

Adoration

“[When] you put yourself in front of the sun you get tanned... but when you put yourself in front of Jesus in the Eucharist you become a saint.”

- Blessed Carlo Acutis



What is prayer?

Prayer is turning the heart toward God. When a person prays, he enters into a relationship with God.

Someone who prays no longer lives by his own strength. He knows there is a God to whom he can talk. People who pray entrust themselves more and more to God.

What is adoration?

Adoration of the Blessed Sacrament is a **form of prayer** than began centuries ago. The word adoration means “to pay honour to someone or something.”

The same Jesus, whom we receive in the Eucharist at Mass is who we worship in Adoration. Adoration is a time to sit face to face with Jesus and strengthen your relationship with Him.

Challenge:

Look at the image above and choose a way to pray in adoration. You are spending time with Jesus - He would love to do anything with you! Share with Him a song you wrote, tell Him your worries about your friends, tell Him thank you for your favorite blessings.

Now choose a time to sit with Him. You can stay after mass one day in front of the tabernacle for a few minutes, or attend one of the special adoration events at church where Jesus will be exposed (showing) in the monstrance.

Monstrance

A Monstrance is an ornate golden vessel that displays the consecrated host for adoration.



Humeral Veil

The priest or deacon blesses the faithful with the Blessed Sacrament – but by wrapping his hands in the humeral veil, he removes himself from the action. He doesn't bless the people. **Christ does.**