



Eucharistic Adoration

~ Words of Inspiration, Wisdom & Good Counsel ~



O Sacrament most holy, O Sacrament divine! All praise and all thanksgiving be every moment Thine.

Saint Mother Teresa of Calcutta

1910 - 1997

Mother Teresa founded the Missionaries of Charity, a Roman Catholic religious congregation, which in 2012 consisted of over 4,500 sisters and was active in 133 countries. She is widely admired by many for her charitable works and her strong stand in opposing both abortion and contraception. Her profound love of and devotion to the Blessed Sacrament and Eucharistic Adoration is reflected in her words among many on the Eucharist which follow:



"To be alone with Jesus in adoration and intimate union with Him is the Greatest Gift of Love - the tender love of Our Father in Heaven."

"The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth."

"When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength."

"Perpetual Adoration, Eucharistic Adoration offers to our people the opportunity to join those in religious life to pray for the salvation of the world, souls everywhere and peace on earth. We cannot underestimate the power of prayer and the difference it will make in our world."



Visualization of St. Teresa's Words of "the healing, sustaining and transforming rays of Jesus, radiating from the Eucharist"

"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."

"Perpetual Eucharistic Adoration with exposition needs a great push. People ask me: 'What will convert America and save the world?' My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer."

"When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now. This is why you should ask your parish priest to have perpetual adoration in your parish. I beg the Blessed Mother to touch the hearts of all parish priests that they may have perpetual Eucharistic adoration in their parishes, and that it may spread throughout the entire world."

"If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist."

Saint Maria Faustina Kowalska of the Blessed Sacrament

1905 - 1938

This Polish nun was a mystic and visionary, having received apparitions of Jesus that inspired the devotions known as Divine Mercy. She wrote about her visions of Jesus and conversations with him in her diary, later published as the book *The Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul*. St. Faustina spent many hours before the Blessed Sacrament recording Jesus' words to her in the Diary, some of which follow with Jesus' words being in red text:

"I will not allow myself to be so absorbed in the whirlwind of work as to forget about God. I will spend all my free moments at the feet of the Master hidden in the Blessed Sacrament. He has been tutoring me from my most tender years." (Diary #82)

"During this hour of adoration, I saw the abyss of my misery; whatever there is of good in me is Yours, O Lord. But because I am so small and wretched, I have a right to count on Your boundless mercy." (Diary #237)

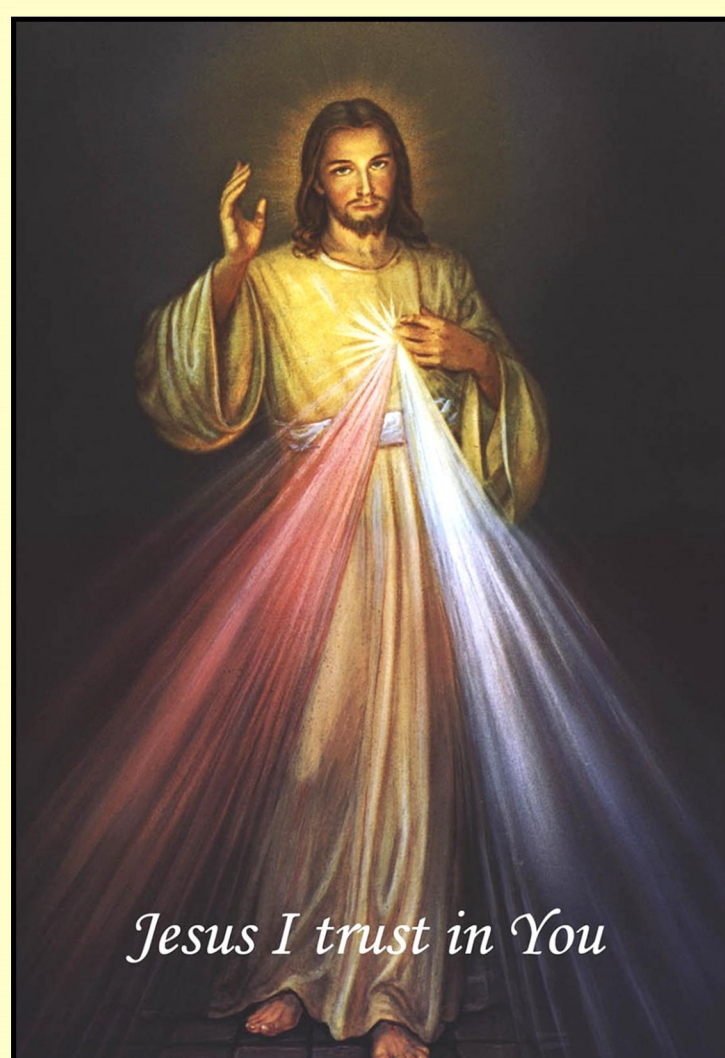
"The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: 'Come to Me, all of you. Be not afraid of your Savior, O sinful soul. I make the first move to come to you, for I know that by yourself you are unable to lift yourself to me. Child, do not run away from your Father; be willing to talk openly with your God of mercy who wants to speak words of pardon and lavish his graces on you. How dear your soul is to Me! I have inscribed your name upon My hand; you are engraved as a deep wound in My Heart. I am your strength, I will help you in the struggle... Behold, for you I have established a throne of mercy on earth - the Tabernacle - and from this throne I desire to enter into your heart! I am not surrounded by a retinue or guards. You can come to me at any moment, at any time; I want to speak to you and I desire to grant you grace!' " (Diary #1485)

In her visions of Jesus, St. Faustina often saw rays emanating from the Heart of Jesus as depicted in the many Divine Mercy images of Jesus [see example below] and from the Sacred Host in the Monstrance. Some descriptions follow:

Jesus explained the rays: "The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls... These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. These rays shield souls from the wrath of My Father. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him. I desire that the first Sunday after Easter be the Feast of Mercy." (Diary #299)

"I saw the same rays issuing from the monstrance and spreading throughout the church. This lasted all through the service. After the Benediction, [the rays shone out] to both sides and returned again to the monstrance. Their appearance was bright and transparent like crystal. I asked Jesus that He deign to light the fire of His love in all souls that were cold. Beneath these rays a heart will be warmed even if it were like a block of ice; even if it were hard as a rock, it will crumble into dust." (Diary #370)

"When the priest exposed the Blessed Sacrament, and the choir began to sing, the rays from the image [of Divine Mercy - Jesus] pierced the Sacred Host and spread out all over the world. Then I heard these words: 'These rays of mercy will pass through you, just as they have passed through this Host, and they will go out through all the world'. At these words, profound joy invaded my soul." (Diary #441)



Jesus I trust in You



Above: Depiction of St. Faustina's vision of "transforming rays of Jesus, radiating from the Eucharist"



Saint Padre Pio of Pietrelcina

1887 - 1968

This Italian Capuchin Friar, who bore the five wounds of Christ, led a life totally devoted to Jesus in the Holy Eucharist, through prayer, Adoration and good works. He is known for his gifts as a Confessor, spiritual director, and intercessor. He is referred to as the patron of Eucharistic adorers. Countless miracles and healings are granted through his intercession. Some of his words concerning the Mass and the Blessed Sacrament follow:

"A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament."

"My heart feels as if it were being drawn by a superior force each morning just before uniting with Him in the Blessed Sacrament. I have such a thirst and hunger before receiving Him that it's a wonder I don't die of anxiety. I was hardly able to reach the Divine Prisoner in order to celebrate Mass. When Mass ended I remained with Jesus to render Him thanks. My thirst and hunger do not diminish after I have received Him in the Blessed Sacrament, but rather, increase steadily. Oh, how sweet was the conversation I held with Paradise this morning. The Heart of Jesus and my own, if you will pardon my expression, fused. They were no longer two hearts beating but only one. My heart disappeared as if it were a drop in the ocean." [the above two quotes are from therealpresence.org]

"It would be easier for the world to survive without the sun than to do so without the Holy Mass."

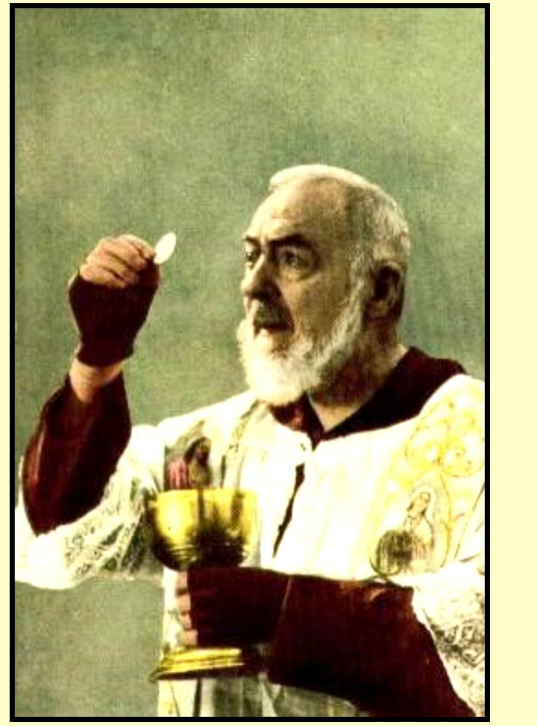
"We must always have courage, and if some spiritual languor comes upon us, let us run to the feet of Jesus in the Blessed Sacrament, and let us place ourselves in the midst of the heavenly perfumes, and we will undoubtedly regain our strength."

"Kneel down and render the tribute of your presence and devotion to Jesus in the Blessed Sacrament. Confide all your needs to him, along with those of others. Speak to him with filial abandonment, give free rein to your heart, and give him complete freedom to work in you as he thinks best."

St. Padre Pio was passionately in love with the Holy Eucharist. He prayed to Jesus: "Let me recognize you as your disciples did at the breaking of the bread, so that the Eucharistic Communion [may] be the light which disperses the darkness, the force which sustains me, the unique joy of my heart."

"In the most holy sacrament of the Eucharist, in this sacrament of love, we have true life, a blessed life, and true happiness."

"Let us spend our whole lives giving thanks to the divine Father who, in an excess of love for us, sent His only begotten Son and our most sweet Lover. Protected, covered and defended by the Presence of this dear Lord, let us stand before Him [in the Holy Eucharist] and pray with the humility of the creature and the confidence and freedom of the child." [the above six quotes are from the Missionaries of the Blessed Sacrament - www.acfp2000.com]



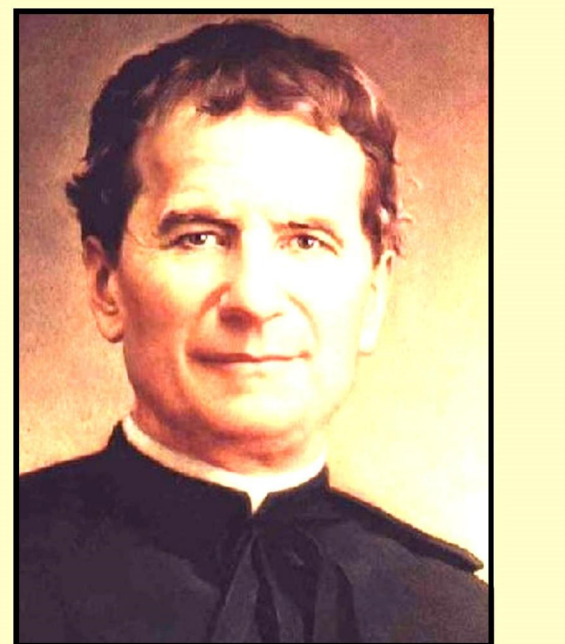
Saint John Bosco

1815 - 1888

Saint John Bosco, popularly known as Don Bosco, was an Italian priest, educator and writer. He was a follower of the spirituality and philosophy of Saint Francis de Sales. Don Bosco dedicated his works to him when he founded the Salesians of Don Bosco. Some of his words on visiting the Blessed Sacrament follow:

"Do you want many graces? Go and visit the Blessed Sacrament often. Do you want few graces? Visit the Blessed Sacrament rarely. Do you want none at all? Then never pay a visit to the Blessed Sacrament."

"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. Do you want to conquer the devil? Take refuge often at the feet of Jesus. Do you want to be conquered by the devil? Forget about visiting 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." [the above quotes are from therealpresence.org]



Venerable Archbishop Fulton J. Sheen

1895 - 1979

The Archbishop was a renowned theologian, known for his preaching and especially his work on television and radio. He taught theology and philosophy at the Catholic University of America, was a parish priest, an Auxiliary Bishop of the Archdiocese of New York, the Bishop of Rochester and an Archbishop of a Titular See. He hosted a radio program from 1930-1950 before moving to television and hosting shows from 1951-1957 and 1961-1968. His shows have since been broadcast on cable networks, EWTN and TBN. Some of his many words on the Blessed Sacrament and Eucharistic Adoration follow: [quotes are from www.stmarknc.org]

"The greatest love story of all time is contained in a tiny white Host."

"During our Holy Hour we grow more and more into His likeness."

"A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption."

"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."

"We are not called to great penances... but the Holy Hour is a sacrifice in union with Christ."

"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."

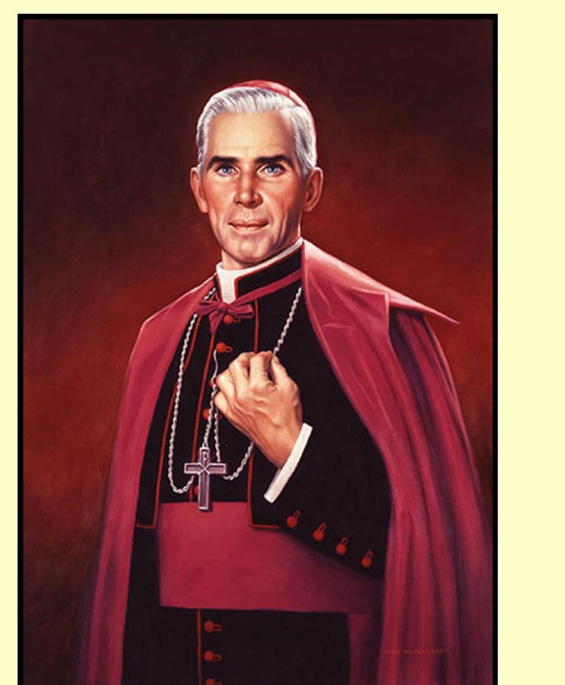
"Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him in Adoration."

"One of the by-products of a Holy Hour of Eucharistic Adoration is the sensitiveness to the Eucharistic Presence of Our Divine Lord."

"A Holy Hour of Adoration in our modern rat race is necessary for authentic prayer."

"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."

"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."



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