



Behold! The Lamb of God

1. Eucharistic Adoration is Appreciation of God's Friendship

In the Mass, God gives to us the complete gift of Himself in the Eucharist. In Eucharist adoration, we give to God our gratitude for this great gift. Eucharistic adoration is appreciation of God's friendship extended to us through the gift of His total Presence among us in this most Blessed Sacrament.

Friends treasure the moments that they spend together and they make time for one another to matter how busy they are. Jesus in the Blessed Sacrament is our best and most faithful Friend. You are definitely so infinitely important to Him that He makes Himself completely available to you all the time. Through perpetual adoration, we make time for Him that we may have a better, closer relationship with God and grow in faith, hope and love.

2. A Personal Relationship with Jesus

Jesus gathers us together for communal worship on Sunday as we come as a family, a parish, a community, to express our oneness with Him. Then He calls us to personal worship by remaining with us during the week to call us back to Himself in the Blessed Sacrament that we may spend some quiet time in His Eucharistic Presence TO DEEPEN OUR PERSONAL RELATIONSHIP WITH HIM.

3. "Worthy is the Lamb"

Through the Holy Sacrifice of the Mass, we give glory to the Father. Through perpetual exposition of the Blessed Sacrament, we give glory to the Son:

*"Worthy is the Lamb who was slain
to receive honor, glory and praise." (Rev 5:12)*

In other words, Jesus in the Blessed Sacrament is infinitely deserving of our unceasing adoration in thanksgiving for all He has done for our salvation.

This is why perpetual adoration is ongoing in a parish: it lasts as long as Our Lord's love for us in the Blessed Sacrament lasts, which is forever. As long as He loves us enough to want to be with us day and night, then we want to love Him enough to be with Him day and night. We respond with 'around the clock' perpetual adoration because the Eucharist calls us to be generous with God; for it is the sacrament of God's infinite generosity toward man, and the difference to God, between mediocrity and generosity, is the same difference that exists between time and eternity.

If you ever doubt how much He loves you, all you have to do is think of this: He wants you to know that Good Friday follows Holy Thursday because Good Friday is the price Jesus willingly and lovingly paid to give us the complete gift of Himself in the Holy Eucharist. The Eucharist flows from Our Lord's Passion and is the sweet fruit of all His suffering for like wheat which is beaten, broken and crushed before it becomes bread, Jesus was willing to be beaten, broken and crushed in His Passion that He may become for us the *"Living Bread come down from heaven"*, for He said *"The bread I will give is My flesh for the life of the world."* (Jn 6:51)

4. Eucharist Means Thanksgiving

Eucharist means thanksgiving to emphasize the attitude we should have. Eucharistic adoration is thanksgiving for our last Mass and preparation for our next Mass as Jesus inspires us to live the Mass in the whole of our life, so that *"through Him, with Him, and in Him, in the unity of the Holy Spirit"* we may live His attitude in our everyday life, which is to seek first His Father's will, His Father's pleasure, His Father's glory.

Jesus Himself sets the example for the need of personal prayer, as many times He went by Himself to pray alone to His Father. Our personal worship of the Eucharist must go together with our communal worship of the Eucharist, so that 'like the disciples who came to know Him in the breaking of the bread', we may come to know Him in the Eucharist, with a living faith and experience the sweetness of His love, and the power of His grace, who says to all of us:

"Come to Me, all you who are weary and find life burdensome and I will refresh you." "Learn from Me, for I am gentle and humble of Heart and your souls will find rest, for My yoke is sweet and My burden light." (Mt 12:28)

Jesus dwells with us in the Blessed Sacrament to lighten our burden by comforting us in all our afflictions, strengthening us in all our weaknesses and temptations, encouraging us in all our disappointments by giving us a completely positive attitude toward God 'Who is love', a positive attitude toward ourselves as He helps us see ourselves in the light of His divine love, and a positive attitude toward one another, enabling us to love one another, not according to the flesh, but according to the Spirit, by giving us His very own love that we may love one another as He has loved us.

5. How Do I Do My Hour?

This quiet hour of prayer He invites us to and wants us to spend with Him is spent any way you like. This is your hour with Jesus. You may want to bring your own prayer books; you may want to pray the rosary or read scripture or do both. You may want to speak to Jesus heart to Heart; or you may just want to sit and relax and enjoy the sweet peace that comes from simply being in His company, for He

said: "Come aside to an out of-the way place and rest awhile." (Mk 6:31) "Be still and know that I am God." (Ps 46:11) "My peace is My gift to you." (Jn 14:27)

One form of prayer that pleases Jesus very much is just to be still and simply let Jesus love you in the Blessed Sacrament. Just as you can't be exposed to the sun without receiving its rays, so too, you can't come before the Blessed Sacrament without receiving the divine, vivifying rays of the grace and love of the Son of God.

Even if you think you are the worst person in the whole world, remember that Jesus said that He has come not for the self-righteous and the well but for sinners and those who are sick, as those *"who are well do not need a physician"*.

Or even if you think you are the worst prayer in the whole world and you can't even get through an 'Our Father' without getting distracted, or if you sit or kneel for more than five or ten minutes and your mind goes in ten thousand different directions, Jesus wants you to know that He understands this. It is natural. What He wants you to understand is the supernatural: that He is so much in love with you that the mere fact that you choose to be with Him for this quiet hour brings indescribable delight to His Heart.

For He Who created the whole world and Whom the whole world cannot contain, contains Himself in the Blessed Sacrament for love of us, to be Our Divine Companion during our pilgrimage through life, to be Our Good Shepherd who leads us to life-giving waters, to be Our Divine Physician who comes to heal the lonely and the brokenhearted

Reading Material in the Chapel

There are Bibles and other books available in the chapel for everybody to read during their Holy Hour.

Of special mention are books that help us come to a deeper appreciation of the value of spending a quiet hour of prayer with Jesus in the Eucharist. For example, the meditations in this pamphlet are taken from the book ***"Loving Jesus with the Heart of Mary"***. Another book titled ***"Come to Me in the Blessed Sacrament"*** is also available.

Mother Teresa wrote a forward for both these books in which she said: *"Wherever I travel and wherever I go, I carry this prayer and meditation book with me... **Loving Jesus with the Heart of Mary** is my daily prayer and meditation book. ...each page helps us to see ever more clearly how much Jesus loves us in the Blessed Sacrament. I recommend **Loving Jesus with the Heart of Mary** and **Come to Me in the Blessed Sacrament**... I would like the whole world to read these books to help everyone realize that Jesus wants all of us to come to Him in the Blessed Sacrament. He is really there in Person waiting just for you."*

A third book available in the chapel is "**Letters to a Brother Priest**". Cardinal Vidal of the Philippines writes: *"When I see the poverty, the disease, and the pain in the world today, my heart aches for suffering humanity. If I can feel this way, how much more so is the Heart of God moved by the cry of His children? I am sure that God wants to put an end to this period of trial and tribulation. He wants to establish his Kingdom of peace and justice, but He is waiting for us to do our part. If we are willing only to do what is ordinary then we can only expect God's ordinary blessings. Only when we are willing to do the extraordinary are we guaranteed of obtaining God's extraordinary blessings.*

*Perpetual adoration of the Blessed Sacrament is absolutely the extraordinary effort that God is asking for today in order that He may bestow upon mankind His extraordinary blessings... **Letters To A Brother Priest** helps us to better understand the beauty and the power of the Blessed Sacrament in the culmination of God's plan in salvation history"*

Thankyou

Jesus is so grateful for every visit you make to Him that, because of your visit, each person on earth is blessed and experiences a new effect of His goodness, grace, and mercy. You so touch His Heart that the whole world is brought closer to God because the Eucharist is the sacrament of love and unity and one person before Jesus represents the whole world.

Don't forget....

- to be on time for your holy hour. The Adorer who is scheduled before you is waiting for you to arrive so that they can leave.
- the Blessed Sacrament should not be left unattended so please wait for the next scheduled adorer to arrive.
- look for the register book at the entrance to the chapel and please sign your name when you **FIRST ARRIVE**. This is so that other adorers realize the next scheduled adorer has arrived.

THANKYOU!!!