



## **THE URGENT NEED FOR EUCHARISTIC ADORATION AND FOR MAKING A DAILY HOLY HOUR**

**Quotes of Archbishop Fulton J. Sheen**

"I am asking you, every single day of your life without any exception, to make a continuous hour of adoration in the Presence of Our Lord in the Blessed Sacrament..."

"Because we live in a demonic age, the time has come to take seriously this Holy Hour. It is the only thing our Blessed Lord ever asked us to do, ever asked directly of His disciples: 'Can you not stay awake one hour with me?'"

"Who should make it [a Holy Hour of Eucharistic Adoration]? Bishops, for an apathetic world, so that during that Holy Hour the Blessed Lord will speak to them, as He spoke to Paul at Corinth. 'Be courageous, be not silent, speak out, I am with you.'"

Ven. Fulton J. Sheen continues, speaking of who should make a Holy Hour: "Priests. Make the Holy Hour. It may be a sacramental sign of our victimhood. Would you have power in the pulpit? Would you be able to console the sick? Would you be able to make converts? Then spend the Hour with our Lord. When you mount the pulpit you will shoot forth sparks, and the people will love you."

"Sisters, you wonderful women, who bear a visible sign of your union with Christ, make the Holy Hour—and understand how much the children in schools are yearning for you to come back. Married couples, make the Holy Hour, to make up for an abortion every thirty seconds. Prove that the Lord is the Lord of life and not of death."

"All you who are engaged in social work, treating humanity in any form, make the Holy Hour. Believe me, when you begin to see the invisible Christ behind that visible sign of Bread, you will soon begin to see in the poor and the naked the invisible Christ whom they represent. That is the vision that makes Mother Teresa one of the leaders of the world in the love of the poor."

"And you young people, young men and young women, do not believe that the joy of life consists in a titillation of the flesh, but see that love is sacrificial; and when you make a Holy Hour, then you will begin to understand that the real rock is Peter, and the gates of hell shall not prevail."

"Everyone, make the Holy Hour, and you will discover as you leave the divine Presence that if you move among people in the world, they will say of you as the maid said of Peter, 'You have been with Christ.' And then at the end of a lifetime spent in adoration of the Lord, and in love of the Blessed Mother, of the Blessed Sacrament, when you come before the Lord do you know what He will say to you? He will say, 'I heard my Mother speak of you.'"