

What is Adoration?

When Catholics say they are “going to Adoration,” they are typically referring to Eucharistic Adoration. Which, in the most basic terms, is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.

The Catechism of the Catholic Church tells us that, “*Adoration* is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications.” (CCC 2628)

We can show our adoration to God in many ways, but in Eucharistic Adoration, we spend time adoring the true presence of Christ in the Eucharist.

What Do I Do During Eucharistic Adoration?

If you attend Adoration at your parish, it will most likely be in a small chapel or part of the Church. As a form of respect, you should always genuflect when you see the Lord in the Host. Maintain an attitude of respect, and if others are present, silence. On retreats or other special occasions, there may be music playing to help foster a spirit of prayer, worship, and Adoration. Always keep in mind that you are in the presence of God!

Kneeling, sitting, standing, and even laying on the floor before the Blessed Sacrament are all appropriate forms of prayer. Let your posture reflect your worship of the King and do what is comfortable for you.

You really don’t have to “do” anything during Adoration. You can just sit there and look at Jesus. Take the time to be with Him. If you are the only person in the chapel, don’t be afraid to pray or sing aloud. This is your personal time with Christ.



The Saints Encourage Us to Go to Adoration

“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, ‘Lord, I am here. Tell me what you would have me to do’ . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.” – St. Catherine Labouré

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.” – St. Teresa of Calcutta

“Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, ‘Ask, and you shall receive,’ but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace.” – St. Alphonsus Liguori

O Christ, let my greatest delight be to see You loved and Your praise and glory proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen. – St. Faustina