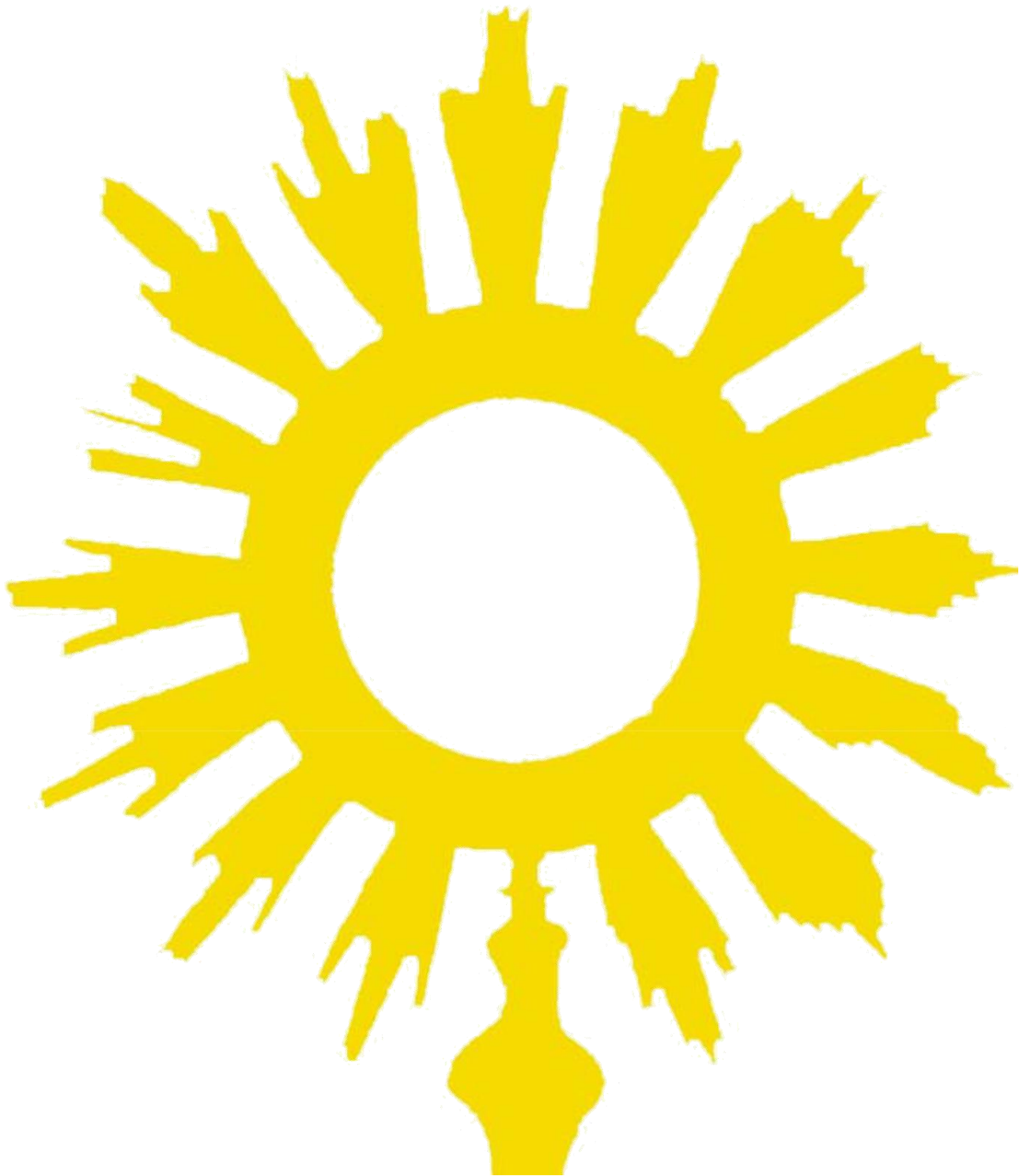


**HOW TO START  
AND MAKE HOLY HOURS  
OF EUCHARISTIC  
ADORATION**



## **The Eucharist**

The bread and wine during the Consecration at Mass, “By the words of Christ and the invocation of the Holy Spirit, become Christ’s Body and Blood” (Catechism of the Catholic Church, 1333). The consecrated Bread, the Eucharist, in the form of wafers we call Hosts, is the Blessed Sacrament.

The Eucharist is God, Who is the centre of our Faith. The Most Blessed Sacrament is “the source and summit of the Christian life” (CCC, 1324).

<https://www.ewtn.com/faith/teachings/eucha1a.htm>

### **What is Eucharistic Adoration?**

Consecrated Hosts not used in Holy Communion at Mass are kept in a special place, the Tabernacle. A Host can be taken out of the Tabernacle and exposed on the altar in a monstrance, a sacred vessel for public worship, which is called Eucharistic Adoration. Many churches have specific times for adoration.

Adoration is a prayer that flows from the Mass; it does not take the place of Mass. Adoration should always increase our desire to receive Christ in the Eucharist at Mass.

Eucharistic Adoration is an expression of our love for Jesus, Who loves us so much that He never wants to leave us and stays with us day and night in the Blessed Sacrament. He says: “Behold I am with you always,” because “I have loved you with an everlasting love, so I am constant in My affection for you” (Mt 28:20; Jer 31:3).

Adoration is love and the highest form of worship due to God alone. The same Jesus, Whom we receive in the Eucharist at Mass, is Who we worship in adoration.

“Adoration means entering the depths of our hearts in communion with the Lord, who makes Himself bodily present in the Eucharist. In the monstrance, He always entrusts Himself to us and asks us to be united with His presence with His risen Body” (Emeritus Pope Benedict XVI).

“In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic Adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church’s supreme act of adoration” (Emeritus Pope Benedict XVI, *Sacramentum Caritatis* 66).

Jesus wants this and gives us graces. The Church has asked for it and everyone can participate. Adoration helps us to be more personally involved with God and by spending time with Him, we are able to establish a truly personal relationship with Him. The Eucharist brings peace to all hearts and to the world.

### **How to Start a Holy Hour:**

If there is already an adoration chapel in your parish, then you can do the adoration there by yourself silently or with a group. If you are organizing a group public holy hour with prayers out loud, contact the head coordinator of the chapel to schedule a time. You can sign up to be a regular adorer.

If there is no Eucharistic Adoration already taking place in a chapel at your parish, ask your pastor for permission. A priest, deacon, religious, or if they are not available, someone who has authorization, can expose the Blessed Sacrament.

It is more preferable if a priest or deacon is available - they are able to expose and give Benediction, a blessing with the Blessed Sacrament in the sacred vessel, the Monstrance, at the end of the

adoration. Benediction, however, is not necessary for exposition, adoration or reposition of the Blessed Sacrament.

Although it is not also necessary, if you are planning to have some sacred music, have someone or a choir to lead and sing a few hymns or play appropriate sacred music in the background.

Set and schedule a regular time (for example, Friday evenings at 8pm) for your or your personal or group's public holy hour. Promote it and invite your friends, family, and parishioners. At least one person must be present during exposition.

If you are unable to get permission for exposition, you can make the Holy Hour before Jesus in the tabernacle. The tabernacle light nearby indicates that He is truly present there at all times.

When passing before the Tabernacle etc. those who are able to do so show reverence by genuflecting on one knee. When passing before the Monstrance in adoration, those who are able to do so, make a profound bow while genuflecting on both knees.

### **How to Make and Have a Holy Hour**

We can spend time with Jesus in what we call a "holy hour". More often it is a time just for silent adoration. There can be, but does not have to be, a set format for a holy hour. If one or more people are willing to spend time with Jesus, He is not left alone and we simply visit with Him.

This hour that Jesus wants you to spend with Him is spent any way you want to: reading the Bible, praying the Holy Rosary, with your favourite prayer book, good spiritual reading for reflection, or speaking to Jesus in silence heart to heart, as one does with a friend. You may be tired or troubled and just want to sit, relax and enjoy the peace that comes from simply being with

the One Who loves you the most, Jesus in the Most Blessed Sacrament.

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 of adoration, contrition, thanksgiving, and supplication. Prayer and meditation before our Lord in the Blessed Sacrament are great ways to spend some special time with Him. You can ask Him for graces for yourself or for loved ones, reflect on His Word, or just keep Him company!

If you want to have a format or program for a public group Holy Hour of adoration you could include hymns, traditional vocal prayers, praying the Rosary in common, time for silence etc.

Here is an excellent Holy Hour booklet you/your group can use:

[http://sacredheartlegion.com/downloads/Holy\\_Hour.pdf](http://sacredheartlegion.com/downloads/Holy_Hour.pdf)

Prayer during exposition could include a reflection or reading by a priest or deacon, hymns such as “Pange Lingua”, “O Salutaris Hostia” and “Tantum Ergo” and time for quiet adoration, after which if a priest or deacon is there he can bless the congregation with Benediction of the Blessed Sacrament, followed by “The Divine Praises”.

### **Extended or Perpetual Adoration**

Some parishes also have what we call Perpetual Adoration, in which our Lord is exposed in the monstrance over a longer period of time uninterrupted, as in what is known as a forty-hour devotion, or up to 24 hours a day, seven days a week.

Some don't yet provide Perpetual Adoration, but reserve the Blessed Sacrament in an enclosed tabernacle so that people can pray in God's Presence without the need for someone to be in constant attendance (as must be the case when the Blessed

Sacrament is exposed).

Eucharistic Adoration also includes our visits to our Lord in the Blessed Sacrament in the tabernacle. Father John Hardon, a champion of Christ in the Real Presence said “We as Catholics should try to pray as much as possible before the Blessed Sacrament exposed on the altar” however (Fr. Hardon’s [excellent website](#)).

Countless religious, saints and popes over centuries, have extolled the great spiritual blessings and benefits of Eucharistic Adoration. God invites us to visit Him regularly in the Blessed Sacrament, as we are all called to abide in the Presence of God.

Christ calls each one of us to visit Him in Eucharistic Adoration. Our Lord said on the cross “I thirst”. He is constantly thirsting for souls! Jesus is Present and waiting for us in all of the Tabernacles all over the world “full of pity and of love.”

Bishop Fulton Sheen referred to his daily time spent before the Blessed Sacrament as his “hour of power” for spiritual renewal.