

# How to spend an hour in Eucharistic Adoration

by Father Jerry Fenton, former pastor of Blessed Sacrament Church (2003-2006)

*O God, you are my God, for you I long; for you my soul is thirsty.*

*My body pines for you like a dry, weary land without water.*

*So I gaze on you in the sanctuary to see your strength and your glory.*      Psalm 63

You want to spend time with Jesus present in the holy Eucharist, but you aren't sure you can pray effectively for an entire hour at one time? Don't worry! Thousands of people who now regularly pray before the Blessed Sacrament once had the same doubts.

This page is designed to suggest ways you can profitably use your time before the Blessed Sacrament. But first, a cautionary word: every one of us prays a little differently. That's not surprising — each one of us has a unique relationship with God and is following a slightly different path in life than anyone else. Therefore, you may not find everything suggested here useful for you. If you spend enough time in silence before the Blessed Sacrament, however, you will eventually figure out for yourself what works for you. Be willing to experiment, but spend your time doing what works for you, not what doesn't work for you!

- Above all, do not be afraid of silence. It is in the silence of our hearts that God speaks to us! Don't feel you need to keep busy. Unless we are empty, we cannot be filled.
- Kneeling is the most appropriate posture for adoration, but many people have difficulty kneeling for long periods. You need to be reasonably comfortable. Honor the silence of the chapel.
- Whenever you feel restless, gaze at the Precious Body of our Lord in the monstrance. Thank Jesus for His presence with us. Ask Him to help you grow in appreciation of His presence in the consecrated host and teach you how to relate to Him more fully.
- Tell God you are giving Him an hour of your time because you love Him and want to spend time with Him, and ask Him to guide your thoughts and your prayers during this time. Then be willing to accept whatever happens as part of God's will. Try not to judge whether your time has been well spent! You get credit just for showing up!
- If you are disturbed by noise, treat it with neutrality, like a stranger who just happens to be walking along on the same road. Try not to be bothered by it.
- If you find you have many distractions, try to weave them into your prayer. For example, ask God to help you solve the problem you are struggling with, or to give you peace with respect to something that just happened to you or to make you less anxious about something you need to do. What we consider distractions may be things God wants us to bring under His sovereign control.
- Read scripture. Pick a familiar passage or borrow a missalette and read the scriptures for the day or the coming Sunday.
- Pray the rosary. It takes most people about two and a half minutes to pray a decade of the rosary (ten Hail Marys), but you may want to slow it down and spend more time contemplating one or more of the mysteries.
- Use the prayers in a devotional prayer booklet. There are several booklets designed specifically for Eucharistic adoration. If you are praying an unfamiliar prayer, go through it a couple of times.
- Pray the chaplet of Divine Mercy.
- Pray for your parish. Pray for its priests and staff members by name. Pray for the staff and teachers of Catholic schools. Pray for anyone with whom you work in your parish as a volunteer.
- Pray for members of your family by name. Thank God for the gifts you have received from them. Pray for anyone who has contributed to making you a better person — parents, former priests, teachers, etc.
- Pray for anyone with whom or for whom you work.
- Think of people you don't like or whom you believe don't like you, and pray for them. Acknowledge that God loves them and is working in their lives. Pray that God will bless them and make it easier for you to get along with them. Ask God to forgive you for anything you have done to complicate the lives of others, and to show you whom you may need to forgive or to ask forgiveness from.
- Ask God to make you aware of the ways in which you are failing to live up to His desires for your life.
- Pray for our President and the Congress, and for our Governor and the legislature, that they may govern wisely. Pray for judges that they might administer justice tempered with mercy. Pray for government workers — police officers, fire fighters, postal workers, etc.
- Pray for our Pope, our Archbishop, and leaders of the Church.
- Pray for an end to violence at all levels of our society.
- Pray for the sick, that they might be healed in body and spirit. Pray for those who care for the sick — family members, physicians, nurses, cleaning staff, etc. Pray for those with disabilities and those suffering from addictions. Pray for the elderly, that they might find meaning in life. Pray for the dying, that they might experience a peaceful death.
- Pray for those people who are not practicing Catholics, that they may discover the fullness of truth.
- Pray for the unborn and for expectant mothers, that they might be protected as they prepare for the miracle of birth.
- Pray for all souls in purgatory, that they might soon be admitted to the presence of God.