

## Adoration of the Blessed Sacrament

**Adoration** – is prayer time spent before the Blessed Sacrament.

- When we participate in the practice of adoration we put ourselves in direct contact with God and we can pray and ask Jesus to help us to become “Jesus’ presence” in our daily life.

**St. Clare of Assisi** asks us to consider Adoration of the Blessed Sacrament in this way:

1. **Gaze** – look closely at Jesus and as you gaze upon Him he is also doing the same to you.
2. **Consider** – What would you like to ask or share with Jesus?
3. **Contemplate** – pray, listen, be still and reflect on your feelings.
4. **Imitate** – now with what you’ve just experienced with Jesus in your time of prayer how will you take that into the world?

### Postures of Adoration

- Purpose: to show reverence and honor to Jesus.
- Boys should remove their hats when entering the worship space of the church.
- **Genuflect** upon Entering if Jesus is present in the **Monstrance**.
- **Genuflect** – to go down on your right knee, bow your head and in your heart you could say “Jesus, I adore you”.
- A **Monstrance** is a sacred object used to display Jesus in the form of consecrated bread.  
Consecrated hosts are kept in the **Tabernacle**.
- **Tabernacle** is a prominent, richly ornamented place for preserving the consecrated hosts. In our church the tabernacle is found in the Blessed Sacrament chapel.

### Adoration Prayer Time - Silence

- Greet Jesus as you would any friend.
- Pray – Jesus, I trust you or Jesus I love you
- Look at Jesus; let Him look at you with love (intimacy; “into-me see”)
- Ask Jesus: “Lord, what do you want me to do? How should I do this?”
- Read a passage from the Bible
- Tell Jesus something that made you happy. Then listen
- Tell Jesus something your fear or dread. Then listen
- Just sit in His presence. Be with Jesus.
- Tell him what you might have failed today. Then listen.
- Tell Him what angers you. Then listen.
- Pray for someone you are having trouble getting along with.
- Thank Him for being here right now at this moment.
- Pray one Hail Mary/Our Father