

SAINTS AND POPES ON THE BENEFITS OF EUCHARISTIC ADORATION

1. Every Holy Hour we make so pleases the Heart of Jesus that it is recorded in Heaven and retold for all eternity! - St. Teresa of Calcutta
2. The spiritual lives of our families are strengthened through our Holy Hour. - St. John Paul II
3. A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to Heaven who otherwise would have gone to hell. - Jesus revelation to Blessed Dina Belanger
4. The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship. - Archbishop Fulton Sheen
5. Perpetual Adoration extends its influence far beyond the individual adorers, touching their homes and families and reaching out to the parish community and beyond. - St. Pope Paul VI
6. Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you. - St. Josemaria Escriva
7. A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption - Archbishop Fulton Sheen
8. The grace of adoration of Jesus in the Most Blessed Sacrament is given to everybody. - St. Peter Julian Eymard
9. Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace. - St. Alphonsus Ligouri
10. The future belongs to those who worship God in silence. - St. John Paul II
11. It is impossible in human terms to exaggerate the importance of being in adoration before the Eucharist as often and for as long as our duties and state of life allow. - Fr. John Hardon
12. St. Vincent de Paul would make a Holy Hour asking the Lord for blessings on important business transactions and, afterwards, returned to thank the Lord. - St. Vincent de Paul
13. By being faithful to a Holy Hour of Adoration you can teach by example. "The young should be taught the value of Eucharistic Adoration." - St. John Paul II
14. I strongly recommend that each of us make a resolution, no matter how much the decision may cost us, to make a holy hour before the Blessed Sacrament...once a week. - Fr. John Hardon
15. The love of God and neighbour, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship. - St. John Paul II
16. Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often! - St. John Bosco
17. Our Lord in the Blessed Sacrament has His hands full of graces and He is ready to bestow them on anyone who asks for them. - St. Peter of Alcantara
18. A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory. - St. Padre Pio

19. It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring. - St. Augustine
20. The faithful are to hold the Eucharist in highest honour... worshiping it with supreme adoration. - Code of Canon Law, 898
21. During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need of His mercy.
22. You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions. - Pope Benedict XV
23. I ask everyone to intensify in coming months, love and devotion to the Eucharistic Jesus. - Pope Benedict XVI
24. Jesus Himself is calling you to spend one special specific hour with Him each Week. - St. John Paul II
25. A Holy Hour brings Heavens choicest blessings on those who are faithful to their Hour. - St. Paul VI
26. This is not merely a passing devotional practice. It is founded on divinely revealed truths. - Pope Pius XII
27. A "Holy Hour" of adoration has been approved by the Church and enriched with copious indulgences. - Pope Pius XI
28. I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God. - St. John Paul II
29. Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer. - St. Alphonsus Ligouri
30. There is no doubt that a flood of graces will descend upon your family and the world if more souls would become docile pupils of adoration. - St. John XXIII
31. A holy hour of adoration testifies to the fact that the Jesus who died on the cross, is present in the Eucharist, and reigns in Heaven, are identical. - Pope Pius XII
32. Adoration of the Most Blessed Sacrament is the devotion which surpasses all others. - St. Pope Pius X
33. Our Lord is hidden there in the Blessed Sacrament, waiting for us to come and visit Him, and make our requests to Him. - St. John Vianney
34. Jesus Himself is calling you to spend one special specific hour with Him each Week. - St. John Paul II
35. I understand that each time we contemplate with desire and devotion the Host in which is hidden Christ's Eucharistic Body, we increase our merits in heaven and secure special joys to be ours later in the beatific vision of God. - St. Gertrude
36. The Eucharist bathes the tormented soul in light and love. Then the soul appreciates these words, 'Come all you who are sick, I will restore your health. - St. Bernadette Soubirous
37. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world. - Archbishop Fulton Sheen
38. In order to convert America and save the World what we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer. - St. Teresa of Calcutta

39. "I have a burning thirst to be honoured by men in the Blessed Sacrament". - Jesus speaking to St. Maragaret Mary Alacoque
40. A Holy Hour will give you more strength during life and more consolation at the hour of your death and in eternity. - St. Alphonsus Ligouri
41. Come to Me, all of you...Behold, for you I have established a throne of mercy on earth and from this throne I desire to enter into your heart! - Jesus to St. Faustina
42. "You can come to me (in Eucharistic Adoration) at any moment, at any time; I want to speak to you and I desire to grant you grace!" - Jesus to St. Faustina
43. When Our Lord sees pure souls coming to visit Him in the Blessed Sacrament He smiles on them. They come with the simplicity that pleases Him so much. - St. John Vianney
44. If souls but understood the Treasure they possess in the Divine Eucharist the churches would overflow with adorers no less by night than by day. - Blessed Dina Belanger
45. Restoration, sanctification, transformation, reparation and salvation are the graces being poured out graciously upon us with each Holy Hour we make. – Bl. Dina Belanger
46. Jesus revealed to St. Faustina at Adoration that "beneath these rays (from the Eucharist) a heart will be warmed even if it were like a block of ice; or hard as rock..."
47. Eucharistic Adoration is the most necessary mission to the Church, which has even more need of prayerful souls than of powerful preachers or men of eloquence. - St. Peter Julian Eymard
48. We should build the whole edifice of our spiritual life around Adoration. We should not hesitate to ask Him to work miracles, now, as He did in Palestine. - Fr. John Hardon
49. For Jesus to 'work miracles' is available in our day on one condition. That we come to him in Adoration and confidently beg him to give us the graces that we so desperately need! - Fr. John Hardon
50. We represent those in the world who do not know Jesus during our Holy Hour of Adoration. - St. John Paul II
51. In the course of the day the faithful should not omit to visit the Blessed Sacrament! - St. Pope Paul VI
52. No less than His contemporaries in Palestine adored and implored Him for the favors they needed, so we should praise, thank Him, and implore Him at Adoration. - Pope Pius XII
53. Christians should make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a "Holy Hour". - Pope Pius XI
54. Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace. - St. Pope Pius X
55. The devotion which God sends to the succour of His Church and of the nations at the present time is the devotion to the Holy Eucharist. It is the highest of all devotions. - Pope Leo XIII
56. We are not called to great penances...but the Holy Hour is a sacrifice in union with Christ. - Archbishop Fulton Sheen
57. A Holy Hour of Eucharistic Adoration helps to bring everlasting peace to earth. - St. Teresa of Calcutta
58. Let us never forget that an age prospers or dwindles in proportion to its devotion to the Eucharist. This is the measure of its spiritual life, faith, charity, and virtue. - St. Peter Julian Eymard

59. During a Holy Hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate. - St. Teresa of Calcutta
60. The same piety that moves the faithful to Eucharistic Adoration attracts them to a deeper participation in the Mass. - Sacred Congregation of Divine Worship, 2001
61. You will find visits to the Most Blessed Sacrament very conducive to increase in you Divine Love. - St. Mary Magdalene of Pazzi
62. You should take up as your own cause a Holy Hour of Adoration so that Peace and Unity can be brought about in the Church. - St. Paul VI
63. Priestly, religious, and missionary vocations will stem from your Holy Hour. - St. John Paul II
64. A Holy Hour of Eucharistic Adoration is the best way to grow spiritually (outside of Mass). - St. Paul VI
65. The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works. - St. Pope Pius X
66. The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship. - Archbishop Fulton Sheen
67. Jesus Himself is calling you to spend one special specific hour with Him each Week. - St. John Paul II
68. A Holy Hour of adoration before the Most Blessed Sacrament opens up the floodgates of God's merciful Love upon the world. - St. Teresa of Calcutta
69. Society will again someday become Christian, won to Jesus Christ by the apostolate of Eucharistic Prayer. - St. Peter Julian Eymard
70. Even a quarter of an hour's prayer in front of the Eucharist perhaps gains more graces than all the other spiritual exercises of the day (outside of Mass). - St. Alphonsus Ligouri
71. Visit the Blessed Sacrament at some church at least once a day. - Pope John XXIII
72. One of the by-products of a Holy Hour of Eucharistic Adoration is the sensitiveness to the Eucharistic Presence of Our Divine Lord. - Archbishop Fulton Sheen
73. Eucharistic Adoration is an invaluable converse with Christ where we learn more deeply of the mysteries of His Divine and human life. - St. John Paul II
74. Do you realize that Jesus is there in the Blessed Sacrament expressly for you, for you alone? He burns with the desire to come into your heart! - St. Therese of Lisieux
75. Offering their entire lives with Christ (at Eucharistic Adoration) to the Father in the Holy Spirit, they derive from this an increase of faith, hope, and charity. - Sacred Congregation of Divine Worship, 2001
76. I beg you to show the greatest possible reverence for the Eucharist through whom all things have been brought to peace and reconciled with Almighty God. - St. Francis of Assisi
77. The Blessed Virgin is eager to make Jesus in the Eucharist known to all and to group them into a Eucharistic Guard of Honour, a court of devoted adorers! - St. Peter Julian Eymard
78. During a Holy Hour our Lord gives us the courage to cope with our natural fears, the ability to undertake great things for the sake of His name, and the power to undergo great trials. - Fr. John A. Hardon

79. Let us take time, in the course of the week, in passing, to go in and spend a moment with the Lord who is so near. - Pope Benedict XVI
80. A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God's graces. - St. Faustina
81. As we would expect, an outstanding spiritual growth and impetus tend to spring from Perpetual Adoration of the Most Blessed Sacrament. St. Paul VI
82. A Holy Hour helps the one in the world in most need of God's Mercy. - St. John Paul II
83. The worship paid to the Eucharist strongly impels the soul to cultivate a "social" love, by which the common good is given preference over the good of the individual. - St. Paul VI
84. A Holy Hour before the Most Blessed Sacrament repairs for evils of the world. - St. John Paul II
85. Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him in Adoration. - Archbishop Fulton Sheen
86. Adoration of the Blessed Sacrament is the best time you will spend on earth! - St. Teresa of Calcutta
87. Adoration of the Blessed Sacrament is the end of the Church Militant just as adoration of God in His glory is the end of the Church Triumphant. - St. Peter Julian Eymard
88. We contribute to the radical transformation of the world during our Holy Hour of Eucharistic Adoration. - St. John Paul II
89. During our Holy Hour before the Most Blessed Sacrament of the altar we contribute to the sowing of the Gospel. - St. John Paul II
90. Our Holy Hour of Eucharistic adoration acknowledges Christ as the spiritual center of our community. - St. Paul VI
91. During our Holy Hour we grow more and more into His likeness. - Archbishop Fulton Sheen
92. Eucharistic Adoration will make your soul everlastingly more glorious and beautiful in Heaven. - St. Teresa of Calcutta
93. Adoration of the Most Blessed Sacrament, outside of Mass, should go together with worship in Mass so that our love may be complete! - St. John Paul II
94. A Holy Hour of Adoration in our modern rat race is necessary for authentic prayer. - Archbishop Fulton Sheen
95. By being faithful to our Holy Hour, and letting nothing interfere with it, we use it as the sign and symbol of our victimhood with Christ. - Archbishop Fulton Sheen
96. Our Holy Hours of Eucharistic Adoration make us more sensitive to the needs of our fellow man. - St. John Paul II
97. A Holy Hour becomes a magister and teacher. Theological insights are gained not only from the covers of a treatise, but on two knees before the Blessed Sacrament. - Archbishop Fulton Sheen
98. We have rediscovered that the ability to celebrate His sacrifice loses its profundity and human richness if adoration is lacking, adoration as the act that follows receiving Communion. - Pope Benedict XVI

99. Adoration is to enter into profound heartfelt communion with the Lord, who makes Himself bodily present in the Eucharist! - Pope Benedict XVI
100. Take refuge often at the feet of Jesus...My dear ones, the Visit to the Blessed Sacrament is an extremely necessary way to conquer the devil. Therefore, go often to visit Jesus and the devil will not come out victorious against you! - St. John Bosco
101. The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the Eucharistic veils, is ready to receive anyone. - St. Alphonsus Liguori
102. A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament. - St. Padre Pio
103. Trust all things to Jesus in the Blessed Sacrament and to Mary Help of Christians and you will see what miracles are. - St. John Bosco
104. Our hours of adoration will be special hours of reparation for sins, and intercession for the needs of the whole world, exposing the sin sick and suffering humanity to the healing, sustaining and transforming rays of Jesus, radiating from the Eucharist. - St. Teresa of Calcutta
105. Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace. - St. Alphonsus Liguori
106. The greatest love story of all time is contained in a tiny white Host. - Archbishop Fulton J. Sheen
107. What happiness do we not feel in the presence of God, when we find ourselves alone at his feet, before the holy tabernacle! ... 'Come, my soul, redouble your ardor! You are here alone to adore your God! His look rests on you alone!' Ah! if we only had the angels' eyes! Seeing our Lord Jesus Christ here, on that altar, and looking at us, how we should love him! We should want to stay always at his feet; it would be a foretaste of heaven; everything else would become insipid to us. - St. John Vianney
108. From the Eucharist comes strength to live the Christian life and zeal to share that life with others. - St. John Paul II
109. "I was happy to see how much time you dedicated to adoration, to daily Mass, to the Sacrament of Reconciliation. These are not simply program activities. They are real opportunities to meet Jesus" – [Pope Leo XIV LIVE: A Call to Unity and Hope, presented by NCYC, November 21, 2025](#)
110. "Deepen your prayer life as well. Spend time praying before the Eucharist in Eucharistic adoration. Go to Confession regularly.... These practises help you to hear God's voice clearly." – [Pope Leo XIV LIVE: A Call to Unity and Hope, presented by NCYC, November 21, 2025](#)
111. "To entrust our struggles to Jesus, we have to spend time with Him in prayer. We have to have a relationship with Him. In quiet, we can speak honestly with Him about what is in our hearts. During Eucharistic adoration you can look at Jesus in the Blessed Sacrament. You know that He looks at you and He looks at you with love. He often speaks to us gently, in stillness. That is why daily moments of silence are so important, whether through adoration, reading scripture, talking to Him, looking for those little spaces of time where we can be with Him." – [Pope Leo XIV LIVE: A Call to Unity and Hope, presented by NCYC, Nov. 21, 2025](#)