

## **Eucharistic Adoration Q & A:**

### **Q: What is the purpose of Eucharistic Adoration?**

**A:** Adoration is simply to show our love for Jesus, to Adore Him in the Eucharist, and allow Him to love us. We, as Catholics, believe in the true presence of Christ in the Eucharist. His Body, Blood, Soul and Divinity are housed in this piece of bread. When we attend adoration, we are directly in front of our divine Lord in a special and unique way. In the quiet of this special time, He can transform us.

### **Q: Why should I participate in Eucharistic Adoration?**

**A:** In Mark 6, Jesus told his disciples, “Come away by yourselves to a deserted place and rest a while.” This resting with Jesus gives a renewal of mind and spirit. The calming presence of the Blessed Sacrament leads many to a deeper love and understanding of the Lord which increases faith. Spending time in silent or quiet prayer and reflection helps to quiet minds and hearts so that we can keep Christ at the center of our lives. Sometimes we will even hear God whispering to us in the silence.

### **Q: What is the process of Adoration?**

**A:** The priest will begin by removing a large consecrated host (the Blessed Sacrament) from the tabernacle and exposing it in a special container called a monstrance. We kneel during this “Exposition” time and sing songs, such as “O Salutaris Hostia/O Saving Victim”. Father incenses the altar and the monstrance and then kneels himself before the Eucharist. Candles are lit to show honor to Jesus in the Eucharist and will stay with Christ as long as He is exposed on the altar. Once the priest leaves the sanctuary, “Adoration” time begins and people come and go at their own pace to adore Christ as long as He is exposed. To close Adoration, the priest will return to the sanctuary, recite the Divine Praises, lead us in songs such as “Tantum Ergo” and repose the Blessed Sacrament by removing it from the monstrance and returning it to the tabernacle. This is known as “Benediction”. After Benediction, people usually leave the Church space, but others may stay to continue praying.

**Q: Do you have to be Catholic?**

**A:** No, the beauty of Adoration is that anyone can come and Adore – you are asked simply to come with an open heart to love God.

**Q: What is Guided Adoration? Who can participate?**

**A:** Guided Adoration is done especially for those who may be new to the practice of Adoration, but can also be a time for many to gather and pray together in a more formal manner or for special intentions. A priest, deacon, or lay leader will lead a time of prayer through questions, reflections, readings, and sometimes song. Each Guided Adoration experience is unique and is usually geared toward those who are adoring at a specific time.

*\*Find information below regarding upcoming **Family Guided Adoration Hour** events scheduled at St. Ignatius Church.*

**Q: What should I do during Adoration time?**

**A:** Your Adoration time is special to you, and can be done in a variety of ways. No matter how you choose to adore Christ in the Blessed Sacrament, everyone should spend time focusing on Him in the Eucharist sitting upon the altar in the monstrance. Some people choose to sit directly in front of Christ at the foot of the altar, and others will choose to sit or kneel in a favorite pew. The activities you choose to do to Adore Christ will determine if you are sitting or kneeling. For example, some people choose to pray the Rosary, some read and reflect on Scripture, some will sit in silence for their entire visit and let Jesus speak to them in their heart, others bring a journal and spend time in reflection. Each time you come to sit with the Lord is a unique and special time between you and Him.

**Q: How are we supposed to feel? What if we don't feel God's presence?**

**A:** You may not always feel something special. That is okay. God is with you, whether you feel Him there, or not. The feelings that come to you during Adoration are most likely what God wants you to feel. You don't

need to exert yourself to feel a certain way. Just be as present to God as you can, loving Him.

**Q: How do I know/believe that Jesus is really present?**

**A:** It's a matter of wanting to believe. Pray an act of faith asking God to increase your faith. Check out this story about St. Anthony of Padua that a priest shared with his second grade class as they prepared for their First Holy Communion that tells the miraculous tale of the real presence of Christ in the Eucharist:  
<https://www.youtube.com/watch?v=U9lpFQMirl8>

**Q: I've seen people genuflect differently during Adoration; what are they doing and why?**

**A:** The practice of genuflecting on both knees or prostrating yourself by lying in front of the Blessed Sacrament shows a special reverence to the Lord as He sits in front of you. Usually this is done when you enter and exit your seating space within the church.

**Q: The Adoration times listed are sometimes hours long-do I have to stay the entire time?**

**A:** No! You may come and go as you please to adore the Lord. If you are new to Adoration, a short time of 15-20 minutes may be all that you spend. Most of the time, people find such graces in Adoration that they increase their time to an hour and sometimes more!

**Q: What specific things should children know?**

**A:** They should know that Jesus is present in the monstrance and that they can love Him by spending time with Him.

**Q: How can children participate in Adoration?**

**A:** Depending upon the age of your child, they may participate differently. Toys are not recommended to keep your children "busy" during this time, as everyone's focus should be on Jesus. The youngest children could bring Religious books to look at, or bring crayons and some religious coloring pages to keep them focused on Jesus. School aged children can likely

spend some quiet time praying (using guides to help them focus this time is a great idea) and then reflect quietly about Jesus. This is a great time to spend teaching your child how to pray the Rosary or the Divine Mercy Chaplet, or have a parent read aloud a Scripture passage and have the family reflect upon it individually to discuss when you get home. Older children can take time to engage in conversation with the Lord about their lives-their joys, sorrows, giving thanks, praising God, and asking for the needs of others and themselves.

**Q: How can I help my children learn to be still? What can we do at home to practice?**

A: Use a timer to give short amounts of time to practice silence, stillness. Start with short amounts of time and gradually build up stamina for more. Use a candle and watch it flicker. Use a bell and listen to it resonate. Practice praying with this stillness – help create a sense of awe/mystery. Use quiet voices.

**Q: How is Family Adoration different?**

A: The purpose of a Family Adoration Hour is to welcome whole families and to help children learn to adore Christ present in the Eucharist.

**Q: When is the Family Guided Adoration Hour at St. Ignatius?**

A: We will be providing opportunities for families to try out a guided Adoration time this Lent to help bless your efforts in building your own domestic church within your family. These guided evenings are specifically designed for families who are NEW TO ADORATION and will include some structured guided prayer time, silent time, and worship music. Our first hour will be on **Thursday, February 25 from 4-5pm**, and the next will be **Thursday, March 11 from 5-6pm**. If these events are well attended, we'll consider having this special guided time once a month moving forward.