

Come Let Us Adore Him – II



Last week we discussed Adoration of The Blessed Sacrament. We described it as time to be with Jesus, who is present to us in The Blessed Sacrament.

“I encourage Christians regularly to visit Christ present in The Blessed Sacrament, for we are all called to abide in the presence of God. In contemplation, Christians will perceive ever more profoundly the mystery at the heart of Christian life.” (Pope John Paul II)

You may be wondering what one is supposed to do during Adoration. The first and most important thing is to be “Present” just the way you are and with all your thoughts, feelings, emotions, and physical being.

As you enter the Good Shepherd Adoration Chapel, located across from the Church in the Convent building, you will find the Monstrance, which holds the Sacred Host, and lit candles around a small altar. When you enter, walk to the center aisle and stand before the Monstrance. Genuflect on one knee (both knees are optional), and bless yourself with the Sign of the Cross. If you cannot genuflect or kneel, then a profound bow is an acceptable form of reverence before Jesus.

Go to one of the pews in the chapel, and kneel (if possible). Begin with any prayer or thought before Jesus. You may stay kneeling or you may sit in the pew or chair. This is time for you and Jesus to be together. “Here I am Before You, Oh, My Lord.”

Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!

“Behold I will be with you always even to the end of the world,” because “I have loved you with an everlasting love, and constant is My affection for you.” (Mt 28:20; Jer 31:3)

When we spend time with Jesus in Adoration, time is not measured by the clock as we count it. In Adoration, Heaven is on earth and time does not exist in eternity. If we spend 30 minutes with Jesus each week or day, it is much more than that in the eternity of God. Jesus is there waiting for us as our best friend, our Lord, and God. He smiles at us and allows us to just rest with Him in His arms.

You may ask if there are formal prayers to be said. The Rosary, The Our Father, Hail Mary and all the prayers we know are very good, but being with Jesus allows us to pray and say and think what is in our heart and mind. You can also read scripture or a spiritual book. It is also a very good place to just be Silent. One does not have to say anything. One can just listen to see what the Lord wants to say to you. “He looks at me and I look at Him.” (St. John Vianney)

We look at Jesus with awe as a Friend, a Shepherd, a Savior, and the King of Kings in all His Majesty. We do not see Him with our eyes, but we see Him with our Heart and with a Faith that brings to Jesus honor and glory, and brings to us so many graces.

In Adoration, we place ourselves before our Lord and Savior and we ask Him for His help, love, blessings and grace. “Each time you go to Jesus in The Blessed Sacrament, you touch His Heart with your faith. Each Holy Hour you make in the Presence of Jesus in The Blessed Sacrament releases His power and graces upon you, your family, your parish, your diocese and the world. Pope John Paul II said, “the Church and the world have a great need of Eucharistic Adoration.”” (Fr. Martin Lucia)

When you are here before Jesus, it is your time, your precious present to be with Jesus. In the busy season of Advent, it is good to remember that Jesus came in the silence of the night. Give yourself a precious gift as you rest with Jesus in the “Silence of the Heart.” - the quiet and stillness of Adoration. To some this comes naturally and to others it is learned over time.

As you leave the Adoration Chapel, genuflect (as you can) before Jesus, then sign the book so we know someone visited with Jesus and He was not alone. There is also a book where you can write your intentions, which remain before the Lord, and are prayed for by our Parish at Mass.

As we begin this Second Week of Advent, let us ask ourselves are we spending time with Jesus in our daily life. What about visiting Him in The Most Blessed Sacrament? Jesus is waiting for us!

Praise be Jesus Christ, now and forever. Amen!
Deacon Michael DeVivo



Jesus loves us infinitely
and has proved it by choosing
to remain with us at all times
unto the end of the world.
To stay with us,
Jesus humbled Himself
to the point of being hidden
under the lowly forms
of bread and wine.