# Come Adore Him

*Eucharistic Adoration is an invitation to come before Jesus Christ truly present in the Blessed Sacrament — to worship Him, rest with Him, receive His grace, and let His love transform your heart. This guide will help you understand why time before the Most Holy Eucharist matters and how even one visit can spark a closer friendship with the Lord.*

### This Is for You If:

- † You believe in the Real Presence but want to deepen your relationship with Jesus.
- † You long for peace, clarity, healing, or spiritual strength.
- † You feel drawn to Adoration, but are not sure why it matters or how to begin.
- † You are considering making time for Adoration but need a gentle invitation to start.

### This Matters Because:

- † Jesus is not a symbol, memory, or distant idea. He is truly with us.
- † Love grows through time spent together.
- † The soul needs silence, reverence, and grace.
- † We are changed not only by what we do, but by whom we behold.
- † Prayer before the Eucharistic Lord strengthens us to love, serve, forgive, and live differently.

## *5 Invitations to Spend Time with Jesus in the Blessed Sacrament*

## 1. Come to Worship

Adoration is first and foremost an act of worship. We come before the Blessed Sacrament because Jesus is Lord. He is our Creator, Savior, and King. In Adoration, we remember who God is and also who we are before Him. Everything we are and everything we have comes from Him. This kind of worship restores proper order in the soul. We stop placing ourselves, our worries, our plans, or our distractions at the center. When we come before God with reverence and humility, we are acknowledging, "You are God. I am Yours."

In a mystical vision, Jesus relays to Saint Catherine of Siena that if she knows two things, happiness is in her grasp. He continues: "You are she-who-is-not, I AM HE WHO IS." God creates us out of love for love. Only through the trust and surrender of a creature to its Creator can we begin to appreciate the things that God has in store for our good.

**Try this in Adoration:**
Begin with silence. Kneel or sit quietly. Make an act of faith: "Jesus, I believe You are truly present here."

**Reflect:**
Where in my life do I need to let God be God?

## 2. Come to Be Near Him

More than just a devotion, Adoration is also a personal encounter. Jesus remains with us in the Eucharist out of a desire to be near His people. He does not wait for us only when we feel holy, focused, or worthy. He waits for us always, because He loves us always.

A visit to the Blessed Sacrament can be as simple as keeping company with the Lord. You can speak to Him honestly. You can sit in silence. You can bring Him your gratitude, confusion, sorrow, hope, fatigue, or love. You don't need to impress Jesus. You simply need to come.

**Try this in Adoration:**
Speak to Jesus as you would speak to your most faithful friend. Tell Him what is on your mind. Let Him show you what is in your heart.

**Reflect:**
What have I been carrying alone that I should share with Jesus?

## 3. Come to Be Changed

We are influenced by our environment. When we spend time before Jesus in the Blessed Sacrament, we allow His presence to shape us slowly and deeply. We may not feel something dramatic, but grace is still at work. Adoration teaches the heart to become humble, patient, merciful, faithful, charitable, and open. It draws us out of self-reliance. It helps us focus less on noise and more on God. The world forms us by distraction. Jesus forms us by presence.

**Try this in Adoration:**
Ask Jesus to show you one thing in your life that needs His healing or transformation.

**Reflect:**
What quality of Jesus do I most need to receive and imitate right now?

## 4. Come to Say Yes

Jesus greets us with many offers:
Sometimes He offers us a chance for repentance and salvation.
Sometimes He offers us love and forgiveness.
Sometimes He offers us rest and refreshment.
Sometimes He offers us opportunities for service, mercy, and charity.
Sometimes He offers us insight, guidance, and peace.
Sometimes He offers us a cross to bear.
Sometimes He offers us the privilege to follow Him.

In Adoration, accepting that offer can become a personal fiat: let it be done according to God's will. That does not necessarily mean we understand everything. It does mean, however, we are willing to place ourselves before God, to trust in His providential care, and to let Him lead.

Holy Hour is time we offer to Jesus. But importantly, it is also time when Jesus teaches us how to offer Him our lives.

**Try this in Adoration:**
Ask: "Lord, what are You asking of me this week?"

**Reflect:**
What is one concrete "yes" I can give to Jesus today?

## 5. Come to Carry His Love into the World

Adoration does not end when we leave the chapel; what we receive before the Blessed Sacrament is meant to be shared. When we spend time with Jesus, we are strengthened to become His presence in the world. We receive His light so we can illuminate our homes, parishes, and communities. Our relationships, our work, and our daily actions are all marked by and offered back to the Lord.

We come to Jesus in Adoration not to escape the ills of the world, but to be renewed for the benefit of the world. Christ radiates His love on us so that we can reflect it onto those who are living in the darkness.

**Try this in Adoration:**
Pray for someone who is suffering, far from God, or in need of mercy. Offer your time before Jesus for that person.

**Reflect:**
How can I use God's gifts to bring peace into the world this week? What can I do today to give someone hope?

*Adoration is not about saying the perfect prayer. It's about showing up before the One who is already waiting for you.*
*Come with reverence. Come with honesty. Come with love. Come as you are.*
*Simply come. Adore Him. Let Him love you and transform your heart.*

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