” (CCC 1418). Some of the purposes of Eucharistic Adoration are to draw us more deeply into the mystery of Christ’s Real Presence in the Holy Eucharist, to strengthen our relationship with Jesus Christ, and to express our love, gratitude, and respect for Christ our Lord.

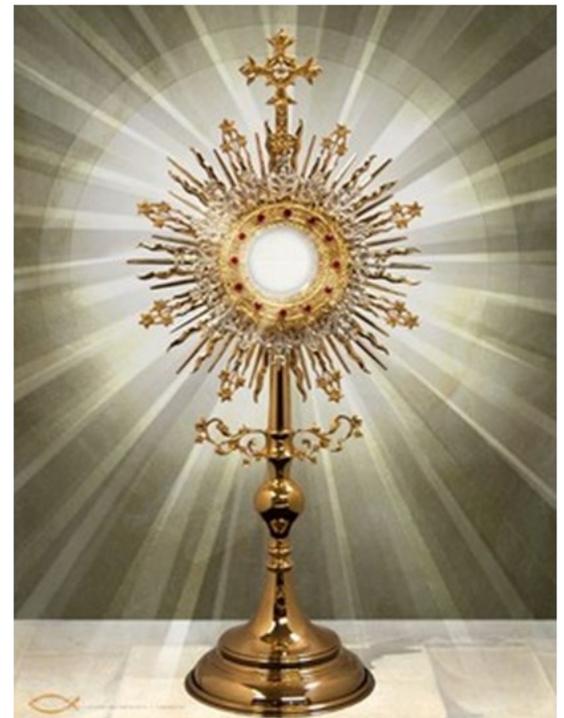
*“How great is the value of conversation with Christ in the Blessed Sacrament, for there is nothing more consoling on earth, nothing more efficacious for advancing along the road of holiness!”*

Pope Paul VI



*“So when you go to visit Jesus in the Blessed Sacrament, ask Him to reveal Himself to you. Listen for His still, small voice in your heart. After all, prayer is conversation with God -- conversation with a God who loves to talk with us and embrace us with His love.”*

Pope Francis



*The solemn exposition of the Holy Eucharist offers the opportunity to the people of God for prayerful reflection on their call to a deeper devotion to the Eucharist and a more faithful living of the Christian life. It provides them with an opportunity to become more aware of Christ's presence with his people and invites them to a spiritual communion with him. (SEHC #5)*