

Praying in front of the Blessed Sacrament...

Prayer and meditation before Jesus in the Blessed Sacrament are great ways to spend some special time with Him. You can ask Jesus for graces for yourself or for loved ones, reflect on His Word, or just keep Him company! And it's no bother for Jesus. In fact, He very much *wants* to see you!

We Catholics believe that at Mass bread and wine *truly* become the *body, blood, soul and divinity* of our Lord Jesus Christ, during the Consecration by the priest. The consecrated bread, the Eucharist, in the form of wafers we call hosts, becomes what is known as the Blessed Sacrament.

Jesus appears to us at that point in the form of bread and wine. Yet, as we believe following the doctrine of what is called the Real Presence, our Lord is as present to us here *as He was to his apostles in Palestine 2000 years ago!*

A host can also be exposed on the altar in what is known as a monstrance, an ornate vessel for public worship in what is called Eucharistic adoration. Our normal time of Eucharistic Adoration is on every Tuesday from 9:00am to 6:30pm in our Chapel, however, we are extending these hours so that you may have an opportunity to spend time with Jesus in this very special and intimate way beginning Sept. 11th.

This devotion is also known as the **Rite of Eucharistic Exposition and Benediction**. It can include homilies by a priest, readings from Scripture, and hymns and time for quiet adoration, after which the priest blesses the congregation in a Benediction of the Blessed Sacrament, followed by [The Divine Praises](#).

Many people also spend time with Jesus in what we call a "holy hour," which can include the liturgical elements mentioned above. More often it is a time just for silent adoration. A good way to spend an hour with our Lord in this manner is to divide your time into 15-minute segments each devoted to meditation in a spirit first of adoration, then contrition, thanksgiving, and, finally, supplication. Your time spent with our Lord in a Holy Hour can be more important than you imagine.

Countless religious, including many saints and popes over the centuries, have praised the great spiritual blessings and benefits we can derive from Eucharistic adoration. Pope John Paul II calling it "a great treasure of the Catholic faith" noted that "it nourishes social love" and encouraged all Christians to visit Jesus regularly in the Blessed Sacrament as "we are all called to abide in the presence of God." Speaking of being called, what is so important for us to realize is that Christ calls *us, each one of us* to visit Him in Eucharistic adoration much as He called His apostles!

Our Lord Jesus Christ could calm the winds and the waves with a rebuke (Mk 5:35-41). He could turn a meal for one into one for 5000 (Mt 14:13-23). He could even heal people of their physical afflictions with just a touch (such as in Lk:12-14). This very same God of such power and majesty makes Himself present and readily available in countless altars and tabernacles in churches around the world to be with each one of us, indeed to be with *you!*

Treat Him as you would one of your closest friends, with love and respect. Feel free to tell Him whatever troubles or pleases you (*silently* or *very quietly*, Silence is key for concentration in this intimate setting.) You can also pray whatever prayers you'd like: [the Rosary](#), [An Act of Spiritual Communion](#), or any number of very good Blessed Sacrament prayers. If you'd prefer, just give our Lord your heartfelt thoughts in mediation or reflection. Or, you can just sit in silence and keep him company!

In addition to a prayer book, you might want to bring along some good spiritual reading or scripture for reflection. Keep in mind that, the more you learn about our faith through such reading, the deeper your experience with our Lord can be ***in the reflections he can inspire within you through His Spirit.***

~Excerpts taken from: "Our Catholic Prayer"