

Encountering Jesus through Adoration of the Blessed Sacrament

This is a prayer opportunity open to everyone: those seeking, wounded, the prodigal, and those who aren't sure that a relationship with God is even possible. It is a nonthreatening way to help to foster a new or deeper relationship with God, it is not a devotion for the already devout. Sherry Wedell shares in her book Forming Intentional Disciples, *"Adoration can be described as "Spiritual Radiation Therapy", because it places the soul in the direct presence of Jesus Christ through the Blessed Sacrament. He will act if we leave the door open the merest crack. All it requires is the ability to sit down."* She goes on to say that "Eucharistic Adoration with teens and adults has been a powerful experience of the presence of Christ. Eucharistic Adoration give them an experience of encountering God."

We do not initiate our own experiences of prayer. God invites us and places the desire to pray within us. Because He doesn't seek to control us, He gives us the ability to determine how we will respond. Have you felt curious about sitting before Jesus in the Blessed Sacrament? If so, let that curiosity lead you to a time of sitting before Jesus.

Here at St. Bridget, you are welcome at anytime to stop in when the church is unlocked and visit Jesus in the Blessed Sacrament Chapel, he waits there for us in the tabernacle. We also invite you to Adoration of the Blessed Sacrament on Tuesdays, from 9:00 a.m. to 7:00 p.m. Just sit before Him, He always shows up.