

Eucharistic Adoration Talking Points + Sign-Up Invitation Checklist

Use these points and resources to preach **vigorously** for Eucharistic adoration and to invite parishioners to **sign up for one weekly hour**. Throughout your campaign, especially before the sign-up, promote in every weekend sermon one or more of the following: the Eucharist, Adoration, perpetual Adoration, frequent Communion.

Preach/announce launch of Eucharistic Adoration spiritual campaign. We want to prioritize Eucharistic Adoration in our parish!: [Bulletin Insert – Our Parish is Launching a Eucharistic Adoration Campaign \(editable double-sided Canva template\)](#) – or in pdf format: [Bulletin Insert – Adoration Campaign Launch](#).

Homiletics in our [Pastor or his delegates prep Kit](#) in our [Vital Parish & Coordinator Resources webpage](#):

[What is the Eucharist](#)

The Eucharist is the Real Presence of Christ.

God is really, truly, and substantially present in the Most Blessed Sacrament. Thus, the Eucharist is “the source and summit of the Church’s life and mission” (*Lumen Gentium*, 11). At the Last Supper, our Lord Jesus instituted the Eucharistic sacrifice (*Sacrosanctum Concilium*, 47).

*He took bread, and when He had given thanks He broke it and gave it to them, saying “This **IS** My Body, which is given for you. Do this in remembrance of Me” and likewise the chalice, saying, “This chalice which is poured out for you is the new covenant in My Blood.”* (Luke 22:19-20)

At the Holy Sacrifice of the Mass, a validly ordained Catholic priest’s words of consecration—by the Holy Spirit—transubstantiate (permanently change) bread and wine into Jesus’ Body, Blood, Soul, and Divinity (*Catechism of the Catholic Church* 1333, 1373-76, 1406, 1410, 1412-1413).

Jesus said: “*I am the living bread that came down from heaven; whoever eats this Bread will live forever ... Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day. For My Flesh is **true food**, and My Blood is **true drink**.*” (John 6:51, 54-55)

The Eucharist is the “source and summit of the Christian life” (*Lumen Gentium*, 11). In his very first encyclical, St. John Paul II reminds us that through the Eucharist, “each Christian receives the saving power of redemption” (*Redemptor Hominis*, 20).

[What is Eucharistic Adoration](#)

“[The act of adoration](#) outside Mass prolongs and intensifies all that takes place during the liturgical celebration.”¹

“Adoration is the first act of the virtue of religion. To adore God is to acknowledge him as God, as the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful Love. You shall worship the Lord your God, and him only shall you serve.” (*Catechism of the Catholic Church* 2096)

“The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.” St. John Paul II, *Dominicae cenae*, 3

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"Unless a grave reason prevents it, the church in which the Most Holy Eucharist is reserved should be open to the faithful for at least some hours each day so that they are able to spend time in prayer before the Most Blessed Sacrament." (1983 *Code of Canon Law*, n. 937)

[Eucharistic Adoration is a Call to Holiness and Personal Relationship with Jesus](#)

Scripture: Jesus asks for Adoration: **"Stay you here and watch with Me. Could you not watch one hour with Me? Watch and pray, that you enter not into temptation."** (Mt 26: 38, 40, 41) Christ preached the reality that the Eucharist IS His Body and Blood. St. John recorded the fact that "many of His disciples withdrew and no longer went about with Him." Seeing this, Jesus asked the Twelve, "Do you also want to leave me?" Simon Peter did not understand any more than those who left Christ, but his loyalty was firmer. "Lord," he answered, "to whom shall we go?" (John 6:66-68)

[Twelve Biblical Reasons for Spending an Hour With Jesus in the Blessed Sacrament](#)

[Twelve Reasons from Church Teachings to Spend Hour with Jesus in Blessed Sacrament](#)

[How to Make a Holy Hour](#)

The Benefits & Fruits of Eucharistic Adoration

See on our website: [Benefits of Adoration](#).

Grace, faith, hope, love, peace, joy, clarity, guidance, stress-management, growth in holiness etc.

Making a weekly scheduled hour of Eucharistic adoration face-to-face with Jesus, who is present in Body, Blood, Soul and Divinity, in peaceful silence, is a path to growth in personal relationship with God.

Eucharistic adoration is a most effective and powerful source of grace and evangelization fruit.

Commitment to pre-scheduled prayer time ensures you can enjoy regular time in presence of Christ.

A plenary indulgence (under the usual conditions: sacramental confession, Eucharistic Communion, prayer for the Pope's intentions, and exclusion of attachment even to venial sin) is granted **to the faithful who, devoutly visiting and adoring the Blessed Sacrament, remain for at least half an hour.** (*Enchiridion of Indulgences*, n. 8, 10, *Handbook of Indulgences* 1992)

Adoration fosters humility which brings trust and Divine assistance: He is God and I am not.

1) The core theology (say it plainly, with confidence)

Adoration flows from Mass. The Church teaches that Eucharistic adoration is the **"natural consequence of the eucharistic celebration."**¹

Communion includes worship. **"Receiving the Eucharist means adoring him whom we receive."**¹

Adoration perfects what Mass begins. **"The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration."**¹

2) Why the Church urges pastors to promote adoration

The Church and popes recommend that pastors and the faithful embrace Eucharistic adoration, both **individually and in community.**²

This is not only good practice; it needs **"suitable catechesis"** so the faithful experience the liturgical celebration **more fully and more fruitfully.**²

Where possible, it is appropriate to set aside churches or oratories for **perpetual adoration.**²

Sample line: “When people understand what they’re doing, adoration becomes fruitful—not just comforting, but transformative.” ²

3) The Church’s practical standard for “daily” access and worship

Use these to justify frequency, availability, and pastoral seriousness:

- The faithful “should not omit making visits during the day to the Most Holy Sacrament” as a **proof of gratitude, a pledge of love, and a debt of adoration.**³
- Unless there is a grave reason, a church with reserved Eucharist should be open **for at least some hours each day** so people can spend time in prayer.³
- Pastors should “diligently foster Eucharistic adoration,” whether **brief or prolonged** (even “almost continuous”), with the **participation of the people.**⁴
- Congregation for the Clergy, December 8, 2007, proposed that:** Each diocese appoint a priest who will devote himself full time – as far as possible – to the specific ministry of promoting Eucharistic adoration and coordinating this important service in the diocese. Dedicating himself generously to this ministry, this priest will be able to live this particular dimension of liturgical, theological, spiritual and pastoral life, possibly in a place specifically set aside for this purpose by the bishop himself, where the faithful will benefit from perpetual Eucharistic adoration... Specific places are to be reserved for continuous Eucharistic adoration. To that end, parish priests, rectors, and chaplains are encouraged to introduce the practice of Eucharistic adoration in their communities, both personally and communally, in a collective effort to enhance prayer life. Let everyone be involved, beginning with children preparing for First Holy Communion. [*Nota esplicativa per incrementare in Diocesi*](#)

Sample line: “Our parish should not treat adoration as occasional—Christ’s presence calls for regular access and Eucharistic adoration.” ^{3 4}

4) The “what we are asking of you” (weekly hour sign-up): Frame request as a guaranteed spiritual investment, not fundraising or activism. “For exposition of the Blessed Sacrament to take place here we need scheduled adorers.” According to the instruction [*Redemptionis Sacramentum*](#), issued by the Congregation for Divine Worship and the Discipline of the Sacraments, [138.] *Still, the Most Holy Sacrament, when exposed, must never be left unattended even for the briefest space of time. It should therefore be arranged that at least some of the faithful always be present at fixed times, even if they take alternating turns.*

Suggested wording (warm + firm):

“Starting this week, we’re asking parishioners to sign up for **one weekly hour** of Eucharistic adoration. Why one hour? Because it’s realistic, builds fidelity, and ensures that the Lord is never left without worship in our midst.”

“We invite parishioners to sign up for one weekly hour...”

Add this doctrinal bridge (so it’s not just logistics): “This is our response to the truth that Jesus is waiting for us to visit Him. We’re not organizing a project—we’re making room for the Lord to be met face-to-face in prayer.”¹

5) A short “how to do it” line (so first-timers don’t feel lost)

Keep it simple—center on presence and returning when distracted.

“When you come to adoration, you don’t need to perform. Just **be present** with Christ. If your mind wanders, don’t be discouraged—return to looking at the Lord.”

“We’re offering an easy ‘first hour’ guide so you know what to do and how to pray.” ([How to Make a Holy Hour flyer](#)).

6) End-of-homily call to action (2–3 sentences)

“Please sign up today for your hour. Even if you think you’ll be nervous at first, come anyway—Jesus is the one who meets you. I’m asking everyone, as many as possible, to commit to one weekly hour so our parish becomes a place where worship continues.”

“We need enough people to sign-up in order to have adoration. Our goal is for everyone to spend a weekly hour of Eucharistic Adoration. We are scheduling two people per hour in case you can’t make it one week and will have a substitute system.”

(You’re aligning with the Church’s encouragement that adoration can be **brief or prolonged** and that pastors foster it with the people.)⁴

7) Optional “catechesis reinforcement” line (for children/families)

If you’d like to explicitly support family formation: “And especially for families: children need to learn the meaning and beauty of spending time with Jesus in the Eucharist.”²

8) Sample Quotes from the Saints

- “My aim is to institute perpetual adoration, for this is the most important activity”. – St. Maximilian Kolbe
- “Eucharistic Adoration is the greatest power in the universe, capable of transforming us and changing the face of the world.” – St. Maximilian Kolbe
- “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
- “Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, “In four hours, in two hours, in one hour, our Lord will give me an audience of grace and love. He has invited me; he is waiting for me; he is longing for me.” – St. Peter Julian Eymard
- “A thousand years of enjoying human glory is not worth even an hour spent in sweetly communing with Jesus in the Blessed Sacrament.” – St. Padre Pio
- “A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory.” – St. Padre Pio
- “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
- “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
- “The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works.” - St. Pius X
- “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
- “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
- Source and see our webpage for more [Eucharistic Quotes for Parish Bulletins](#)

[1] Sacramentum Caritatis, 66.

[2] Sacramentum Caritatis, 67.

[3] Redemptionis Sacramentum, 135.

[4] Redemptionis Sacramentum, 136.