
MANUAL *for*
EUCCHARISTIC
ADORATION

The Poor Clares of
Perpetual Adoration



Saint Joseph Adoration Monastery

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For all
Poor Clares of Perpetual Adoration
throughout the world,
in thanksgiving for the loving witness to Christ's
Eucharistic Presence that you give to the Church.
Adoremus in Aeternum Sanctissimum Sacramentum

To converse with You, O King of glory, no third person is needed. You are always ready in the Sacrament of the Altar to give audience to all. All who desire You always find You there, and converse with You face to face.

ST. TERESA OF ÁVILA

Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them.

ST. PETER OF ALCÁNTARA

I throw myself at the foot of the tabernacle like a dog at the foot of His master.

ST. JOHN VIANNEY

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HOW TO USE THIS MANUAL

o you realize,” St. Thérèse of Lisieux once asked, “that Jesus is there in the tabernacle especially for you—for You alone? He burns with the desire to come into your heart.”

The purpose of this little manual is twofold: to encourage you to seek out our Eucharistic Lord, who desires so fervently that you come to Him, and to provide you with prayers and other devotional resources that will draw you closer to Him as you spend time in His presence.

The first part of this book lays out the biblical, theological, and historical foundations for Eucharistic adoration. It will help you better understand the origins, development, meaning, and importance of this devotion, as well as the graces it brings. This section also provides some basic guidelines for your personal time with Jesus in the Blessed Sacrament.

The second part of this book offers aids for adoration: relevant scriptural texts; excerpts from papal and other Church documents; wisdom from the saints and anecdotes from their lives; prayers, hymns, and other devotions; and further resources for study.

All these can deepen your contemplation, enrich your worship, and strengthen your love for our Eucharistic Lord.

Eucharistic devotion seems to be increasing in many places. We are witnessing the construction of new chapels set aside exclusively for this purpose, the establishment or reestablishment in many parishes of perpetual adoration or the forty hours devotion, the flourishing of religious orders and lay associations dedicated to Eucharistic adoration, and the proliferation of prayers and hymns of devotion to the Holy Eucharist. We trust that this book will make a useful contribution to this welcome renewal of devotion to Jesus in the Blessed Sacrament on the altar, in the tabernacle, and in the monstrance.

Our hope is that countless Catholics will find this manual so helpful that they will carry it with them to their places of adoration and make frequent use of it there. For this reason, the book has been produced in a sturdy, compact edition that allows you to keep it handy and refer to it often.

Our prayer is that you will encounter our Lord Jesus waiting for you in all His power, beauty, and majesty. And we echo the challenge once issued by St. Teresa Benedicta of the Cross: “To make room in our life for the Eucharistic Lord, so that He can change our life into His—is that asking too much?”

THE EDITOR



PART ONE

Preparing for
Eucharistic Adoration

I

A MATCHLESS MYSTICAL MEDICINE

I put before you the one great thing to love on earth: the Blessed Sacrament. . . . There you will find romance, glory, honor, fidelity, and the true way of all your loves upon earth.

J. R. R. TOLKIEN



hat riches, glory, and grace we possess in the treasury of our Catholic faith! How good God is to us, who are so weak and so very much in need of His mercy and His love!

We have been given a priceless gift, a matchless mystical medicine. Yet it is not a thing but a Person: Jesus in the Most Blessed Sacrament. He has promised to remain with us until the end of the world, in order to exhaust every effort in guiding us to heaven, in securing our true peace and our only happiness.

Discovering the True Reality

If we have been baptized into the Catholic faith as infants and have spent our Sundays attending Mass, perhaps we have missed what many

converts are so ecstatic about. We are prone to a certain “house-blindness,” going through the motions of the Faith without bothering to scratch the surface. But for those who are brave enough to venture farther than surface-skimming, an entirely new chapter of their lives begins to unfold when the true reality before us is realized: The same Jesus we read about in the Bible, hear about in the readings of Mass, and watch movies about (if they are trendy enough) is the very same Jesus we receive and adore in the Most Blessed Sacrament.

Body, Blood, Soul, and Divinity.

Stop for a moment and spend some time thinking about what this really means. I adore Jesus’ Body in the Sacred Host? At Mass I consume His Sacred Body? I drink His Blood? I receive His Soul into my soul? Somehow I receive His Divinity?

Could this be possible? How could He deign to be so intimate with me, a poor sinner?

An Intimate Presence

It is something far beyond our comprehension, but it is true. Not only are we able to receive Jesus in Holy Communion at each Mass as baptized Catholics in the state of grace, but we also have Him available in another very intimate way. He remains with us so that we may come to Him and gaze upon Him, “Face to face,” in the Most Blessed Sacrament, solemnly exposed for adoration.

St. Paul wrote about the transforming power of gazing upon Our Lord: “And we all, with unveiled face, beholding the glory of the Lord, are being changed into His likeness from one degree of glory to another” (2 Cor 3:18). To spend time with Him is to become more like Him.

We may find it difficult to believe that God has a vested interest in us, but He certainly does! He loves us so much that He died for us. Yet after His resurrection and His glorious ascension to the right hand of the Father, He did not want to leave us as orphans. He has gone before us to prepare a place for us.

Even so, He desires at the same time to be intimately present to us. He desires to show us that He is interested in every detail of our lives. How does He do this? He waits for a visit from us wherever He is present in the Holy Sacrament throughout the world.