

Eucharistic Adoration

Prayer before Christ the Lord, sacramentally present in the Eucharist, extends the union with Christ that we reach in Holy Communion. It encourages us to live in light of the Death and Resurrection of the Lord, to do good works, to please God, and to be witnesses of Christ in the world.

Adoration of the Eucharist, either individually or as a community, always relates to the celebration of

Mass. It helps us to hold the liturgical celebration in our hearts, and in the power of the Holy Spirit, to commit ourselves more intensely to offering our lives to the Father along with the perfect sacrifice of Jesus.

The importance of eucharistic adoration is shown in the fact that the Church has a ritual that regulates it: the Rite of Eucharistic Exposition and Benediction. This is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: “Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.” Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church. The rite concludes with the ordained minister blessing the faithful with the Blessed Sacrament.

