



## **Eucharistic Adoration: A Privileged Place of Encountering Jesus**

Spending time in prayer with Jesus, Who is present in the tabernacle in a Catholic Church, is different than praying prayers at home. The reason is that we are with Jesus in a more intimate and real way because He is truly present in the Holy Eucharist.

A great way to begin this practice of spending time with Jesus in church is by stopping in to “make a visit” and spending 5 to 10 minutes just as we would stop by to see a family member. Being in the presence of Jesus Himself is an incredible opportunity and gift. When we make a simple visit to the Blessed Sacrament – another name for the Eucharist – we can bring to Jesus our concerns and joys. We want to express to Him in our own words our struggles, sorrows and joys. The Eucharist is Jesus; He is right there. The experience of being with Christ brings peace as He helps to calm any state of preoccupation, worries or discouragement and gives us a new perspective. When we walk out of church, it is amazing to realize how we leave with a quieted heart.

We want to thank Him for listening to us, helping us to “work things out” and giving us His peace. We also want to thank Jesus for His presence there and to know that He really wants us to spend time with Him.

Most people feel that they don’t have time to make such a visit even for a short duration. However, once we make the effort to spend time with the God of the Universe we will find that the Lord begins to “free up time” from what appeared to be a full schedule. Gradually, we will start to see how He arranges things, guiding us in our lives to resolve problems. It will also become noticeable that with our responsibilities of life, time is saved rather than lost as different possibilities are opened. Eventually we will grow in our desire to spend time with Him even if there is no pressing problem. We value Him for Himself and not just as a problem-solver for us, although He is always there to help us. As our friendship grows, we want to be in His presence more often.

It is best to start slowly in making these visits. Over time, making a regular visit such as once a week will become a habit. As time goes on, perhaps you will want to make the visit longer. Some people spend 30 minutes to an hour with our Lord. Each of us has different responsibilities, so it wise to start with what is doable, possible and sustainable, such as stopping by once a week for ten minutes.

Catholic Churches are open during the day and so it is possible to “make a visit” to Jesus in the tabernacle when it is convenient. Many parishes have specific times set aside during the week for Eucharistic Adoration, where the Eucharist is exposed in a vessel called a monstrance. People are most welcome to “make a visit” anytime the church is open. What matters is that we have the desire and intention to be with Jesus, to deepen our walk with Him and experience His presence in our life in this special and perhaps new way. Keep making visits!

### *Questions for reflection:*

1. What day and time might be convenient for you to stop by church and “make a visit”?  
What amount of time is doable for you? Taking your children along may be necessary.
2. What do you think will be the effects of spending time with your Savior – Jesus Christ?

### *Ideas:*

1. To ward off distractions, suggested reading resources to use during your visit are *The Divine Encounter* by Mark Hart or *Searching for and Maintaining Peace* by Fr. Jacques Phillip.
2. Ask Jesus for the grace to strengthen your faith that He is truly present in the Eucharist.

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