



PERPETUAL EUCHARISTIC ADORATION

A Call to Holiness and an Invitation to a Personal Relationship with Jesus

Jesus said: “Come away by yourselves to a secluded place and rest a while” (Mk. 6:31).

As laity, we have been given the challenge to aspire to be saints in the “universal call to holiness”. The way of sanctity of priests and religious for centuries was opened to us in developing intimacy with Jesus in the Blessed Sacrament through Perpetual Eucharistic adoration.

“I would like to recall the priority of prayer over action since it is on prayer that the effectiveness of action depends. The Church’s mission largely depends on each person’s personal relationship with the Lord Jesus and must therefore be nourished by prayer” (Benedict XVI).

“Ours is a time of continual movement which often leads to restlessness, with the risk of ‘doing for the sake of doing.’ We must resist this temptation by trying ‘to be’ before trying ‘to do.’ In this regard we should recall how Jesus reproved Martha: “You are anxious and troubled about many things, one thing is needful” (*Novo Millennio Ineunte*, #15, St. John Paul II).

An intimate personal relationship with Christ is the “heart of Eucharistic piety” (*God Near Us*, Joseph Cardinal Ratzinger). There is no more personal a relationship with Jesus than where He is in person in the Holy Eucharist, Body, Blood, Soul and Divinity.

How wonderful to experience His Eucharistic Presence fully in order to not take so great a gift for granted. How do we experience Jesus in the Holy Eucharist fully? We offer ourselves with Him to the Father in the Holy Sacrifice of the Mass, by receiving Him in Holy Communion and by adoring Him in the Blessed Sacrament, as He remains with us day and night.

“In the Eucharist the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is the Church’s supreme act of adoration” (*Sacramentum Caritatis*). “Communion and adoration are indivisibly one” (*God Near Us*).

Jesus is inviting us to get to know Him better by spending a weekly holy hour with Him in the Blessed Sacrament. In fact, Jesus longs to be loved by us as He told Saint Margaret Mary when she was adoring Him in the convent chapel, “I thirst with an ardent thirst to be loved in this Blessed Sacrament.”

Saint Mother Teresa of Calcutta said, “The best time you will spend on earth is the time you spend with your Best Friend, Jesus in the Blessed Sacrament.”