

# O Come All Ye Faithful ... Joyful and Triumphant.

How does Eucharistic Adoration work?...

Our daily lives, especially around the holidays, can be filled with busyness and noise. Eucharistic adoration invites us to step out of that noise and into reflection with Jesus. There is no set script or requirement... just an opportunity to be in conversation with Him and open to His peace.

While in the presence of Jesus, there are several ways to reflect:

- You may choose to read Scripture. Pondering Scripture in His presence can be very enlightening and help you to be closer to Him.
- Praying the Rosary and meditating on the mysteries is a wonderful way to deepen your connection with Him.
- Or you may choose to pray your own prayers. You don't need to be formal. Ask the Holy Spirit to guide you and to show you what you should share with Jesus.
- Journaling is another way to spend time with Jesus. It's a great way to organize your thoughts, prayer intentions, and petitions as they come to mind. It also provides a way for you to look back and reflect on the ways Jesus is working or has worked in your life.
- You may simply choose to listen in silent meditation, opening your heart and mind amidst the silence to His voice.
- There may also be opportunities for music and song (such as during the Exposition and Reposition of the Blessed Sacrament or during dedicated praise and worship times).

Remember, the most important part of adoration is being there. Being there in the presence of Jesus. Being present with Him. Listening for His voice. Adoring Him and giving thanks for the tremendous sacrifice He made for us.

“There was a strong and violent wind rending the mountains and crushing rocks before the Lord – but the Lord was not in the wind; after the wind, an earthquake – but the Lord was not in the earthquake; after the earthquake, fire – but the Lord was not in the fire; after the fire, a light silent sound” (1 KINGS 19:11-12).

Eucharistic Adoration is Offered Mon-Thur. 6:30-7:40 AM and on Wednesdays 8:30-9:30 AM and 2:00-9:00 PM

**... Have you visited with Christ in the Eucharist this Advent?**

**O come, all ye faithful, joyful and triumphant,  
O come ye, O come ye to Bethlehem;  
Come and behold Him, born the King of Angels;**

**Refrain:**

**O come let us adore Him,  
O come let us adore Him,  
O come let us adore Him, Christ the Lord!**

