

A Guide to Eucharistic Adoration

What is Eucharistic Adoration?

It is the act of worshipping Jesus, present in the consecrated Eucharist.

How is God present in the Body of Christ?

- At the Last Supper, Jesus said, "This is my body" and "This is my blood" (Matthew 26:26-28). Since that time, Catholics have remembered and celebrated this Eucharistic sacrifice in the Mass.
- The Gospel of John emphasizes that Jesus gave us His flesh as real food: "He who eats my flesh and drinks my blood has eternal life"; "My flesh is true food." (John 6:54).



Why do Catholics put the host in the monstrance and worship it?

- Since Jesus promised that He really is the Bread of Life, then we are blessed to spend time with Him "in the flesh," as the saying goes.
- Christians have testified to the Real Presence of Jesus in the Eucharist since the earliest days of the Church. St. Ignatius of Antioch, who lived in the same century as Jesus, said, "I have no taste for the food that perishes nor for the pleasures of this life. I want the Bread of God which is the Flesh of Christ, who was the seed of David."
- Evidence shows that perpetual adoration of the Eucharist was already taking place in the sixth century.
- St. Alphonsus Liguori said, "Of all devotions that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us."