

# PERPETUAL EUCHARISTIC ADORATION

*The following 12 Biblical reasons and 12 reasons from the teachings of the church will help us understand the value, the importance and the need of spending one hour each week with Jesus in the Blessed Sacrament.*

## TWELVE BIBLICAL REASONS FOR WANTING TO SPEND ONE HOUR EACH WEEK WITH JESUS IN THE BLESSED SACRAMENT.

1. HE IS REALLY THERE! *"I Myself Am the Living Bread come down from heaven."* (Jn 6:35)
2. 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)
3. The specific way that Jesus asks you to love Him in return is to spend ONE QUIET HOUR WITH HIM EACH WEEK in the Blessed Sacrament. *"Where your treasure is, there is your heart . . ."* *"Could you not watch one hour with Me?"* (Mt 6:21; 26:40)
4. When you look upon the Sacred Host, YOU LOOK UPON JESUS the Son of God. *"Indeed, this is the will of My Father, that everyone who looks upon the Son and believes in Him shall have eternal life. Him I will raise up on the last day."* (Jn 6:40)
5. Each moment that you spend in His Eucharistic Presence will INCREASE HIS DIVINE LIFE WITHIN YOU and deepen your personal relationship and friendship with Him. *"I have come that you may have life, and have it more abundantly."* *"I am the Vine and you are the branches. Whoever remains in union with Me shall bear much fruit for with Me, you can do nothing."*(Jn 10:10; 15:5)
6. Each hour you spend with Jesus will DEEPEN HIS DIVINE PEACE within your heart. *"Come to Me all of you who are weary and find life burdensome and I will refresh you. . ."* *"Cast all of your anxieties upon the Lord, who cares for you."* (Mt 11:28; 1 Pt 5:7; Jn14:17)
7. Jesus will give you ALL THE GRACES YOU NEED to be happy in life. *"The Lamb on the Throne will shepherd them. He will lead them to springs of life-giving water."* (Rev 7:17)
8. Jesus is infinitely DESERVING OF OUR UNCEASING THANKSGIVING AND ADORATION for all He has done for our salvation. *"Worthy is the Lamb that was slain to receive honor, glory and praise."* Rev (5:12)
9. For PEACE in our country! *"When My people humble themselves and seek My Presence, I will revive their land."* (2 Ch 7:14)
10. Each hour you spend with Jesus on earth will leave your soul EVER LASTINGLY MORE BEAUTIFUL AND GLORIOUS in Heaven. *"They who humble themselves shall be exalted. . ."* *"All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into His very Image."* (Lk 18:14; 2 Cor 3:18)
11. JESUS WILL BLESS YOU, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament. *"Blessed are they who do not see and yet believe. . ."* *"Faith can move mountains. . ."* *"What is needed is trust. . ."* *Behold I come to make all things new."* (Jn 20:29; Mk 11:23; Mk 5:36; Rev. 21:5)
12. Each moment you spend with Jesus in the Blessed Sacrament BRINGS JOY, PLEASURE AND DELIGHT TO HIS SACRED HEART! *My joy, My pleasure, My delight is to be with you."* (Prov 8:31)

**Jesus will spend all eternity thanking you and loving you in Heaven for your faithful commitment on earth of spending one hour each week with Him in the Blessed Sacrament.**

## POINTS TO REMEMBER

This hour Jesus wants you to spend with Him is spent any way you want. You may bring your own prayer books, use the books in the chapel, read the Bible, pray the Rosary, or just sit, relax and enjoy the sweet peace that comes from simply being in the Presence of God. You may feel you can't pray well. Don't let this discourage you. The mere fact that you take time out at a specific time each week to spend an hour with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of great faith.

Please remember that perpetual adoration in a parish is not just for a day, a week, a month, or a year. Rather it is for always. It is not temporary, but ongoing, lasting, permanent. Pope John Paul II said that: *"Our essential commitment in life is to grow spiritually in the climate of the Holy Eucharist."*

If anyone should ask you, therefore, how long perpetual adoration lasts in a parish, please tell him that perpetual adoration lasts as long as Our Lord's Love for us in the Blessed Sacrament lasts, which if forever. As long as Jesus loves us enough to want to be with us day and night, then we want to love Him .

## TWELVE REASONS FROM THE TEACHINGS OF THE CHURCH FOR WANTING TO SPEND ONE HOUR EACH WEEK WITH JESUS IN THE BLESSED SACRAMENT.

1. You are greatly needed! *“The Church and the world have great need for Eucharistic adoration.”\*\**
2. This is a personal invitation from Jesus to you! *“Jesus waits for us in this Sacrament of Love.”\*\**
3. Jesus is counting on you! *“Every member of the Church must be vigilant in seeing that this Sacrament shall be given back ‘love for love’.”\*\**
4. Because your hour with Jesus will repair for the evils of the world, and bring about peace on earth, the Church says: *“Let us be generous. . . May our adoration never cease.”\**
5. Jesus wants you to do more than go to Mass on Sunday! *“Our communal worship at Mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete.”\*\**
6. Day and night Jesus dwells in the Blessed Sacrament because you are the most important person in the world to Him! *“Beneath the Sacred Host, Christ is contained, the Redeemer of the world.”\*\**
7. You grow spiritually with each moment you spend with Jesus! *“Our essential commitment in life is to grow spiritually in the climate of the Holy Eucharist.”\*\**
8. The best time you spend on earth is with your Best Friend, Jesus, in the Blessed Sacrament! *“How great is the value of converse with Christ in the Blessed Sacrament for there is nothing more consoling on earth, nothing more efficacious advancing along the road to holiness!”\*\*\**
9. Just as you can’t be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of His grace, His love, His peace. *“Christ is truly the Emmanuel, that is, ‘God with us’ day and night, He is in our midst. He dwells with us full of grace.”\*\*\*\**
10. If Jesus were actually visible in the Church, everyone would run to welcome Him. But He remains hidden in the Sacred Host, under the appearance of Bread, because He is calling us to faith. *“The Blessed Sacrament is the ‘Living Heart’ of each of our churches, and it is our very sweet duty to honor and adore in the Blessed Host which our eyes see, the Incarnate Word, Whom they cannot see.”\*\*\*\**
11. With transforming mercy, Jesus makes our heart one with Him. *“Jesus teaches those who come to Him to be like Himself, gentle and humble of heart, and to seek not their own will, but the Will of God.”*
12. If the Pope himself would give you a special invitation to visit him in the Vatican, this honor would be nothing in comparison to the honor and dignity that Jesus Himself bestows upon you with the invitation of spending one hour a week with Him in the Blessed Sacrament. *The Divine Eucharist bestows upon the Christian people an incomparable dignity.”\*\*\*\**

\*Pope John Paul II, DOMINICAE CENAE

\*\*Pope John Paul II, REDEEMER OF MAN

\*\*\*Pope Paul VI, MYSTERIUM FIDEI

\*\*\*\*Pope Paul VI, CREDO OF THE PEOPLE OF GOD

## THE IMPORTANCE OF A SPECIFIC HOUR

In order to have a constant vigil of prayer before the Blessed Sacrament, we must make sure that each hour is covered. Therefore, it is necessary for each person to commit himself or herself to a specific hour once a week. In this way, we can organize all of the 168 hours of the week in such a way that someone is with Jesus all the time. Is Jesus important enough to you to set aside one special hour each week to be with Him? Just one hour, once a week, is all that He is asking.

This is a simple matter of putting first things first. *“In everything you do, put God first, and He will direct you and crown your efforts with success.”* (Prov. 3:6)

Imagine the President, the Cardinal or the Pope wanting you to set aside one specific hour each week to be with them. You would feel like the most important person in the world. You would be overjoyed. You would tell all of your friends about it. You would be faithful every week in keeping your appointed time. You would let nothing interfere with your meeting with someone so important as the President, the Cardinal or the Pope.

Should you treat Our Blessed Lord with any less dignity? Because people can’t see Jesus, they take His Love and Presence in the Blessed Sacrament for granted. People are hesitant in making a commitment for a specific hour because they let everything else come before Jesus in the Blessed Sacrament. Your faith will make this commitment easy! *Faith is confident assurance concerning what we hope for, and conviction about things we do not see.”* (Hb 11:11)

Your faith will help you realize this with conviction: The most important thing that you will do this week is spend an hour with Jesus in the Blessed Sacrament. Think of the words of the Pope: *“Jesus waits for us in this Sacrament of Love.”* Your willingness to choose an assigned hour is a precious expression of your faith that Jesus in the Blessed Sacrament is welcomed, loved, and adored by you. Don’t be afraid to take a *fixed* hour for fear that there may be times that you can’t make it. We will have a substitute system to take care of emergencies. Just think of the words from Scripture: *“You have nothing whatsoever to fear from Him. Get up. He is calling you!”* (Mk 10:50)

When you get to Heaven, Jesus will spend all eternity thanking you and loving you for your fidelity in spending one specific hour with Him in the Blessed Sacrament each week. This is why He says: *“Blessed are they who do not see and yet believe.”* (Jn 20:29)

**by Fr. Martin Lucia**

**MISSIONARIES OF THE BLESSED SACRAMENT  
APOSTOLATE FOR PERPETUAL ADORATION**