

Over 1000 Reasons To Signup For A Holy Hour Of Eucharistic Adoration

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Dear friend in Christ,

The trouble with our world today boils down to one thing: lack of love of our beloved Lord in the Most Blessed Sacrament of the Altar because of our lack of belief and faith in the Eucharist. To a certain degree this affects us all. If we really believed that the Eucharist is Jesus wouldn't each of us sign up for an hour of adoration in an instant? To put it another way, if we knew Jesus was literally walking around in a house in Traverse City waiting to show us the solutions to our problems in life, wouldn't we make an appointment to see Him no matter how busy we are?

All solutions and healings come from the Eucharist because the Eucharist is Jesus. It is important to make a sacrifice of our time and sign up for a specific hour of adoration simply because Jesus has gone out of His way, to descend from Heaven, to come to Traverse City to speak to us and heal us – but this takes many appointments. Jesus appreciates any visit and bestows many graces on us. But how much more will He heal us when we imitate Him and go out of our way in visiting Him by signing up for a particular Holy Hour.

Our Saints knew all of this all to well. It isn't because they were Saints that they adored the Eucharist; rather it was because they adored the Eucharist that they became Saints. Here are some of their quotes on the importance of Eucharistic Adoration in one's life:

21st Century Pope's Eucharistic Adoration Quotes

Pope Francis (2013 – Present)



Pope Francis was elected Pope on March 13, 2013, at the age of 76. He became a Bishop in 1992 when he was appointed Titular Bishop of Auca and Auxiliary Bishop of Buenos Aires. Later he became Archbishop of Buenos Aires, a post which he held until he became Pope. He was created a Cardinal in 2001 when he was appointed the post of Cardinal-Priest of San Roberto Bellarmino. He is very dedicated to the Eucharist and Mary. Here are some of his quotes on the importance of Eucharistic

Adoration in our lives:

1. "In (our) visits and adoration of the Blessed Sacrament, we experience the closeness of the good Shepherd, the tenderness of His love, the presence of (a) faithful friend. We ... all experience (this) large support (in our lives) provided by faith (and our) personal and intimate dialogue with the (Lord in

the Eucharist) **(Cardinal Bergoglio before he became Pope Francis - 2001)**

2. "(Pope) John Paul (II) communicated with his people, with the coherence of a man of God, with the consistency of someone who spent long hours in Adoration each morning, and as he adored, he allowed himself to come into harmony with the power of God. Consistency is forged in the heart through (Eucharistic) adoration." **(Cardinal Bergoglio - 2005)**
3. "The certainty of this Bread Of Life is clear. That is why we love the Eucharist and adore it." **(Cardinal Bergoglio - 2006)**
4. "The love and admiration we spontaneously feel for Our Lady and the Eucharist must be cultivated in our Church." **(Cardinal Bergoglio - 2008)**
5. "Let us ask ourselves this evening, adoring the Christ truly present in the Eucharist: do I let myself be transformed by Him? Do I let the Lord who gives Himself to me, guide me to come out more and more from my little fence, to get out and be not afraid to give, to share, to love Him and others?" **(Pope Francis - 2013)**
6. "Learn to live Holy Mass!". What helps us to do this is pausing in adoration in front of the Lord in the Eucharist, in the Tabernacle, and receiving the Sacrament of Reconciliation." **(Pope Francis - 2013)**
7. "But what assures our fruitfulness is our being faithful to Jesus, who says insistently: "Abide in me and I in you" (Jn 15:4). And we know well what that means: to contemplate him, to worship him, to embrace him, in our daily encounter with him in the Eucharist, in our life of prayer, in our moments of adoration; it means to recognize him present and to embrace him in those most in need." **(Pope Francis - 2013)**
8. "What I really prefer is adoration in the evening, even when I get distracted and think of other things, or even fall asleep praying. In the evening then, between seven and eight o'clock, I stay in front of the Blessed Sacrament for an hour in adoration." **(Pope Francis - 2013)**
9. "The bishop asked that in the chapel of this institute there be permanent Eucharistic Adoration: Jesus himself who we adore in the sacrament and who we meet in the most fragile of brothers, from whom we learn that God loves us with simplicity of heart without barriers or complications." **(Pope Francis - 2013)**
10. "This evening I am united to all of you in praying the Holy Rosary and in Eucharistic adoration under the gaze of the Virgin Mary. ... In the adoration of the Blessed Sacrament, Mary says to us: "Look at my son Jesus, keep your gaze fixed on him, listen to him, speak with him. He is gazing at you with love. Do not be afraid! He will teach you to follow him and to bear witness to him in all that you do, whether great and small, in your family life, at work, at times of celebration. He will teach you to go out of yourself and to look upon others with love, as he did. He loved you and loves you, not with words but with deeds"." **(Pope Francis - 2013)**

11. "If we are to know the Lord, we must go to him. Listen to him in silence before the tabernacle and approach him in the Sacraments." **(Pope Francis - 2013)**
12. "Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes meaningless; we lose energy as a result of weariness and difficulties, and our fervor dies out. The Church urgently needs the deep breath of prayer, and to my great joy groups devoted to prayer and intercession, the prayerful reading of God's word and the perpetual adoration of the Eucharist are growing at every level of ecclesial life." **(Pope Francis - 2013)**
13. "How good it is to stand before a crucifix, or on our knees before the Blessed Sacrament, and simply to be in his presence! How much good it does us when he once more touches our lives and impels us to share his new life! What then happens is that 'we speak of what we have seen and heard' (1 Jn 1:3)." **(Pope Francis - 2013)**
14. "May we also feel the urgency of praying to the Lord of the harvest! The rediscovery of prayer in various forms, and particularly Eucharistic Adoration, is a source of hope for the Church to grow and take root." **(Pope Francis - 2013)**
15. "And let us courageously ask ourselves: how have we lived the time which He has given us? Have we used it primarily for ourselves, for our own interests, or have we also sought to spend it on others? How much time have we reserved for being with God, in prayer, in silence, in adoration?" **(Pope Francis - 2013)**
16. "People who adore God in the Eucharist are people who walk in charity. To adore God in the Eucharist, to walk with God in fraternal charity." **(Pope Francis - 2014)**
17. "Above all, we are a people who serve God. Service to God is realized in different ways, in particular in prayer and in adoration, in proclaiming the Gospel and in the testimony of love." **(Pope Francis - 2014)**
18. "No one can live without breathing. It is the same for the Christian: without praise and mission there is no Christian life. Praise, adoration are needed. When speaking of adoration, little is said. What do we do when praying? We ask something from God, we thank him, we intercede. But adoration, adoring God is part of a Christian's breathing: praise and adoration." **(Pope Francis - 2014)**
19. "The world which came forth from God's hands returns to him in blessed and undivided adoration: in the bread of the Eucharist,..." **(Pope Francis - 2015)**
20. "Consequently, the tradition of prolonging the celebration of Mass with eucharistic adoration is praiseworthy; it is a privileged moment to digest spiritually the bread of the word broken during the celebration, and to persevere in thanksgiving." **(Pope Francis - 2016)**

21. "Moreover, I want to encourage everyone to visit – if possible, every day – especially amid life's difficulties, the Blessed Sacrament of the infinite love of Christ and his mercy, preserved in our churches, and often abandoned, to speak filially with Him, to listen to Him in silence, and to peacefully entrust yourself to Him." **(Pope Francis – 2016)**
22. "There are doors of consolation which must always be open, because Jesus especially loves to enter through them: the Gospel we read every day and carry around with us, our silent prayer in adoration, confession, the Eucharist. It is through these doors that the Lord enters and gives new flavor to reality." **(Pope Francis – 2016)**
23. "Service is thus a way of life; indeed it recapitulates the entire Christian way of life: serving God in adoration and prayer; being open and available; loving our neighbor with practical deeds; passionately working for the common good." **(Pope Francis – 2016)**
24. "One cannot know the Lord without this habit of adoring, of adoring in silence. I believe, if I am not mistaken, this prayer of adoration is the prayer least known by us, it is the one we do the least", as if it were a "waste of time before the Lord, before the mystery of Jesus Christ". Instead, we should rediscover "the silence of Adoration: he is the Lord and I adore him"." **(Pope Francis – 2016)**
25. "The Christian life needs to be nourished by attentive listening to God's word and, above all, by the cultivation of a personal relationship with the Lord in Eucharistic adoration, the privileged "place" for our encounter with God." **(Pope Francis – 2016)**
26. "Let us learn from the Magi not to devote to Jesus only spare time and an occasional thought; otherwise, we will not receive his light. Like the Magi, let us set out, let us shine as we follow the star of Jesus, and let us adore the Lord with all our hearts." **(Pope Francis – 2017)**
27. "The true mission (of a disciple) is never proselytism but drawing people to Christ. But how? How is this attraction to Christ achieved? With one's own witness, starting from the unwavering union with him in prayer, in adoration and in concrete works of charity, which is service to Jesus' present in the least of his brothers and sisters." **(Pope Francis – 2017)**
28. "We can take as our examples St. Francisco and St. Jacinta, whom the Virgin Mary introduced into the immense ocean of God's light and taught to adore him. That was the source of their strength in overcoming opposition and suffering. God's presence became constant in their lives, as is evident from their insistent prayers for sinners and their desire to remain ever near "the hidden Jesus" in the tabernacle." **(Pope Francis – 2017)**
29. "One does not know the Father without opening oneself to praise, without devoting time to Him alone, without adoration. How often have we forgotten the prayer of adoration, the prayer of praise! We must recover this. Each one can ask him or herself: how do I worship? When do I worship? When do I praise God? Recover the prayer of adoration and praise. It is the personal contact, face to face, staying in silence before the Lord, the secret to

entering ever more into communion with him. A prayer may start as a request, even a hasty one but it matures in adoration and prayer." **(Pope Francis – 2018)**

30. "Since the real presence of Christ in the consecrated Bread does not end with the Mass, the Eucharist is safeguarded in the tabernacle for Communion to the sick and for silent adoration of the Lord in the Most Holy Sacrament; Eucharistic worship outside of Mass, be it in private or community form, indeed helps us to remain in Christ." **(Pope Francis – 2018)**
31. "And when you worship Jesus in the Eucharist, you receive from him the Holy Spirit and you find peace and joy. Dear brothers and sisters, let us choose this food of life! Let us make Mass our priority! Let us rediscover Eucharistic adoration in our communities!" **(Pope Francis – 2018)**
32. "There is a need for a youth ministry and a vocational promotion that can open the way to discovering God's plan, above all through prayer, meditation on God's word, eucharistic adoration and spiritual accompaniment." **(Pope Francis – 2019)**
33. "Many young people have come to appreciate silence and closeness to God. Groups that gather to adore the Blessed Sacrament or to pray with the word of God have also increased. We should never underestimate the ability of young people to be open to contemplative prayer. We need only find the right ways and means to help them embark on this precious experience." **(Pope Francis – 2019)**
34. "Here is the secret: never to alienate oneself from the Lord, who is the source of hope. We become blind if we do not look to the Lord every day, if we do not adore him." **(Pope Francis – 2020)**
35. "Let us also rediscover Eucharistic adoration, which continues the work of the Mass within us. This will do us much good, for it heals us within. Especially now, when our need is so great." **(Pope Francis – 2020)**
36. "Love for God is expressed above all in prayer, particularly in adoration. We neglect the adoration of God a great deal. We recite the prayer of thanksgiving, the supplication to ask for something..., but we neglect adoration. Adoring God is precisely the heart of prayer." **(Pope Francis – 2020)**
37. "To adore, to adore God, to adore Jesus, to adore the Spirit. The Father, the Son and the Spirit: to adore. In silence. The prayer of adoration is the prayer that makes us recognize God as the beginning and the end of all of History. And this prayer is the living flame of the Spirit that gives strength to witness and to mission." **(Pope Francis – 2020)**
38. "How much we need Christians who keep watch for those who are slumbering, worshipers who intercede day and night, bringing before Jesus, the light of the world, the darkness of history. How much we need worshipers. We have lost something of our sense of adoration, of standing in silent adoration before the Lord." **(Pope Francis – 2020)**

39. "Personal prayer, spending time with Jesus, adoration, these are essential if we are to abide in him." **(Pope Francis – 2021)**
40. "Adoration: that is the attitude we need in the presence of the Eucharist." **(Pope Francis – 2021)**
41. "We do well to spend time in adoration before the Eucharist in order to contemplate God's (human) weakness. Let us make time for adoration, a way of praying too frequently forgotten. Let us make time for adoration." **(Pope Francis – 2021)**
42. "Do you want to reinvigorate (your faith)? Look for God's gaze: sit in adoration, allow yourself to be forgiven in Confession, stand before the Crucified One. In short, let yourself be loved by him. This is the starting point of faith: letting oneself be loved by him, by he who is father." **(Pope Francis – 2021)**
43. "...let us pause in adoration before the Eucharist, where Jesus is Bread broken for us, Crucified, Risen, the power of God who pours out his love into our hearts." **(Pope Francis – 2021)**
44. "Let us cultivate this memory (of the Heart of Jesus), which is strengthened when we are face to face with the Lord, especially when we let ourselves be looked upon and loved by Him in adoration." **(Pope Francis – 2021)**
45. "...let us return to the origins: to the essentials of faith, to our first love, to adoration and charity...May God enable us to be a worshipping, poor and fraternal Church. That is what is essential." **(Pope Francis – 2021)**
46. "If instead, we abandon our pretense of self-sufficiency, if we make ourselves little inside, we will then rediscover the wonder of worshipping Jesus because adoration comes from humility of heart: those who crave winning do not notice the Lord's presence." **(Pope Francis – 2022)**
47. "...let us place ourselves before the Lord in adoration and ask for eyes to see goodness and to discern the ways of God. The Lord will give them to us, if we ask him. With joy, with courage, without fear." **(Pope Francis – 2022)**
48. "In this time of preparation, I would greatly desire that we devote 2024, the year preceding the Jubilee event, to a great "symphony" of prayer. Prayer, above all else, to renew our desire to be in the presence of the Lord, to listen to him and to adore him." **(Pope Francis – 2022)**
49. "Witness essentially means two things: prayer and fraternity. A heart open to God and a heart open to one's brothers and sisters. First of all, to be in the presence of God, to let oneself be looked at by him, every day, in adoration. There, to draw the lifeblood, in that "abiding in him", in Christ, which is the condition for being apostles (cf. Jn 15:1-9). It is the paradox of the mission: you can go only if you stay. If you are not capable of abiding in the Lord, you cannot go." **(Pope Francis – 2022)**
50. "Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes

meaningless; we lose energy as a result of weariness and difficulties, and our fervour dies out..." **(Pope Francis – 2022)**

51. "This fire burns in a particular way in the prayer of adoration, when we silently stand before the Eucharist and bask in the humble, discreet and hidden presence of the Lord. Like that charcoal fire, his presence becomes warmth and nourishment for our daily life." **(Pope Francis – 2022)**
52. "If we are to know the Lord, we must go to Him. Listen to Him in silence before the Tabernacle and approach Him in the Sacraments." **(Pope Francis – Unknown Date)**
53. "The first thing for a Disciple is to be with the Master, to listen to Him and learn from Him." **(Pope Francis – Unknown Date)**
54. "If Jesus is to become the center of our life, we need to spend time in His Presence, before the Tabernacle." **(Pope Francis – Unknown Date)**

Pope Emeritus Benedict XVI (2005 – 2013)



As the prefect of the Congregation for the Doctrine of the Faith, when he was a Cardinal, this Pope supported all efforts in the establishment of Eucharistic adoration. As Pope he has given the go ahead for the establishment of Perpetual Adoration in many parishes around Rome. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

55. "(Eucharistic) Adoration is not opposed to Communion, nor is it merely added to it. Communion only reaches its true depths when it is supported and surrounded by Adoration." – quote from "The Spirit Of The Liturgy" (Ignatius Press) **(Cardinal Joseph Ratzinger before he became Pope Benedict XVI - 2000)**
56. "The great social saints were in reality always the great Eucharistic saints." **(Cardinal Joseph Ratzinger - 2002)**
57. "Let us take time, in the course of the week, in passing, to go in and spend a moment with the Lord who is so near." – quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**
58. "This is what is lovely about Catholic churches, that within them there is, as it were, always worship, because the Eucharistic presence of the Lord dwells always within them." - quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**
59. "Let us beseech the Lord to reawaken in us the joy at his presence and that we may once more adore him. Without adoration, there is no transformation

of the world." - quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**

60. "The adoration of the Lord in the sacrament is also an education in sensitizing our conscience. 'Christ comes into the hearts of our brothers and sisters and visits their consciences.' When the conscience becomes dulled, this lets in the violence that lays waste the world." - quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**
61. "Only within the breathing space of adoration can the Eucharistic celebration indeed be alive...Communion and adoration do not stand side by side, or even in opposition, but are indivisibly one." - quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**
62. "Communicating with Christ demands that we gaze on him, allow him to gaze on us, listen to him, get to know him. Adoration is simply the personal aspect of Communion. ... God is waiting for us in Jesus Christ in the Blessed Sacrament. Let us not leave him waiting in vain! Let us not, through distraction and lethargy, pass by the greatest and most important thing life offers us." - quote from "God Is Near Us: The Eucharist, The Heart Of Life" (Ignatius Press) **(Cardinal Joseph Ratzinger - 2003)**
63. "I ask everyone to intensify in coming months love and devotion to the Eucharistic Jesus and to express in a courageous and clear way the real presence of the Lord." **(Pope Benedict XVI - 2005)**
64. "We must therefore endeavor to make the face of Christ visible, the face of the living God, so that like the Magi we may spontaneously fall to our knees and adore him." **(Pope Benedict XVI - 2005)**
65. "(Eucharistic) Adoration is not a luxury but a priority..." **(Pope Benedict XVI - 2005)**
66. "Adoration is recognizing that Jesus is my Lord, that Jesus shows me the way to take, and that I will live well only if I know the road that Jesus points out and follow the path, he shows me." **(Pope Benedict XVI - 2005)**
67. "Go to the encounter with Him in the Blessed Eucharist, go to adore Him in the churches, kneeling before the Tabernacle: Jesus will fill you with His love and will reveal to you the thoughts of His Heart. If you listen to Him, you will feel ever more deeply the joy of belonging to His Mystical Body, the Church, which is the family of his disciples held close by the bond of unity and love." **(Pope Benedict XVI - 2005)**
68. "The development of the Eucharistic Adoration in the Middle Ages was the most coherent consequence of the Eucharistic mystery." **(Pope Benedict XVI - 2005)**
69. "Perpetual (Eucharistic) Adoration is a neurological point of the life of faith..." **(Pope Benedict XVI - 2006)**

70. "I only wish to thank God...(that Perpetual Eucharistic) Adoration has been reborn everywhere in the Church." **(Pope Benedict XVI - 2006)**
71. "Adoration is to enter into profound heartfelt communion with the Lord, who makes Himself bodily present in the Eucharist." **(Pope Benedict XVI - 2006)**
72. "The worship of the Eucharist outside of the Mass but strictly linked to the celebration, is also of great value for the life of the Church, for it aspires to sacramental and spiritual communion." **(Pope Benedict XVI - 2006)**
73. "There is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering." **(Pope Benedict XVI - 2006)**
74. "When, in adoration, we look at the consecrated Host, the sign of creation speaks to us. And so, we encounter the greatness of His gift; but we also encounter the Passion, the Cross of Jesus and His Resurrection. Through this gaze of adoration, He draws us toward himself, within His mystery, through which He wants to transform us as He transformed the Host." **(Pope Benedict XVI - 2006)**
75. "Only by adoring this presence do we learn how to receive Him properly. ... Let us love being with the Lord! There we can speak with Him about everything. We can offer Him our petitions, our concerns, our troubles. Our joys. Our gratitude, our disappointments, our needs and our aspirations. There we can also constantly ask Him: 'Lord send laborers into Your harvest! Help me to be a good worker in Your vineyard!'" **(Pope Benedict XVI - 2006)**
76. "(Eucharistic) adoration must precede our every activity and programme, that it may render us truly free and that we may be given the criteria for our action." **(Pope Benedict XVI - 2006)**
77. "How great is humanity's need today to rediscover the source of its hope in the Sacrament of the Eucharist! I thank the Lord because many parishes, as well as celebrating Holy Mass devoutly, are educating the faithful in Eucharistic Adoration, and I hope also in view of the upcoming International Eucharistic Congress that this practice will continue to spread." **(Pope Benedict XVI - 2006)**
78. "The Eucharist, and the community that celebrates it, will be full in the measure in which we prepare ourselves in silent prayer before the presence of the Lord and become persons who want to communicate with truth." **(Pope Benedict XVI - 2006)**
79. "The Eucharist means God has answered: The Eucharist is God as an answer, as an answering presence. Now the initiative no longer lies with us, in the God-man relationship, but with Him, and it now becomes really serious. That is why, in the sphere of Eucharistic adoration, prayer attains a new level; now it is two-way, and so now it really is a serious business" **(Pope Benedict XVI - 2006)**

80. "When we participate regularly and with devotion in Holy Mass, when we spend a sustained time of adoration in the presence of Jesus in the Eucharist, it is easier to understand the length, breadth, height and depth of his love that goes beyond all knowledge." **(Pope Benedict XVI - 2007)**
81. "I heartily recommend to the Church's pastors and to the People of God the practice of Eucharistic adoration, both individually and in community." **(Pope Benedict XVI - 2007)**
82. "(Adoration) enables the faithful to experience the liturgical celebration more fully and more fruitfully." **(Pope Benedict XVI - 2007)**
83. "The act of adoration outside of Mass prolongs and intensifies all that takes place in (it)." **(Pope Benedict XVI - 2007)**
84. "Only in adoration can profound and genuine reception (of the Eucharist) mature." **(Pope Benedict XVI - 2007)**
85. "This personal encounter with the Lord...strengthens the social mission contained in the Eucharist, which seeks to break down not only the walls that separate the Lord and ourselves, but also and especially the walls that separate us from one another." **(Pope Benedict XVI - 2007)**
86. "From Adoration compassion is born for all men, and from this compassion the thirst is born to evangelize." **(Pope Benedict XVI - 2007)**
87. "I am very grateful because Eucharistic Adoration is being increasingly renewed. During the Synod on the Eucharist, the Bishops talked a great deal about their experiences, of how new life is being restored to communities with this adoration, and also with nocturnal adoration, and how, precisely in this way, new vocations are also born." **(Pope Benedict XVI - 2007)**
88. "Adoration outside Holy Mass prolongs and intensifies what has taken place in the liturgical celebration and makes a true and profound reception of Christ possible." **(Pope Benedict XVI - 2007)**
89. "I would like to take the opportunity offered to me by today's Solemnity to warmly recommend, to Pastors and to all the faithful, the practice of Eucharistic adoration." **(Pope Benedict XVI - 2007)**
90. "In life today, often noisy and dispersive, it is more important than ever to recover the capacity for inner silence and recollection. Eucharistic adoration permits this..." **(Pope Benedict XVI - 2007)**
91. "Adoring the God of Jesus Christ, who out of love made himself bread broken, is the most effective and radical remedy against the idolatry of the past and of the present." **(Pope Benedict XVI - 2008)**
92. "Adoration is prayer that prolongs the celebration and Eucharistic communion and in which the soul continues to be nourished: it is nourished with love, truth, peace; it is nourished with hope, because the One before whom we prostrate ourselves does not judge us, does not crush us but liberates and transforms us." **(Pope Benedict XVI - 2008)**

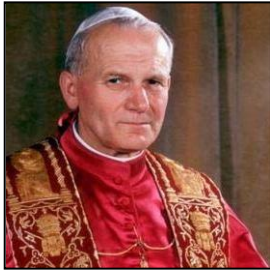
93. "Have we perhaps lost something of the art of listening? Do you leave space to hear God's whisper, calling you forth into goodness? Friends, do not be afraid of silence or stillness, listen to God, adore him in the Eucharist. Let his word shape your journey as an unfolding of holiness." **(Pope Benedict XVI - 2008)**
94. "My dear young friends, if you take part frequently in the eucharistic celebration, if you dedicate some of your time to adoration of the Blessed Sacrament, the Source of love which is the Eucharist, you will acquire that joyful determination to dedicate your lives to following the Gospel." **(Pope Benedict XVI - 2008)**
95. "At Mass and during silent adoration before the Blessed Sacrament of the altar, that you will meet him in a privileged way. By opening your very being and your whole life under the gaze of Christ, you will not be crushed - quite the contrary: you will discover that you are infinitely loved. You will receive the power that you need in order to build your lives and to make the choices that present themselves to you every day." **(Pope Benedict XVI - 2008)**
96. "She (St. Commensoli) reminds us that "adoration must prevail over all the other charitable works", for it is from love for Christ who died and rose and who is really present in the Eucharistic Sacrament, that Gospel charity flows which impels us to see all human beings as our brothers and sisters." **(Pope Benedict XVI - 2009)**
97. "This is what the faithful expect of the priest: that is, the example of an authentic devotion to the Eucharist; they like to see him spend long periods of silence and adoration before Jesus as was the practice of the Holy Curé d'Ars,..." **(Pope Benedict XVI - 2009)**
98. "Looking at Him and worshipping Him, we say: "yes, love exists and because it exists things can change for the better and we can hope". It is hope that comes from Christ's love which gives us the strength to live and to deal with difficulties." **(Pope Benedict XVI - 2009)**
99. "It is the joy of the community, the joy of the whole Church which, in contemplating and adoring the Most Holy Sacrament, recognizes in it the real and permanent presence of Jesus, the Eternal High Priest." **(Pope Benedict XVI - 2010)**
100. "Dear young people, learn to "see" and to "meet" Jesus in the Eucharist, where he is present and close to us, and even becomes food for our journey." **(Pope Benedict XVI - 2010)**
101. "I would like to affirm with joy that today there is a "Eucharistic springtime" in the Church: How many people pause in silence before the Tabernacle to engage in a loving conversation with Jesus! It is comforting to know that many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament." **(Pope Benedict XVI - 2010)**
102. "Faithfully encountering the Eucharistic Christ at Sunday Mass is essential for our journey of faith but let us also seek to visit the Lord frequently,

before His presence in the Tabernacle. ...By gazing at Him in adoration the Lord draws us to Him, to His mystery, in order to transform us as He transforms the bread and wine." **(Pope Benedict XVI - 2010)**

103. "I deeply appreciate your decision to make room for Eucharistic adoration and I thank you for the prayers you say for me before the Most Blessed Sacrament." **(Pope Benedict XVI - 2010)**
104. "Dear friends, the profound grace of your Community comes from Eucharistic Adoration. From this Adoration is born compassion for all and from this compassion is born the thirst to evangelize...In the Eucharist you find the source of all your commitments in the following of Christ, and in adoring him you purify your contemplation of life in the world." **(Pope Benedict XVI - 2011)**
105. "Among the forms of prayer fervently recommended by St Alphonsus, stands out the visit to the Blessed Sacrament, or as we would call it today, "adoration", brief or extended, personal or as a community, before the Eucharist. "Certainly", St Alphonsus writes, "amongst all devotions, after that of receiving the sacraments, that of adoring Jesus in the Blessed Sacrament takes the first place, is the most pleasing to God, and the most useful to ourselves..." **(Pope Benedict XVI - 2011)**
106. "And so I now ask you to "abide" in the adoration of Christ, truly present in the Eucharist. I ask you to enter into conversation with him, to bring before him your questions and to listen to his voice." **(Pope Benedict XVI - 2011)**
107. "Dear young people, in these moments of silence before the Blessed Sacrament, let us raise our minds and hearts to Jesus Christ, the Lord of our lives and of the future. May he pour out his Spirit upon us and upon the whole Church, that we may be a beacon of freedom, reconciliation and peace for the whole world." **(Pope Benedict XVI - 2011)**
108. "(Eucharistic) Adoration is primarily an act of faith – the act of faith as such. God is not just some possible or impossible hypothesis concerning the origin of all things. He is present. And if he is present, then I bow down before him. Then my intellect and will and heart open up towards him and from him. In the risen Christ, the incarnate God is present, who suffered for us because he loves us. We enter this certainty of God's tangible love for us with love in our own hearts. This is adoration, and this then determines my life. Only thus can I celebrate the Eucharist correctly and receive the body of the Lord rightly." **(Pope Benedict XVI - 2011)**
109. "(Through) Eucharistic adoration, (we) were filled with profound gratitude to God for the great love He has given us, the love with which He binds us to Himself in a filial relationship." **(Pope Benedict XVI - 2012)**
110. "This imbalance (of concentrating on the Mass and not Eucharistic Adoration outside of Mass) has also had repercussions on the spiritual life of the faithful. In fact, by concentrating the entire relationship with the Eucharistic Jesus in the sole moment of Holy Mass one risks emptying the rest of existential time and space of his presence. This makes ever less perceptible

the meaning of Jesus' constant presence in our midst and with us, a presence that is tangible, close, in our homes, as the "beating Heart" of the city, of the country, and of the area, with its various expressions and activities. The sacrament of Christ's Charity must permeate the whole of daily life." **(Pope Benedict XVI - 2012)**

111. "Actually, it is wrong to set celebration and adoration against each other, as if they were competing. Exactly the opposite is true: worship of the Blessed Sacrament is, as it were, the spiritual "context" in which the community can celebrate the Eucharist well and in truth. Only if it is preceded, accompanied and followed by this inner attitude of faith and adoration can the liturgical action express its full meaning and value. The encounter with Jesus in Holy Mass is truly and fully brought about when the community can recognize that in the Sacrament he dwells in his house, waits for us, invites us to his table, then, after the assembly is dismissed, stays with us, with his discreet and silent presence, and accompanies us with his intercession, continuing to gather our spiritual sacrifices and offer them to the Father." **(Pope Benedict XVI - 2012)**
112. "To be all together in prolonged silence before the Lord present in his Sacrament is one of the most genuine experiences of our being Church, which is accompanied complementarily by the celebration of the Eucharist, by listening to the word of God, by singing and by approaching the table of the Bread of Life together. Communion and contemplation cannot be separated, they go hand in hand." **(Pope Benedict XVI - 2012)**
113. "Dear brothers and sisters, in our prayers let us fix our gaze on the Crucified One, let us pause more often in adoration before the Eucharist to let our life enter the love of God who humbly lowered himself in order to lift us up to him." **(Pope Benedict XVI - 2012)**
114. "I also encourage you to practice Eucharistic adoration. Time spent in listening and talking with Jesus' present in the Blessed Sacrament becomes a source of new missionary enthusiasm." **(Pope Benedict XVI - 2012)**

St. Pope John Paul II (1978 – 2005)

Pope John Paul II started Perpetual Adoration of the Most Blessed Sacrament in the Vatican shortly after he became Pope in 1981. It is said he always had an hour or 2 of adoration a day even with his busy schedule. Here is some of his quotes on the importance of Eucharistic Adoration in our lives:

115. "Jesus is not an idea or a feeling or a memory. Jesus is a living 'person' always present among us. Love Jesus present in the Eucharist." **(St. Pope John Paul II - 1978)**
116. "Jesus wants you to do more than to 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." **(St. Pope John Paul II - 1979)**
117. "Every member of the Church must be vigilant in seeing that the sacrament of Love shall be at the center of the life of the people of God so that through all the manifestations of worship due Him shall be given back 'love for love' and truly become the life of our souls." **(St. Pope John Paul II - 1979)**
118. "Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist." **(St. Pope John Paul II - 1979)**
119. "The visit to the Blessed Sacrament...is a great treasure of the Catholic faith. It nourishes social love and gives us opportunities for adoration and thanksgiving, for reparation and supplication. **(St. Pope John Paul II - 1979)**
120. "The Church and the world have a great need of eucharistic worship. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease." **(St. Pope John Paul II - 1980)**
121. "...we must always and everywhere preserve this meaning and this dimension of the sacramental encounter and intimacy with Christ. It is precisely these elements which constitute the very substance of eucharistic worship." **(St. Pope John Paul II - 1980)**
122. "I wish briefly to reaffirm the fact that eucharistic worship constitutes the soul of all Christian life." **(St. Pope John Paul II - 1980)**
123. "If our Eucharistic worship is authentic, it must make us grow in awareness of the dignity of each person. The awareness of that dignity becomes the

deepest motive of our relationship with our neighbor." **(St. Pope John Paul II - 1980)**

124. "Eucharistic worship is not so much worship of the inaccessible transcendence as worship of the divine condescension, and it is also the merciful and redeeming transformation of the world in the human heart." **(St. Pope John Paul II - 1980)**
125. "I pronounce (the words "Lord stay with us") to invite you, Christ, in your Eucharistic presence, to welcome the daily adoration that lasts for the whole day, in this temple, in this Basilica, in this chapel." **(St. Pope John Paul II - 1981)**
126. "(The Lord remains with us today) so that we may meet with you in the prayer of adoration and thanksgiving, in the prayer of atonement and petition, to which all visitors to this Basilica are invited." **(St. Pope John Paul II - 1981)**
127. "Let us begin this perpetual, daily adoration of the Blessed Sacrament at the beginning of the Advent of the Year of the Lord 1981, the year in which jubilees and important anniversaries for the Church were celebrated, the year of important events." **(St. Pope John Paul II - 1981)**
128. "We desire every day and every hour to adore you, stripped under the species of bread and wine, to renew the hope of the 'call to glory' (Cfr. 1 Pet 5:10), whose beginning you have constituted with your glorified body 'at the right hand of the Father'." **(St. Pope John Paul II - 1981)**
129. "May the unworthy Successor of Peter in the Roman See and all those who will participate in the adoration of your Eucharistic Presence, testify with each of their visits and make resound here the truth contained in the words of the Apostle: 'Lord, you know everything; you know that I love you'." **(St. Pope John Paul II - 1981)**
130. "The best the surest and the most effective way of establishing everlasting peace on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament." **(St. Pope John Paul II - 1982)**
131. "The Eucharist is the source of all your spiritual and apostolic vitality; because with your attitude of adoration, you deepen in faith, hope and charity. In this way, you direct your whole life towards God, and, therefore, towards the mystery of man and of concrete human history." **(St. Pope John Paul II - 1983)**
132. "Worship is an irreplaceable practice of the Church. Adoring Jesus in the Blessed Sacrament, you carry out in the local Churches the command that the Apostle has addressed to us to pray without interruption, imitating the Master who frequently spent the night in prayer." **(St. Pope John Paul II - 1983)**
133. "In Eucharistic adoration you will encounter the strong lines of renewal. In fact, "the Eucharist makes present the entire work of the Redemption which

is perpetuated throughout the year in the celebration of the divine mysteries". **(St. Pope John Paul II - 1983)**

134. "The Blessed Virgin, Mother of Jesus and our mother, who with Joseph her husband adored the Son of God made man on the very night of his birth, and who many other nights, in Bethlehem and Nazareth, watched over his sleep, both the model of all the adorers and nocturnal adorers of Jesus in the Blessed Sacrament." **(St. Pope John Paul II - 1983)**
135. "If we are to experience the Eucharist as the "source and summit of all Christian life" (Lumen Gentium, 11), then we must celebrate it with faith, receive it with reverence, and allow it to transform our minds and hearts through the prayer of adoration. Only by deepening our Eucharistic communion with the Lord through personal prayer can we discover what he asks of us in daily life." **(St. Pope John Paul II - 1989)**
136. "It is all the more important that you be men of prayer before the Blessed Sacrament, that you "ask God for a true spirit of adoration" ... in order to be filled with love of Christ. Only in this way can you hope to grow in the pastoral charity that makes your life and ministry fruitful." **(St. Pope John Paul II - 1989)**
137. "United to the angels and saints of the heavenly Church, let us adore the Blessed Sacrament of the Eucharist. Prostrate we adore such a great Mystery, which embodies the new and definitive Covenant of God with men in Christ." **(St. Pope John Paul II - 1993)**
138. "It is a cause of particular joy for me to prostrate myself with you before Jesus the Sacrament, in an act of humble and fervent adoration, of praise to the merciful God, of thanksgiving to the Dispenser of all good, of supplication to the One who is "always alive to intercede on our behalf". **(St. Pope John Paul II - 1993)**
139. "May this form of adoration (permanent Eucharistic Adoration),... continue in the future, so that in all parishes and Christian communities some form of adoration of the Most Holy Eucharist may be habitually established." **(St. Pope John Paul II - 1993)**
140. "I would also like to repeat my invitation to you to make Adoration of the Blessed Sacrament a habitual practice in all Christian communities..Priestly, religious, and missionary vocations will stem from this meeting with Christ.." **(St. Pope John Paul II - 1994)**
141. "All, believers and non-believers alike, need to learn a silence that allows the Other to speak when and how he wishes, and allows us to understand his words". In practice this involves great fidelity to liturgical and personal prayer, to periods devoted to mental prayer and contemplation, to Eucharistic adoration, to monthly retreats and to spiritual exercises." **(St. Pope John Paul II - 1996)**
142. "When we contemplate him present in the Blessed Sacrament of the altar, Christ draws near to us and becomes more intimate to us than we are to ourselves. He grants us a share in his divine life in a transforming union

and, in the Spirit, he gives us access to the Father,... **(St. Pope John Paul II - 1996)**

143. "Contemplation (of the Eucharist) prolongs Communion and enables one to meet Christ, true God and true man, in a lasting way, to let oneself be seen by him and to experience his presence." **(St. Pope John Paul II - 1996)**
144. "Remaining in silence before the Blessed Sacrament, it is Christ totally and really present whom we discover, whom we adore and with whom we are in contact." **(St. Pope John Paul II - 1996)**
145. "Closeness to Christ in silence and contemplation does not distance us from our contemporaries but, on the contrary, makes us attentive and open to human joy and distress and broadens our heart on a global scale. It unites us with our brothers and sisters in humanity and particularly with children, who are the Lord's dearly beloved." **(St. Pope John Paul II - 1996)**
146. "Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the Gospel. **(St. Pope John Paul II - 1996)**
147. "Anyone who prays to the Savior (in Eucharistic Adoration) draws the whole world with him and raises it to God." **(St. Pope John Paul II - 1996)**
148. Those who stand before the Lord (in Eucharistic Adoration) are therefore fulfilling an eminent service. They are presenting to Christ all those who do not know him or are far from him: they keep watch in his presence on their behalf." **(St. Pope John Paul II - 1996)**
149. "I...encourage Christians regularly to visit Christ present in the Blessed Sacrament of the altar, for we are all called to abide in the presence of God,... **(St. Pope John Paul II - 1996)**
150. In contemplation, Christians will perceive ever more profoundly that the paschal mystery is at the heart of all Christian life. This practice leads them to join more intensely in the paschal mystery..." **(St. Pope John Paul II - 1996)**
151. "I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of his presence?" **(St. Pope John Paul II - 1996)**
152. "Let Jesus present in the Blessed Sacrament speak to your hearts. It is he who is the true answer of life that you seek." **(St. Pope John Paul II - 1997)**
153. "Our age needs to rediscover the fruitfulness of silence, in order to overcome the dissipation of sounds, images and chatter that too often prevent the voice of God from being heard." **(St. Pope John Paul II - 1998)**

154. "In the Mass and in Eucharistic Adoration we meet the merciful love of God that passes through the Heart of Jesus Christ." **(St. Pope John Paul II - 1999)**
155. "Through Adoration, the faithful can enjoy a particular experience of "abiding" in the love of Christ (cf. Jn 15:9), entering ever more deeply into his filial relationship with the Father." **(St. Pope John Paul II - 1999)**
156. "May we dwell long and often in adoration before Christ in the Eucharist. May we sit at the 'school' of the Eucharist." **(St. Pope John Paul II - 2000)**
157. "Yes, dear brothers and sisters, our Christian communities must become genuine "schools" of prayer, where the meeting with Christ is expressed not just in imploring help but also in thanksgiving, praise, adoration, contemplation, listening and ardent devotion, until the heart truly "falls in love"." **(St. Pope John Paul II - 2000)**
158. In the Eucharist the Christian reaches the most complete spiritual intimacy with the Lord of life and with His help, is elevated to the contemplation of love in the very mystery of the Most Holy Trinity." **(St. Pope John Paul II - 2001)**
159. "What contentment of soul is experienced in the intense hours passed in adoration before the Lord of history!" **(St. Pope John Paul II - 2001)**
160. "I rejoice that this practice (Eucharistic Adoration) has been kept alive among the faithful, since it proclaims faith in Christ's real presence in the Eucharist, and it also encourages union with and trust in the One who promised to stay with his disciples "always, to the close of the age"." **(St. Pope John Paul II - 2001)**
161. "Visit the Lord in that 'heart to heart' contact that is Eucharistic Adoration. Day after day, you will receive new energy to help you to bring comfort to the suffering and peace to the world." **(St. Pope John Paul II - 2002)**
162. By contemplating the light radiant on the face of the Risen Christ, you will learn to live as 'children of the light and children of the day' (1 Th 5:5), and in this way you will show that 'the fruit of light is found in all that is good and right and true' (Eph 5:9)." **(St. Pope John Paul II - 2002)**
163. "It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic adoration." **(St. Pope John Paul II - 2003)**
164. "Adoration of the Blessed Sacrament is ... an important daily practice and becomes an inexhaustible source of holiness ... It is pleasant to spend time with (Christ), to lie close to his breast like the Beloved Disciple and to feel the infinite love present in His heart." **(St. Pope John Paul II - 2003)**
165. "If in our time Christians must be distinguished above all by the 'art of prayer', how can we not feel a renewed need to spend time in spiritual

converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?" **(St. Pope John Paul II - 2003)**

166. "The Eucharist is a priceless treasure: by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace." **(St. Pope John Paul II - 2003)**
167. "To live the Eucharist it is necessary, as well, to spend much time in adoration in front of the Blessed Sacrament, something which I myself experience everyday drawing from it strength, consolation and assistance." **(St. Pope John Paul II - 2004)**
168. "To evangelize the world there is need of apostles who are "experts" in the celebration, adoration and contemplation of the Eucharist." **(St. Pope John Paul II - 2004)**
169. "It is good that adoration of the Blessed Sacrament goes hand-in-hand with the Eucharistic Celebration, thus prolonging, in a certain sense, the mystery of the Holy Mass." **(St. Pope John Paul II - 2004)**
170. "There is a particular need to cultivate a lively awareness of Christ's real presence, both in the celebration of Mass and in the worship of the Eucharist outside Mass." **(St. Pope John Paul II - 2004)**
171. "...liturgical law recalls - and I myself have recently reaffirmed - the importance of moments of silence both in the celebration of Mass and in Eucharistic adoration." **(St. Pope John Paul II - 2004)**
172. "The way that the ministers and the faithful treat the Eucharist should be marked by profound respect. The presence of Jesus in the tabernacle must be a kind of magnetic pole attracting an ever greater number of souls enamored of him, ready to wait patiently to hear his voice and, as it were, to sense the beating of his heart. "O taste and see that the Lord is good!" (Ps 34:8)." **(St. Pope John Paul II - 2004)**
173. "Let us take the time to kneel before Jesus present in the Eucharist, in order to make reparation by our faith and love for the acts of carelessness and neglect, and even the insults which our Saviour must endure in many parts of the world." **(St. Pope John Paul II - 2004)**
174. "Let us deepen through adoration our personal and communal contemplation, drawing upon aids to prayer inspired by the word of God and the experience of so many mystics, old and new." **(St. Pope John Paul II - 2004)**
175. "In Bethlehem was born the One who, under the sign of broken bread, would leave us the memorial of his Pasch. On this Holy Night, adoration of the Child Jesus becomes Eucharistic adoration." **(St. Pope John Paul II - 2004)**
176. "...rediscover those saints who were vigorous proponents of Eucharistic devotion. Many beatified and canonized priests have given exemplary testimony in this regard, enkindling fervour among the faithful present at

their celebrations of Mass. Many of them were known for their prolonged Eucharistic adoration." **(St. Pope John Paul II - 2005)**

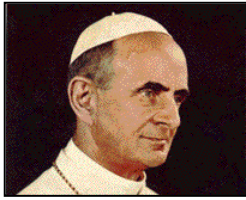
177. "Let us raise our eyes to Jesus in the Eucharist; let us contemplate him and repeat to him together these words written by St Thomas Aquinas that express all our faith and love: 'Devoutly I adore you, hidden Deity, under these appearances concealed.'." **(St. Pope John Paul II - 2005)**
178. "We adore you, Jesus, and we thank you, for you make truly present in the Eucharist the mystery of that unique gift you offered to the Father 2,000 years ago with your sacrifice on the Cross, a sacrifice that redeemed the whole of humanity and all creation." **(St. Pope John Paul II - 2005)**
179. "We adore you, Jesus in the Eucharist! We worship your Body and your Blood, given for us so that our sins might be forgiven: O Sacrament of the new and eternal Covenant!" **(St. Pope John Paul II - 2005)**
180. "Help us, Jesus, to understand that in order "to do" in your Church, also in the field of the new evangelization that is so urgently needed, we must first learn "to be", that is, to stay with you, in your sweet company, in adoration." **(St. Pope John Paul II - 2005)**
181. "In the intimacy of the tabernacle, the values that must reign in homes will receive new strength to make the family a meeting place with God, a center that radiates faith, a school of Christian life." **(St. Pope John Paul II - Unknown Date)**
182. "From this moment on, live the Eucharist fully, be persons for whom the Holy Mass, Communion, and Eucharistic adoration are the center and summit of their whole life." **(St. Pope John Paul II - Unknown Date)**
183. "Continue on this journey of adoration, bringing into the sight of Jesus Christ, the anxieties, hopes, toils, and even the sins of humanity." **(St. Pope John Paul II - Unknown Date)**
184. "A Holy Hour helps the one in the world in most need of God's Mercy." **(St. Pope John Paul II)**
185. "We represent those in the world who do not know Jesus during our adoration." **(St. Pope John Paul II)**
186. "The spiritual lives of our families are strengthened through our Holy Hour." **(St. Pope John Paul II - Unknown Date)**
187. "It leads to a deeper participation in and appreciation of the Mass." **(St. Pope John Paul II)**
188. "Our adoration makes us more sensitive to the needs of our fellow man." **(St. Pope John Paul II)**
189. "Your faith will help you realize that it is Jesus Himself Who is present in the Blessed Sacrament, waiting for you and calling you to

spend one special specific hour with Him each week.” (St. Pope John Paul II – Unknown Date)

190. “The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship.” **(St. Pope John Paul II – Unknown Date)**
191. “(Eucharistic Adoration) is invaluable to converse with Christ...(where) we learn to know more deeply the One who gave Himself totally, in the different mysteries of His Divine and human life...” **(St. Pope John Paul II)**
192. “Closeness to Christ (in Eucharistic Adoration) makes us attentive and open to human joy and distress and broadens our heart on a global scale.” **(St. Pope John Paul II)**
193. “The encouragement and the deepening of Eucharistic worship are proofs of the authentic renewal which the Council set itself as an aim and of which they are the central point.” **(Blessed Pope John Paul II)**
194. “With ever-living ardor, contemplate Christ in the mystery of the Eucharist. Following His example, be ready in all circumstances to make yourselves instruments of mercy and communion.” **(St. Pope John Paul II)**
195. “As you well know, in order to be eloquent signs of His love and instigators of His peace in all environments, everyone is first of all asked to cultivate an intimate and constant familiarity with Him. From intense participation in the Eucharist springs the spiritual energy needed to bring all projects of goodness to fruition.” **(St. Pope John Paul II)**
196. “Our witness, however, would be hopelessly inadequate if we ourselves had not first contemplated his face.” **(St. Pope John Paul II)**
197. “Places cannot but be praised and held up for imitation that promote the practice of Perpetual (Eucharistic) Adoration.” **(St. John Paul II – Unknown Date)**

20th Century Pope's Eucharistic Adoration Quotes

St. Pope Paul VI (1963 – 1978)



Pope Paul VI reemphasized devotion and adoration of the Eucharist, in and outside of Mass, in his 1965 Encyclical "Mysterium Fidei" (Mystery of Faith-On the Doctrine and Worship of the Eucharist). Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

198. "Always have a warm and deep devotion to the Blessed Sacrament. Visit Our Lord as often as you can." **(St. Pope Paul VI - 1964)**
199. "We beseech you to foster devotion to the Eucharist, which should be the focal point and goal of all other forms of devotion." **(St. Pope Paul VI - 1965)**
200. "And they should not forget about paying a visit during the day to the Most Blessed Sacrament in the very special place of honor...since this is a proof of gratitude and a pledge of love and a display of the adoration that is owed to Christ the Lord who is present there." **(St. Pope Paul VI - 1965)**
201. "Anyone who has a special devotion to the sacred Eucharist and who tries to repay Christ's infinite love for us with an eager and unselfish love of his own, will experience and fully understand—and this will bring great delight and benefit to his soul—just how precious is a life hidden with Christ in God and just how worthwhile it is to carry on a conversation with Christ, for there is nothing more consoling here on earth, nothing more efficacious for progress along the paths of holiness." **(St. Pope Paul VI - 1965)**
202. "Hence it is that devotion to the divine Eucharist exerts a great influence upon the soul in the direction of fostering a "social" love, in which we put the common good ahead of private good, take up the cause of the community, the parish, the universal Church, and extend our charity to the whole world because we know that there are members of Christ everywhere." **(St. Pope Paul VI - 1965)**
203. "Never stop urging your faithful, as they approach the Mystery of the Eucharist, to learn to embrace the Church's cause as their own, to pray to God without slackening, to offer themselves to God as an acceptable sacrifice for the peace and unity of the Church." **(St. Pope Paul VI - 1965)**
204. "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, and who, without leaving heaven, is made present before us." **(St. Pope Paul VI - 1968)**
205. "The discovery of intimacy with God, the necessity for adoration, the need for intercession—the experience of Christian holiness shows us the fruitfulness of prayer, in which God reveals Himself to the spirit and heart of His servants." **(St. Pope Paul VI - 1971)**

206. "Venerable Brothers, we do not hesitate today to propose to you and all your faithful the great practice of Eucharistic Adoration." **(St. Pope Paul VI - 1978)**
207. "As we would expect, an outstanding spiritual growth and impetus tend to spring from perpetual adoration. It brings heaven's choice blessings in the first place on those generous souls that keep their hour-long tryst with the Lord." **(St. Pope Paul VI – Unknown Date)**
208. "Being such a powerhouse of grace, (Perpetual Adoration) extends its influence far beyond the individual adorers, touching their homes and families and reaching out to the parish community and beyond." **(St. Pope Paul VI – Unknown Date)**
209. "You should take up as your own cause a Holy Hour of Adoration so that Peace and Unity can be brought about in the Church." **(St. Pope Paul VI – Unknown Date)**
210. "Persuade those committed to your care that they should learn to make their own the cause of the Church, in approaching the Eucharistic mystery to pray to God without interruption to offer themselves to God as a pleasing sacrifice for the peace and unity of the Church." **(St. Pope Paul VI – Unknown Date)**

St. Pope John XXIII (1958 - 1963)

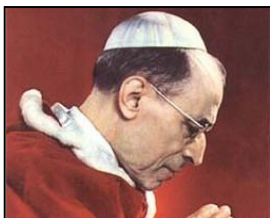


Known for convening the Second Vatican Council Pope John XXIII, who made a daily Holy Hour before the Blessed Sacrament, often emphasized the importance of prayer before the Blessed Sacrament for the faithful and especially for Priests. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

211. "The lengthy prayer of a priest before the adorable Sacrament of the Altar has a dignity and an effectiveness that cannot be found elsewhere nor be replaced." **(St. Pope John XXIII - 1959)**
212. "And a devotion to the Eucharist that is ardent, constant and that carries over into works also has the effect of nourishing and fostering the inner perfection of his soul..." **(St. Pope John XXIII - 1959)**
213. "My life seems destined to be spent in the light irradiating from the (Blessed Sacrament), and it is the heart of Jesus that I must look to for the solution of all my troubles." **(St. Pope John XXIII - 1964)**
214. "There are even some who, led by ideas foreign to traditional piety, look upon a Holy Hour of adoration as of minor importance." **(St. Pope John XXIII – Unknown Date)**

215. "There is no doubt that a flood of graces will descend upon your family and the world if more souls would become docile pupils of adoration." **(St. Pope John XXIII – Unknown Date)**
216. "With the practice of this enlightened and fervent worship of the Eucharist, the spiritual life of the priest increases..." **(St. Pope John XXIII – Unknown Date)**
217. "The worship of Christ present in the Eucharist is not just a personal, solitary "Jesus and Me" experience but involves the entire Church." **(St. Pope John XXIII – Unknown Date)**
218. "In the Blessed Sacrament a heavenly school is open to you, with the best teacher one can possibly imagine, Jesus Christ himself." **(St. Pope John XXIII – Unknown Date)**
219. "Visit the Blessed Sacrament of some church at least once a day." This was one of the many rules a young 'Angelo Roncalli' wrote out for himself. He later became Pope John XXIII.
220. "What matters most to the good Christian community, and what may be taken as the measure of true spiritual fervor, is the love of Jesus in His Sacrament, the faithful attendance at His tabernacle." **(St. Pope John XXIII – Unknown Date)**
221. "All shrines of Mary, scattered throughout the world, have become above all centers of devotion to the Eucharist, as if the Mother of Jesus had appeared, here or there, in order to lead the faithful to the adoration and love of her blessed Son." **(St. Pope John XXIII – Unknown Date)**
222. "O Jesus in the Blessed Sacrament, I would like to be filled with love for You; keep me closely united with You, may my heart be near to Yours. I want to be to You like the apostle John. O Mary of the Rosary, keep me recollected when I say these prayers of yours; bind me forever, with your rosary, to Jesus of the Blessed Sacrament. Blessed be Jesus, my love."

Venerable Pope Pius XII (1939-1958)

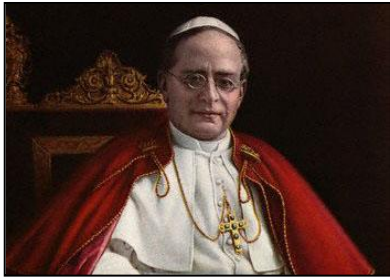


Especially thru his 1947 Encyclical "Mediator Dei" (On the Sacred Liturgy) Pope Pius XII began a new stage in the Church's teaching on the efficacy of prayer to Jesus really present in the Sacrament of the altar. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

223. "May those Eucharistic days, devoted to perpetual adoration, be also days of expiation and ardent prayer for sacrilegious priests!" **(Cardinal Eugenio Pacelli before he became Pope Pius XII - 1935)**

224. "The Sacred Councils teach that it is the Church's tradition right from the beginning to worship "with the same adoration the Word Incarnate as well as His own flesh,"... **(Venerable Pope Pius XII - 1947)**
225. "This practice of adoration, in fact, is based on strong and solid reasons. For the Eucharist is at once a sacrifice and a sacrament; but it differs from the other sacraments in this that it not only produces grace, but contains in a permanent manner the Author of grace Himself." **(Venerable Pope Pius XII - 1947)**
226. "When, therefore, the Church bids us adore Christ hidden behind the eucharistic veils and pray to Him for spiritual and temporal favors, of which we ever stand in need, she manifests living faith in her divine Spouse who is present beneath these veils, she professes her gratitude to Him and she enjoys the intimacy of His friendship." **(Venerable Pope Pius XII - 1947)**
227. "Now, the Church in the course of centuries has introduced various forms of this worship which are ever increasing in beauty and helpfulness: as, for example, visits of devotion to the tabernacles, even every day;...and adoration of the Blessed Sacrament publicly exposed." **(Venerable Pope Pius XII - 1947)**
228. "Wherefore, the Church not merely approves these pious practices, which in the course of centuries have spread everywhere throughout the world, but makes them her own, as it were, and by her authority commends them." **(Venerable Pope Pius XII - 1947)**
229. "The Blessed Eucharist is for Its adorers an inexhaustible source of light and strength. Those who, especially in the silent hours of the night, gather together in adoration with the Angels and render to the Lamb, who was immolated, the thanksgiving due to Him, draw abundantly for themselves and for all the Church waters from the fountains of the Savior." **(Venerable Pope Pius XII - 1953)**
230. "A Holy Hour of adoration testifies to the fact that the Jesus who died on the cross, is present in the Eucharist, and reigns in Heaven, are identical." **(Venerable Pope Pius XII – Unknown Date)**
231. "The basis for all Eucharistic devotion is the fact that Christ in the Blessed Sacrament is the Son of God in human form." **(Venerable Pope Pius XII – Unknown Date)**
232. "There has been a deeper grasp by the Church of every aspect of the mystery of the Eucharist. But one that merits special attention is the growing realization, not only of Christ's sacrificial oblation in the Mass, but of His grace-filled presence outside of Mass." **(Venerable Pope Pius XII – Unknown Date)**
233. "The key to seeing why there should be a Eucharistic worship distinct from the Mass is that the Eucharist is Jesus Christ. No less than His contemporaries in Palestine adored and implored Him for the favors they needed, so we should praise, thank Him, and implore Him for what we need." **(Venerable Pope Pius XII – Unknown Date)**

Pope Pius XI (1922 - 1939)



In his 1928 Encyclical "Miserentissimus Redemptor" (Reparation to the Sacred Heart) Pope Pius XI was the first Pope, in an Encyclical, to give credence to the term of a whole Hour, a "Holy Hour", of Adoration before the Blessed Sacrament. He encouraged the faithful to spend this "Holy Hour" in reparation for the sins against the Sacred Heart of Jesus.

234. "We refer to the various organizations of young people which have helped to develop such ardent and true love for the Holy Eucharist..., in adoration, in prayer, and in the enjoyment of all heavenly graces. The fruits of such piety are manifest, the widespread diffusion and great activity of the apostolate which... lead souls to the Sacred Heart of Jesus and to restore to the same Sacred Heart His sovereign rule over the family and over society." **(Pope Pius XI - 1922)**
235. "The people of each diocese, district or nation, and...the whole world (should come) together to venerate and adore Christ the King hidden under the Sacramental species. Thus by sermons preached at meetings and in churches, by public adoration of the Blessed Sacrament exposed and by solemn processions, men unite in paying homage to Christ, whom God has given them for their King." **(Pope Pius XI - 1925)**
236. "When Christ manifested Himself to Margaret Mary, and declared to her the infinitude of His love, at the same time, in the manner of a mourner, He complained that so many and such great injuries were done to Him by ungrateful men. 'Behold this Heart', He said, 'which has loved men so much and has loaded them with all benefits, and for this boundless love has had no return but neglect, and contumely, and this often from those who were bound by a debt and duty of more special love'. In order that these faults might be washed away, He then recommended several things to be done, and in particular the following as most pleasing to Himself, namely that men should ...make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a Holy Hour. These pious exercises have been approved by the Church and have also been enriched with copious indulgences." **(Pope Pius XI - 1928)**
237. "Let the faithful hasten in large numbers to the Eucharistic board, hasten to the foot of the altar to adore the Redeemer of the world, under the veils of the Sacrament, that you, Venerable Brethren, will have solemnly exposed that day in all churches, let them pour out to that Merciful Heart that has known all the griefs of the human heart, the fullness of their sorrow, the steadfastness of their faith, the trust of their hope, the ardor of their charity. Let them pray to Him, interposing likewise the powerful patronage of the Blessed Virgin Mary, Mediatrix of all graces,..." **(Pope Pius XI - 1932)**

Pope Benedict XV (1914 - 1922)



It was Pope Benedict XV who issued the first Code of Canon Law in 1917, which, among other things, encouraged the private and public exposition of the Holy Eucharist. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

238. "Nothing is nearer to our hearts than devotion to the Holy Eucharist grow from day to day throughout the world." **(Pope Benedict XV – Unknown Date)**
239. "You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions." **(Pope Benedict XV – Unknown Date)**

St. Pope Pius X (1903 - 1914)



Known by many as the "Pope of the Blessed Sacrament", because of his great and deep devotion to the Eucharist, Pope Pius X was the first Pope to emphasize frequent, even daily, reception of the Eucharist. As Cardinal of Venice, before he became Pope, he started Perpetual Eucharistic Adoration there. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

240. "Perpetual Adoration of the Most Blessed Sacrament is the devotion which surpasses all others." **(St. Pope Pius X – Unknown Date)**
241. "The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works." **(St. Pope Pius X – Unknown Date)**
242. "Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace; it is the sweetest, because the Lord is Sweetness Itself." **(St. Pope Pius X – Unknown Date)**

Pope Leo XIII (1903 - 1914)



Pope Leo XIII had the privilege of opening the first International Eucharistic Congress in 1881. He praised and encouraged the laymen for bringing about the Congress and its resultant "nocturnal" adoration of the Most Blessed Sacrament. Here are some of his quotes on the importance of Eucharistic Adoration in our lives:

- 243. "It gives Us much pleasure to recall to mind that We have officially approved, and enriched with canonical privileges, not a few institutions and confraternities having for their object the perpetual adoration of the Sacred Host..." **(Pope Leo XIII - 1902)**
- 244. "This Sacrament (the Eucharist)....as the object of public adoration....is to be regarded as the center towards which the spiritual life of a Christian in all its ambit gravitates; for all other forms of devotion, whatsoever they may be, lead up to it, and in it find their point of rest." **(Pope Leo XIII - 1902)**
- 245. "Works of this kind (Eucharistic Adoration) which have been already set on foot must be ever more zealously promoted." **(Pope Leo XIII - 1902)**
- 246. "Old undertakings must be revived wherever perchance they may have fallen into decay such as intercessory prayers before the Blessed Sacrament." **(Pope Leo XIII - 1902)**
- 247. "The devotion which God sends to the succor of His Church and of the nations at the present time is the devotion to the Most Holy Eucharist. It is the highest of all devotions." **(Pope Leo XIII - Unknown Date)**
- 248. "Our own belief is that the renovation of the world will be brought about only by the Holy Eucharist." **(Pope Leo XIII - Unknown Date)**

Vatican Documents, U.S. Bishops - Eucharistic Adoration Quotes

- 249. "The devotion which leads the faithful to visit the Blessed Sacrament draws them into an ever-deeper participation of the Paschal Mystery. It leads them to respond gratefully to the gift of him who through his humanity constantly pours divine life into the members of his body. Dwelling with Christ our Lord, they enjoy his intimate friendship and pour out their hearts before him for themselves and for their dear ones and pray for the peace and salvation of the world. They offer their entire lives with Christ to the Father in the Holy Spirit and receive in this wonderful exchange an increase in faith, hope and charity." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharisticum Mysterium" 1967)**

250. "In turn, eucharistic reservation, which became customary in order to permit the reception of communion, led to the practice of adoring this sacrament and offering to it the worship of latria that is due to God. This cult of adoration is based on valid and solid principles; furthermore, the Church itself has instituted public and communal forms of this worship." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
251. "The reservation of the sacrament for the sick led to the praiseworthy practice of adoring this heavenly food that is reserved in churches. This cult of adoration has a sound and firm foundation, especially since faith in the real presence of the Lord has as its natural consequence the outward, public manifestation of that belief." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
252. "The eucharistic sacrifice is the source and culmination of the whole Christian life. Therefore devotion, both private and public, toward the eucharist even outside Mass that conforms to the norms laid down by lawful authority is strongly advocated." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
253. "When the faithful adore Christ present in the sacrament, they should remember that this presence derives from the sacrifice and has as its purpose both sacramental and spiritual communion." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
254. "Therefore, the devotion prompting the faithful to visit the blessed sacrament draws them into an ever deeper share in the paschal mystery and leads them to respond gratefully to the gift of him who through his humanity constantly pours divine life into the members of his Body. Abiding with Christ the Lord, they enjoy his intimate friendship and pour out their hearts before him for themselves and for those dear to them and they pray for the peace and salvation of the world. Offering their entire lives with Christ to the Father in the Holy Spirit, they derive from this sublime colloquy an increase of faith, hope, and charity. Thus, they foster those right dispositions that enable them with due devotion to celebrate the memorial of the Lord and receive frequently the bread given us by the Father." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
255. "Exposition of the holy eucharist, either in a ciborium or in a monstrance, leads us to acknowledge Christ's marvelous presence in the sacrament and invites us to the spiritual union with him that culminates in sacramental communion. Therefore it is a strong encouragement toward the worship owed to Christ in spirit and in truth." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973)**
256. "If exposition of the blessed sacrament goes on for a day or for several successive days, it should be interrupted during the celebration of Mass,

unless it is celebrated in a chapel separate from the area of exposition and at least some of the faithful remain in adoration." (**Congregation For Divine Worship and the Discipline of the Sacraments document "Eucharistiae Sacramentum" - 1973**)

257. "Christ's faithful are to hold the blessed Eucharist in the highest honour. They should take an active part in the celebration of the most august Sacrifice of the Mass; they should receive the sacrament with great devotion and frequently, and should reverence it with the greatest adoration." (Canon 898) (**Code of Canon Law - 1983**)
258. "Unless a grave reason prevents it, the church in which the Most Holy Eucharist is reserved should be open to the faithful for at least some hours each day so that they are able to spend time in prayer before the Most Blessed Sacrament." (Canon 937) (**Code of Canon Law - 1983**)
259. "A partial indulgence is granted for the faithful, who visit the Most Blessed Sacrament to adore it; a plenary indulgence (under the usual conditions) is granted if the visit lasts for at least one half an hour."(**The Handbook of Indulgences - 1992**)
260. "The Liturgy of the Hours, which is like an extension of the Eucharistic celebration, does not exclude but rather in a complementary way calls forth the various devotions of the People of God, especially adoration and worship of the Blessed Sacrament." (1178) (**Catechism of the Catholic Church - 1997**)
261. "The *tabernacle* is to be situated 'in churches in a most worthy place with the greatest honor'. The dignity, placing, and security of the Eucharistic tabernacle should foster adoration before the Lord really present in the Blessed Sacrament of the altar." (1183) (**Catechism of the Catholic Church - 1997**)
262. "The Catholic Church has always offered, and still offers, to the sacrament of the Eucharist the cult of adoration, not only during Mass, but also outside of it, reserving the consecrated hosts with the utmost care, exposing them to the solemn veneration of the faithful, and carrying them in processions." (1378) (**Catechism of the Catholic Church - 1997**)
263. "The tabernacle was first intended for the reservation of the Eucharist in a worthy place so that it could be brought to the sick and those absent outside of Mass. As faith in the real presence of Christ in his Eucharist deepened, the Church became conscious of the meaning of silent adoration of the Lord present under the Eucharistic species. It is for this reason that the tabernacle should be located in an especially worthy place in the church and should be constructed in such a way that it emphasizes and manifests the truth of the real presence of Christ in the Blessed Sacrament." (1379) (**Catechism of the Catholic Church -1997**)
264. "The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends

for the serious offenses and crimes of the world. Let our adoration never cease." (1380) **(Catechism of the Catholic Church -1997)**

265. "The most appropriate places for prayer are personal or family oratories, monasteries, places of pilgrimage, and above all the church, which is the proper place for liturgical prayer for the parish community and the privileged place for Eucharistic adoration." (2696) **(Catechism of the Catholic Church - 1997)**

266. "Adoration of the Blessed Sacrament is a form of Eucharistic cult which is particularly widespread in the Church and earnestly recommended to her Pastors and faithful." **(Congregation For Divine Worship - 2001)**

267. "This adoration is a most apt way of expressing the connection between the celebration of the memorial of the Lord's Sacrifice and his continued presence in the Sacrament of the Altar." **(Directory on Popular Piety & the Liturgy - 2001)**

268. "Indeed, this worship of adoration has a sound and firm foundation, especially since faith in the Lord's real presence has as its natural consequence the outward and public manifestation of that belief." **(Directory on Popular Piety & the Liturgy - 2001)**

269. "The devotion prompting the faithful to visit the blessed sacrament draws them into an ever deeper share in the paschal mystery and leads them to respond gratefully to the gift of him who through his humanity constantly pours divine life into the members of his Body." **(Congregation For Divine Worship - 2001)**

270. "Abiding with Christ the Lord, they enjoy his intimate friendship and pour out their hearts before him for themselves and for those dear to them and they pray for the peace and salvation of the world." **(Congregation For Divine Worship -2001)**

271. "Offering their entire lives with Christ to the Father in the Holy Spirit, they derive from this sublime colloquy an increase of faith, hope, and charity. Thus they foster those right dispositions that enable them with due devotion to celebrate the memorial of the Lord..." **(Congregation For Divine Worship - 2001)**

272. "The celebration of the Eucharist in the Sacrifice of the Mass is truly the origin and end of the worship given to the Eucharist outside the Mass. Furthermore, the sacred species are reserved after Mass principally so that the faithful who cannot be present at Mass, above all the sick and those advanced in age, may be united by sacramental Communion to Christ and his Sacrifice which is offered in the Mass." In addition, this reservation also permits the practice of adoring this great Sacrament and offering it the worship due to God. Accordingly, forms of adoration that are not only private but also public and communitarian in nature, as established or approved by the Church herself, must be greatly promoted." **(Congregation For Divine Worship and the Discipline of the Sacraments document "Redemptionis Sacramentum" - 2004)**

273. "The worship of the Eucharist outside the Sacrifice of the Mass is a tribute of inestimable value in the life of the Church. Such worship is closely linked to the celebration of the Eucharistic Sacrifice." Therefore both public and private devotion to the Most Holy Eucharist even outside Mass should be vigorously promoted, for by means of it the faithful give adoration to Christ, truly and really present, the "High Priest of the good things to come" and Redeemer of the whole world. "It is the responsibility of sacred Pastors, even by the witness of their life, to support the practice of Eucharistic worship and especially exposition of the Most Holy Sacrament, as well as prayer of adoration before Christ present under the eucharistic species.".
(Congregation For Divine Worship and the Discipline of the Sacraments document "Redemptionis Sacramentum" – 2004)
274. "The faithful "should not omit making visits during the day to the Most Holy Sacrament, as a proof of gratitude, a pledge of love, and a debt of the adoration due to Christ the Lord who is present in it." [231] For the contemplation of Jesus present in the Most Holy Sacrament, as a communion of desire, powerfully joins the faithful to Christ, as is splendidly evident in the example of so many Saints. [232] 'Unless there is a grave reason to the contrary, a church in which the Most Holy Eucharist is reserved should be open to the faithful for at least some hours each day, so that they can spend time in prayer before the Most Holy Sacrament.'
(Congregation For Divine Worship and the Discipline of the Sacraments document "Redemptionis Sacramentum" – 2004)
275. "The Ordinary should diligently foster Eucharistic adoration, whether brief or prolonged or almost continuous, with the participation of the people. For in recent years in so many places "adoration of the Most Holy Sacrament is also an important daily practice and becomes an inexhaustible source of holiness", although there are also places "where there is evident almost a total lack of regard for worship in the form of eucharistic adoration".
(Congregation For Divine Worship and the Discipline of the Sacraments document "Redemptionis Sacramentum" – 2004)
276. "The admirable practice of gathering in prayer before the tabernacle, to adore Christ truly present therein, was born of the need to reserve the Lord's Sacred Body for Communion for the sick and infirm. Recommended by the Church to her Pastors and her faithful, Adoration of the Blessed Sacrament is highly expressive of the bond between the celebration of the Lord's Sacrifice and his permanent presence in the consecrated Host (cf. De sacra communione, 79-100; Ecclesia de Eucharistia, 25; Mysterium fidei; Redemptionis Sacramentum, 129-141)...By remaining in prayer before the Lord Jesus, truly living in the Blessed Sacrament, not only is our union with him matured, but we are better disposed to more fruitfully celebrate it and to prolong those existential and reverential attitudes raised by it."
(Congregation For Divine Worship and the Discipline of the Sacraments document "Year of the Eucharist (Suggestions and Proposals)" – 2004)
277. "The worship due to the sacrament of the Eucharist, whether during the celebration of the Mass or outside it, is the worship of latria, that is, the adoration given to God alone. The Church guards with the greatest care Hosts that have been consecrated. She brings them to the sick and to other

persons who find it impossible to participate at Mass. She also presents them for the solemn adoration of the faithful and she bears them in processions. The Church encourages the faithful to make frequent visits to adore the Blessed Sacrament reserved in the tabernacle." **(Compendium of the Catechism of the Catholic Church - 2005)**

278. "We cannot live, we cannot look at the truth about ourselves without letting ourselves be looked at and generated by Christ in daily Eucharistic Adoration,..." **(Congregation For The Clergy - 2008)**

279. "The development of a Eucharistic spirituality must be encouraged in all baptized persons. This spirituality links the liturgical action of the Mass – prolonged in Eucharistic worship outside of Mass – to Christian commitment at the heart of the world. It is fully centered on the paschal mystery accomplished once and for all in Jesus and continuously actualized in the Church of all time." **(49th International Eucharistic Congress – 2008)**

280. "The quality of contemplation, adoration and attention to the presence of Christ that characterizes Eucharistic devotion outside of Mass must be found again in the celebration of the Mass. Similarly, the multiple dimensions of the liturgical celebration must impart form to the practices of Eucharistic worship outside Mass: community participation, listening to the Word of God, intercession, offering, sacrifice, thanksgiving, commitment to the Church's mission at the heart of the world." **(49th International Eucharistic Congress – 2008)**

281. "It is equally important to help the young discover the value of Eucharistic adoration as a prolongation of the celebration, in which to live contemplation and silent prayer." **(Synod Of Bishops - XV Ordinary General Assembly - 2018)**

282. "The importance of Eucharistic Adoration is shown in the fact that the Church has a ritual that regulates it: the Rite of Eucharistic Exposition and Benediction. This is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb." Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church. The Rite concludes with the ordained minister blessing the faithful with the Blessed Sacrament." **(United States Conference of Catholic Bishops)**

21st Century Eucharistic Adoration Quotes

283. "Every time we come before the Eucharistic Heart of Jesus He touches the heart of all humanity. The Eucharist is the heartbeat of evangelization." **(Sacred Heart of Jesus Audio Tape)**

284. "Through perpetual [Eucharistic] adoration Jesus longs to open up the floodgates of His merciful love on a troubled world. He longs to heal a broken humanity." **(From "Worthy Is The Lamb")**

285. "Your sacrifice (of a holy Hour of adoration) will give God greater glory than the glory given Him by the shepherds and the three Wise Men. And God will honor you even more than the shepherds and the three Wise Men for all eternity for honoring His Son in the Blessed Sacrament with the humility of your sacrifice." **(From pamphlet "The Value Of Sacrifice")**
286. "Jesus is not on His Eucharistic throne to receive the adorations of the angels and to enjoy the company of the blessed. These He finds in heaven. But He is on His Eucharistic throne to receive your adorations, to listen to your confidences, and to console and alleviate your sorrows and trials." **(Fr. Jose Guadalupe Trevino)**
287. "Do not look for other excuses. Try it, and find out by your own experience. Do not wait until tomorrow. Today, go and spend a few moments with Jesus, whether He is within the tabernacle or exposed in the monstrance. Let your weary and wounded heart be penetrated by the peaceful atmosphere of the sanctuary and your soul be bathed in the light streaming forth from the Eucharistic Sun. And, tomorrow, I am sure, you will return." **(Fr. Jose Guadalupe Trevino)**
288. "Beloved souls, in suffering and in joy, go to Jesus hidden in the Sacred Host and let the sweetness of His loving gaze fill you." **(Fr. Jose Guadalupe Trevino)**
289. "Like the sick who expose their diseased bodies to the healing rays of the sun, expose miseries, no matter what they are, to the beams of light streaming forth from the Sacred Host." **(Fr. Jose Guadalupe Trevino)**
290. "Souls dedicated to perpetual adoration, who during the hours spent before the Sacred Host would like to imitate at least from afar the fervor of those who adore in heaven, be neither surprised nor scandalized by those weaknesses: fatigue, drowsiness, dryness of spirit, and that "I can't" feeling. If you are tempted to see in it all a sign of deficient love, you are mistaken. Much to the contrary, your displeasure at them and your battle against them are proofs of love, because they are acts of sacrifice; and suffering is the proof and nourishment of love." **(Fr. Jose Guadalupe Trevino)**
291. "...the Eucharist is such a profound mystery that we need to spend time in adoration to receive all this mystery has for us, especially to open our hearts and minds to Jesus Christ and learn to respond to him fully with our hearts. Adoration opens the heart and mind to receive and respond to the gift of the Mass by allowing our hearts to receive the graces of the previous one and increasing our receptivity for the next one." **(Bishop Andrew Cozzens - Bishop of Crookston, Minnesota)**
292. "I highly recommend that you all spend some time adoring our Lord in the Blessed Sacrament. Because the host (bread) is changed into the Sacred Body of Christ at Mass, Eucharistic adoration allows us to truly gaze upon our Lord present in the Blessed Sacrament, to look at him with love, and marvel at how he longs to be present with us. During time of adoration, you may speak to the Lord in the quiet of your heart in your own words, reflect

on Sacred Scripture, pray the rosary, or say your favorite prayers." **(Bishop John F. Doerfler - Bishop of Marquette, Michigan)**

293. "We must therefore find ways and means of helping our people to get and remain in touch and in communion with the person of Jesus Christ. No wonder our father in the faith and the pioneer bishop of Awka Diocese, Most Rev. Albert K. Obiefuna, of blessed memory, bequeathed to us an emphasis on and the practice of contemplation and adoration of our Lord Jesus truly present in the Eucharist." **(Cardinal Peter Okpaleke - Bishop of Ekwulobia, Nigeria)**
294. "Prayer and (Eucharistic) Adoration are the sustaining force of the path forward." **(Bishop Daniel E. Flores - Bishop of Brownsville, Texas)**
295. "Adoration of the Blessed Sacrament flows naturally from our experience of the Eucharist during Mass. As Abbot Jeremy Driscoll, OSB, has said, Exposition is like a "freeze frame" of the elevations of the consecrated elements, the Body and Blood of Christ, at Mass." **(Archbishop Paul D. Etienne - Archbishop of Seattle, Washington)**
296. "The liturgy moves quite quickly. Time in the presence of the Blessed Sacrament outside of Mass, whether in the tabernacle or during Exposition, allows us to absorb and take in what this mystery is all about." **(Archbishop Paul D. Etienne - Archbishop of Seattle, Washington)**
297. "The Mass is God's action in creating, forming, and saving his people. Adoration places us in the presence of the accomplished fact of Christ's saving work on our behalf. The Church envisions that Adoration of the Blessed Sacrament always exists in relationship to the Eucharistic action of the Mass." **(Archbishop Paul D. Etienne - Archbishop of Seattle, Washington)**
298. "In my view the greatest challenge in our own age is the erosion of faith. Eucharistic adoration can be seen as the antidote, the remedy, both personal and communal, to the weakening of faith. We adore because we believe." **(Archbishop Charles Brown - Papal Nuncio To Philippines)**
299. "In adoration of the Blessed Sacrament, we put these words into practice; "Lord, to whom shall we go, you have the words of eternal life". In adoration, we recognize that the Lord is here in our midst and that he is the Holy One of God." **(Archbishop Charles Brown - Papal Nuncio To Philippines)**
300. "The beautiful experience of adoration increases our faith and it also increases our love." **(Archbishop Charles Brown - Papal Nuncio To Philippines)**
301. "The Lord does not abandon His Church; He has assured us: 'I am with you always, even until the end of time' (Mt 28:20). That promise is fulfilled by His presence with us in the Eucharist. Come, let us adore Him!" **(Archbishop Charles Brown - Papal Nuncio To Philippines)**

302. "The long nights that Pier Giorgio Frassati spent on his knees in front of the Blessed Sacrament had something to do with the long days spent in service of the poor." **(Bishop Robert Barron - Bishop Of Winona-Rochester, Minnesota)**
303. "I think every parish should have, for the next 10 years, round-the-clock Eucharistic Adoration, during which good people pray for the return of the unaffiliated." **(Bishop Robert Barron - Bishop Of Winona-Rochester, Minnesota)**
304. "When you pray before the Eucharist, allow your desire for the things of God to intensify; allow your heart and soul to expand." **(Bishop Robert Barron - Bishop Of Winona-Rochester, Minnesota)**
305. "These examples of extremely smart, theologically plugged-in people who were devoted to the adoration of the Eucharist could be multiplied endlessly: Thomas Aquinas, John Henry Newman, Teilhard de Chardin, Dorothy Day, G.K. Chesterton, Paul VI and so on." **(Bishop Robert Barron - Bishop Of Winona-Rochester, Minnesota)**
306. "Therefore, I applaud the revival of eucharistic adoration in so many parishes and dioceses, precisely because I accept Vatican II's call to consider the liturgy 'the source and summit of the Christian life'." **(Bishop Robert Barron - Bishop Of Winona-Rochester, Minnesota)**
307. "Eucharistic Adoration is the closest thing we can do to imitate the highest level of angels." **(Dr. Mark Miravalle – Professor of Theology)**
308. "The Blessed Sacrament, in repose, is Jesus here with us, in every tabernacle in every church throughout the whole world. That is why we must do all that we can to recover visits to the tabernacle and Eucharistic Adoration." **(Bishop Joseph E. Strickland– Bishop of Tyler, Texas)**
309. "Worship is so intimately related to authentic (Eucharistic) Adoration that they could be considered as one...Adoration connotes being present, resting, and beholding. In adoration, we are present to Jesus whose sacrifice is ever present to us. Abiding in Him, we are assimilated more deeply into His self-giving...Let us adore Him for ourselves, for the poor, for the earth, for the Church and for the life of the world." **(Cardinal Louis Antonio G. Tagle - Pro-Prefect of the Dicastery for Evangelization)**
310. "As the Holy Father has said in his encyclical 'Ecclesia de Eucharistia (On the Eucharist in Its Relationship to the Church)', it's before the Eucharist that the Lord speaks to the hearts, in particular to the hearts of those who are discerning his will. I think that these moments of Eucharistic adoration will have a profound effect in helping to create a vocation culture within our Church. That's why we look to this as a wonderful moment in time and a wonderful opportunity." **(Bishop Edward J. Burns - Bishop of Dallas, Texas)**
311. "Eucharistic adoration is not simply for the person praying in adoration, it is for the entire Church, and for the entire world." **(Dr. Scott Hahn - Catholic theologian, apologist and author - A former presbyterian minister)**

312. "And because Jesus is the Eucharist, keeping Him in the center allows all the rich doctrines of the Church to emanate from Him, just as the beautiful gold rays stream forth from the Host in the monstrance." **(Kimberly Hahn - Catholic apologist and author)**
313. "The more we are touched by the Love of God in the Eucharist, the more we need to respond to this Love. (Eucharistic) Adoration leads to mission. The connection with vocations is clear, but there is also an impulse toward a more generous stewardship of all of our gifts." **(Archbishop Paul Stagg Coakley - Archbishop of Oklahoma City)**
314. "When we adore Christ in the Eucharist, exposed in the monstrance, the Lord engages all of our senses, through the ministry of the Church, to awaken us to the power of encountering him—love made visible." **(Bishop James Conley - Bishop of Lincoln, Nebraska)**
315. "The Church draws her very life from the Eucharist. We as members of the Body of Christ draw our very life from the Eucharist, both at the Eucharist table and in the time we spend with Jesus before the Blessed Sacrament." **(Bishop Robert D. Gruss - Bishop of Saginaw, Michigan)**
316. "I know from personal experience and believe how valuable (Perpetual Eucharistic Adoration) is for the life of every Catholic and every Catholic community. This union with Jesus that takes place at Mass continues as we adore and worship Him in the Blessed Sacrament in our personal prayer. It is a part of my spiritual life every day – at least an hour every day. If it is important, then we will make time for it." **(Bishop Robert D. Gruss - Bishop of Saginaw, Michigan)**
317. "A firm commitment by signing up for a particular time (at Perpetual Eucharistic Adoration) will not only ensure that a timeslot is filled during the day, but it also SPEAKS VOLUMES about one's desire, one's sacrifice, and one's commitment to this relationship with the Lord. It will bear far greater fruit for the one who commits daily or weekly to this hour encounter with Jesus before the Blessed Sacrament." **(Bishop Robert D. Gruss - Bishop of Saginaw, Michigan)**
318. "I guarantee that if this type of prayer (Eucharistic Adoration) becomes a part of your life and you commit yourself to it, these things will happen:
1. You will fall in love, grow in love, and stay in love with Jesus in a new way.
 2. Your life will change dramatically – you will experience that life in abundance.
 3. You will grow in freedom in your heart. It will be expanded by God for great things.
 4. You will come to see yourself in a new way, God in a new way, and the world in a new way.
 5. You will hunger and thirst more for holiness – and God will satisfy this thirst.
 6. This will positively impact all the relationships around you – spouse, children, family, friends

7. Your life will never be the same. - Happier than you have ever been. - More peaceful than you have ever been. - Receive deep healing in your heart as you share your heart with the Lord.
 8. And the Diocese will grow in holiness; - God will bless you individually, your family, your parish community, our diocesan community." **(Bishop Robert D. Gruss - Bishop of Saginaw, Michigan)**
319. "It would be good ... for our parishes and communities to help everyone deepen their faith, by arranging periods of Eucharistic Adoration, and advertising times when the church is open for visits to the Blessed Sacrament." **(Bishop Philip Egan - Bishop of Portsmouth, England)**
320. "Tied to the celebration of the Eucharist, well-practiced Adoration of the Blessed Sacrament unites the believer to Jesus and through Him to the Father, builds up the Church, supports her mission in the world and elevates and transforms creation." **(Archbishop Guy de Kerimel - Archbishop of Toulouse (-Saint Bertrand de Comminges-Rieux), France)**
321. "When we pray in His Eucharistic presence, He takes us beyond words, and our relationship with Him, our desire to give ourselves to Him, is deepened. It is for that reason that Eucharistic adoration flows from the Mass and leads us back to Mass. Jesus' abiding presence in the Blessed Sacrament is His way of drawing us continually into His presence." **(Archbishop James Peter Sartain - Archbishop Emeritus of Seattle, Washington)**
322. "The first condition for the new evangelization is adoration. We must regain the ability to adore Christ in the Most Holy Eucharist if we are to bring the men and women of the twenty-first century to faith in Jesus Christ. This is one of the key themes of the pontificate of Pope Benedict XVI." **(Bishop Dominique Marie Jean Rey, Bishop of Frejus-Toulon, France)**
323. "The Eucharist is the first missionary act of the Church. So if we want to be missionary towards a world in need of new saints and salvation, we have to be men and women of Eucharistic adoration... In adoration we receive the fire of love which enables us to share our conviction and have faith about the presence of God." **(Bishop Dominique Marie Jean Rey, Bishop of Frejus-Toulon France)**
324. "I propose increased opportunities for Eucharistic adoration. Far from detracting from the celebration of the Eucharist and far from privatizing the Eucharist, Eucharistic adoration increases our capacity to believe in the Eucharistic mystery, to participate in its celebration with devotion and joy, and to go forth in charity to serve the needs of others." **(Archbishop William Lori - Archbishop of Baltimore, Maryland)**
325. "If more Catholics spent more time in Eucharistic adoration, I think two things would happen: many who have abandoned the regular practice of the faith might well rediscover it. And those who have acquired the bad habit of arriving late for Mass and leaving early might want to linger instead — to spend time with the Lord who thirsts for our Love." **(Archbishop William Lori - Archbishop of Baltimore, Maryland)**

326. "Eucharistic adoration prolongs the joy and gratitude we should feel at every Mass and gives us the opportunity to deepen our friendship with the Savior who loves us so profoundly." **(Archbishop William Lori - Archbishop of Baltimore, Maryland)**
327. " 'Pray always!' the Good Book tells us, and Jesus exhorted us to make sure that our prayer was patient, persistent, and persevering. Eucharistic adoration accomplishes this. It tells the world that 'we can't give what we don't have,' and that, if we do not constantly turn to God in prayer for His grace and mercy, we're finished. The best thing people of faith can do is pray . . . I can't think of a better place to do that than before our Lord in the Blessed Sacrament." **(Cardinal Timothy Dolan - Archbishop of New York)**
328. "When the first disciples asked Jesus about following Him, He did not say, 'Come do a bunch of stuff with me.' Nope - He invited them to 'Come, stay with me!'. Eucharistic adoration is a great way to answer that invitation." **(Cardinal Timothy Dolan - Archbishop of New York)**
329. "We should make haste to find the Lord. To find the light that leads to grace and truth, which no darkness can overcome. At the claim that God has become man, we should drop everything to pursue him—to find Christ, and, like the shepherds, to worship him." **(Archbishop Samuel Joseph Aquila - Archbishop of Denver, Colorado)**
330. "Eucharistic adoration is a legitimate development of piety in the Western Church with many benefits for those who engage in it. Adoration highlights the abiding presence of the Lord in his sacrament. And with that sense of presence, we also grasp his availability to us." **(Cardinal Blase J. Cupich - Archbishop of Chicago, Illinois)**
331. "The invitation to be with Jesus, to live as His disciples is being given to all of us. Increasingly, young Catholics are hearing the invitation in the presence of the Blessed Sacrament – and are finding the strength to respond in times of adoration before the Eucharistic Lord. It is a hopeful sign – to have those who will soon assume roles of leadership and service in the Church – to be leading us now in appreciation for the power of the presence of the risen Christ in the Eucharist." **(Archbishop George Joseph Lucas - Archbishop of Omaha, Nebraska)**
332. "Our RSVP (to Jesus' invitation to us in the Eucharist) can't be put off forever...The Eucharistic mystery of Christ, the Bread of Life, invites us to faith and trust, a stumbling block for many, but the heavenly banquet of divine wisdom for those who believe and for those who adore." **(Archbishop Leonard Paul Blair - Archbishop of Hartford, Connecticut)**
333. "All Catholics throughout the nation should take part in Eucharistic adoration and in the praying of the Rosary for the restoration of the respect for human life and for the safeguarding of the integrity of the family." **(Cardinal Raymond Burke - Prefect Emeritus of the Tribunal of the Apostolic Signatura)**

334. "We must pray before the Blessed Sacrament. This is what Christ wants us to do, to come before Him and listen, as He says His words, 'Come to me all you who are weary'." **(Cardinal Peter Turkson - Chancellor of the Roman Curia)**
335. "Until the Church cries out that Jesus in the Blessed Sacrament is worthy of perpetual adoration for all He has done for our salvation, it will continue to be defeated by its enemies. I believe, the best, the surest and the most effective way of establishing everlasting peace on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament." **(Archbishop Charles Maung Bo - Archbishop of Archdiocese of Yangon, Myanmar)**
336. "In any situation in our world, our best reaction is to give our lives wholeheartedly to Christ, through prayer and penance. Prayer should especially be in the presence of Jesus Himself - in the most Blessed Sacrament. That is the foundation of the worldwide movement for Perpetual Eucharistic Adoration." **(Archbishop Charles Maung Bo - Archbishop of Archdiocese of Yangon, Myanmar)**
337. "Just as in any relationship of love, it can only grow by spending time with the beloved. Spend time with Jesus in both formal and informal ways. Mass is a great way to encounter him as we enter into the mystery of Christ offering himself on the cross. It is at Mass that we discover the depths of his love for us. Adoration is a perfect way to spend quality time before Jesus in the Eucharist, to quiet ourselves from the many distractions of our modern world and listen to the one that has much he longs to say to us. This silent prayer with Jesus in the Eucharist is one of the best ways to discover your vocation." **(Archbishop Allen H. Vigneron - Archbishop of Detroit, Michigan)**
338. "As conscientious Catholics we are seeking to live authentically the Christian life. We are constantly searching for what more we can do to be close to God. For this reason, we find Eucharistic Adoration valuable. Adoration before the Blessed Sacrament is a precious opportunity, we have to be close to Christ and thereby discover sustenance and direction for our lives. You cannot be an adorer for long without noticing and others noticing change in your life. Eucharist is meant to not only sustain us as food from heaven but also to empower us to do great things for God and his Church." **(Bishop Joseph N. Perry - Auxiliary Bishop of Chicago, Illinois)**
339. "We can pray anywhere but there is no more fitting place to pray on earth than in the sacramental presence of the Lord. There we are profoundly struck with the awesome mystery of God's grace." **(Cardinal Thomas C. Collins - Archbishop of Toronto, Ontario, Canada)**
340. "Be convinced that the Lord is waiting for you to open your hearts to him in prayer. He wants to meet you personally and to enter into a dialogue with you. This conviction will fill you with an urgent desire to seek periods of silence in your daily life where you have the space to be drawn into union with God in prayer. In this regard I should like to commend to you the practice of Eucharistic Adoration... Adoration draws us away from external distractions into a growing communion with Jesus present in the Blessed

Sacrament. Encourage your friends to join in this practice.” **(Archbishop Antonio Mennini, Titular Archbishop of Ferentium)**

341. “(Eucharistic) Adoration itself is an act of witnessing when one sees many gathered in silence before the Lord. Eucharistic adoration should become part and parcel of our way of being Church.” **(Archbishop Buti Tlhagale - Archbishop of Johannesburg, South Africa)**
342. “Many have said that Eucharistic adoration promotes vocations to the priesthood and to religious life. Children, youth and adults should be taught to appreciate the beauty of silence in the presence of Jesus Christ.” **(Archbishop Buti Tlhagale - Archbishop of Johannesburg, South Africa)**
343. “As custodians of the Eucharist, it is our privilege to promote Eucharistic adoration so that those who do so may savor the grace of healing that comes from the Lord himself.” **(Archbishop Buti Tlhagale - Archbishop of Johannesburg, South Africa)**
344. “(Eucharistic adoration is) a beautiful service you render to the church and the diocese. The only greater thing you can do is Mass... Use this opportunity (Eucharistic adoration) to beg the Lord for sisters and priests for this diocese.” **(Bishop Robert Morlino, Bishop of Madison Wisconsin)**
345. “There is a tight connection between Eucharistic Adoration and vocations.” **(Bishop Robert Morlino, Bishop of Madison Wisconsin)**
346. “It is equally urgent to promote Eucharistic Adoration: faced with the real presence of our Lord, we cannot but adore.” **(Cardinal Antonio Canizares Llovera, Archbishop of Valencia, Spain)**
347. “I think that today, thru the practice of (Eucharistic) Adoration, we are living out a kind of second Pentecost.” **(Cardinal Antonio Canizares Llovera, Archbishop of Valencia, Spain)**
348. “The Church's life should centre around the Mystery of the Eucharist both in the liturgical celebration and Eucharistic Adoration. **(Cardinal Robert Sarah - Prefect Emeritus of the Congregation for Divine Worship)**
349. During the Synod of Bishops on the Eucharist in 2005, many Asian Bishops strongly proposed, at times insisting categorically to introduce perpetual Eucharistic Adoration in their dioceses and some of them stated that there where Eucharistic Adoration took place, greater reconciliation, peace and communion were experienced. This is possible because Jesus is present in the tabernacle as a *magnetic pole* 'attracting an ever-greater number of souls enamored of Him, ready to wait patiently to hear His voice and, as it were, to sense the beating of His heart'.” **(Cardinal Robert Sarah - Prefect Emeritus of the Congregation for Divine Worship)**
350. “The most important moments in life are the hours of prayer and adoration. They give birth to a human being, fashion our true identity; they root our existence in mystery.” **(Cardinal Robert Sarah - Prefect Emeritus of the Congregation for Divine Worship)**

351. "I saw evidence in many parishes of a profound reverence for the Eucharist which in some parishes includes regular times for adoration of the Blessed Sacrament. The impact of a community united in prayer is powerful and far-reaching and contributes to the many fellowship activities that truly build parishes as families of faith." **(Bishop Paul J. Bradley - Bishop of Kalamazoo Michigan)**
352. "When the Eucharist is powerful in our lives (as in Eucharistic Adoration) – where Jesus Christ's love is poured out and our lives are changed – that inner journey is different. What we're searching for is different, because the Eucharist fulfills those hungers, because Jesus Christ is here as a person, truly in love with each one of us, in all of our joys and all of our sorrows and wants to be part of your life and mine – the inner journey." **(Bishop John M. Quinn - Bishop of Winona-Rochester, Minnesota)**
353. "Permit me to confide in you especially the ministry of Eucharistic adoration. I ask you to remain faithful, humble and patient, even if there is no encouragement given from those around you. Many have lost the sense of Eucharistic adoration, even among the priests, consecrated persons and theologians. Do not be discouraged by negative comments or disobliging remarks that could demobilize you. Keep your faith alive in the Resurrected Christ who is truly present with His Body and Blood. Continue to witness the love of the Church that kneels before her Lord and who rests at His feet, as Mary of Bethany did, to listen long and to adore in silence." **(Cardinal Marc Querlet - Prefect of the Dicastery for Bishops)**
354. "Some people are afraid that the practice of Eucharistic adoration takes away from the celebration of the Pascal mystery and the social mission in the name of the Resurrected Lord. The contrary is true. Eucharistic adoration, even outside of the Mass, helps to keep the real sense of the Mass and revive the flame of the social engagement in the name of faith. I can see how the parishes that have adoration chapels are in general the most dynamic and apostolic." **(Cardinal Marc Querlet - Prefect of the Dicastery for Bishops)**
355. "You will discover that the place 'par excellence' of Eucharistic adoration is the celebration, (of the Holy Mass) and that the engagement for culture and social solidarity is a part of the necessity for the Eucharist. If sometimes their reticence signifies that the Eucharist is not the base of a convivial repast in remembrance of Jesus and that adoration does not have a place, I invite them to ask themselves if their vision of the Eucharist is still Catholic. I am convinced that the missionary vigor and the social implication of Christians only have strength if they are rooted in the adoration of the living Christ, really present in the Holy Eucharist." **(Cardinal Marc Querlet - Prefect of the Dicastery for Bishops)**
356. "Adoration of the Blessed Sacrament is awakening and developing all over the world, and this will help to restore the sacredness of the liturgical celebration of the Mass.... The renewal of adoration of the Blessed Sacrament...is a sign of the times, and a great sign of encouragement." **(Cardinal Marc Querlet - Prefect of the Dicastery for Bishops)**

357. "The adoration of the Blessed Sacrament ... must not be belittled as a pious but now outdated custom. It is a development of the living tradition, which felt the need to express faith in Christ's real presence in the sacrament in this way." **(Cardinal Marc Quellet - Prefect of the Dicastery for Bishops)**
358. "We cannot overestimate the importance of adoring the Lord in the Most Blessed Sacrament, knowing that worship is the highest act of the People of God and an effective means toward promoting the sanctification of the Clergy, reparation for sin, and vocations to the Priesthood and to the Consecrated Life. With courage, we must ask the Lord to send forth new laborers into the harvest, and in every diocese, there should be at least one church, chapel, or shrine set aside for perpetual adoration of the Eucharist, specifically for the intention of the promotion of new vocations and for the sanctification of the Clergy." **(Cardinal Mauro Piacenza - Penitentiary Major of the Apostolic Penitentiary at the Vatican)**
359. "Order (in the world) is restored above all by strongly affirming the primacy of the Risen Christ, present in the Eucharist. There is a great peaceful battle to be waged, which is that of Perpetual Eucharistic Adoration, so that the entire world can become part of a network of prayer. United to the holy Rosary, in which we reflect on the salvific mysteries of Christ together with Mary, this will generate and develop a movement of reparation and penetration." **(Cardinal Mauro Piacenza - Penitentiary Major of the Apostolic Penitentiary at the Vatican)**
360. "A rediscovery, or a discovery of Eucharistic adoration is reappearing today in Europe and indeed in other continents... It seems to allow a home (for internalizing contemplation of) Christ in the Eucharist. Some have expanded their hunger for the Eucharist (while at) Eucharistic adoration. By programming (an) hour of (Eucharistic) worship or by establishing a perpetual adoration (program), parishes felt they were worn by a new spiritual and apostolic dynamism. Surprisingly, we now see (that) young people first go through Eucharistic adoration to discover (the) Mass. This is a phenomenon not programmed, which arose when we did not expect (it) but which contributes significantly, at least for a number of people, enabling them (an) internalized, a personal approach of the Eucharist." **(Cardinal Jeane-Pierre Ricard, Archbishop Emeritus of Bourdeaux-Bazas, France)**
361. "In the presence of so many gifts, we must never forget that the Eucharist, as the Body and Blood of Jesus Christ, is the source of all that is good. All our strength to witness to the love of Jesus Christ comes to us through the Blessed Sacrament. We give thanks to God for so great a gift." **(Archbishop Robert James Carlson - Archbishop Emeritus of St. Louis, Missouri)**
362. "During Eucharistic adoration, it is not only we who behold Christ, but it is also He who beholds us. When we adore the Blessed Sacrament, we are not just gazing at a beautiful but inert object. The contemplative mode of prayer that we learn during adoration presupposes that Christ returns our gaze." **(Archbishop Joseph A. Di Noia - Adjunct Secretary of the Dicastery for the Doctrine Of The Faith)**

363. "During the Last Supper, the participants' awareness of the concrete presence of Christ asking for adoration, identified in the consecrated bread and wine (cf. Mk 14:22-24; Mt 26:26-28; I Cor 11:24-25; Lk 22:19-20), is imposing. It is therefore undeniable that the practice of Eucharistic Adoration, just as is done today in the Latin Church, has made more evident a fact that belongs to the essence of faith in the Eucharistic mystery."
(Cardinal Angelo Scola - Archbishop Emeritus of Milan, Italy)
364. "... one must decisively insist that both the consuming of the Eucharist and Eucharistic Adoration are always ecclesial acts. They cannot be conceived as an individual practice of piety. To adore Christ during Consecration and Communion and to adore him present in the Tabernacle implies to recognize oneself and to act as a member of his Ecclesial Body. In that way, the Eucharist is not an encounter that is finished in the act of consuming, but is a permanent encounter, just as the continuous coming of the Lord in his Church is also permanent in virtue of the Eucharistic presence." **(Cardinal Angelo Scola - Archbishop Emeritus of Milan, Italy)**
365. "In light of the ecclesial nature of Adoration, it is better understood why Christian piety has also united "reparation" for the sins of the world to Eucharistic Adoration: before the Lord, as members of his Body, we are all responsible for one another." **(Cardinal Angelo Scola - Archbishop Emeritus of Milan, Italy)**
366. "The Eucharist is at the heart of our life as Catholics and adoration of the Blessed Sacrament continues to be a wonderful source of grace and support for all who seek to follow Christ faithfully....A revival in Eucharistic faith and devotion has gathered strength across the world over the last two decades. By word and example Pope John Paul II has vigorously promoted adoration of the Eucharist. Shortly after his election in 1978, he established perpetual adoration in Rome. His initiatives to promote Eucharistic adoration have been taken up by many lay people who have come to realize the centrality of the Real Presence in their daily life, prayer and active involvement nourished by contemplation." **(Cardinal George Pell - Prefect Emeritus of the Secretariat for the Economy)**
367. "The uniquely Catholic devotion of Eucharistic adoration is the perfect spiritual antidote to the culture of our age. When every other medium bombards us with the message 'Look to yourself,' Eucharistic adoration says: 'Look beyond yourself. Fix your eyes on Christ!'" **(Archbishop Denis Hart - Archbishop Emeritus of Melbourne, Australia)**
368. "Adoration takes us outside of ourselves. It reminds us that God is not principally 'God within us,' but 'God beyond us.' According to the Christian gospel, God spanned this great and mysterious 'beyond-ness' by coming to us in His Word made flesh. This Word made flesh is present in the Eucharistic host, and it is upon him that we fix our adoring gaze."
(Archbishop Denis Hart - Archbishop Emeritus of Melbourne, Australia)
369. "I think that there may be some people for whom Adoration may be considered a salutary devotion, but still on the periphery of Church life. I fear there may even be priests for whom things like Holy Hours and

extended periods of Eucharistic Adoration are nothing more than quaint relics of a past piety or something which ought to take second place to the pursuit of social justice and the search to find the face of Jesus in the poor. Nothing, however, could be further from the truth!" **(Bishop Edward J. Slattery - Bishop Emeritus of Tulsa, Oklahoma)**

370. "When someone spends time with Our Lord in the Eucharist, he or she makes a conscious and deliberate choice to belong to Christ entirely for that period, since the believer cannot be present to Christ through the mind alone or through the senses alone. Since the believer has put aside every other activity, sacrificed every lesser good which might have been accomplished in that hour for the greater good of lingering a time with Jesus, that person has made a very clear accounting of what in his or her life belongs by right to Christ. It is everything." **(Bishop Edward J. Slattery - Bishop Emeritus of Tulsa, Oklahoma)**
371. "Perpetual Adoration means that the Holy Eucharist will be placed in a monstrance on the altar all day and all night. It will require at least two persons to make a commitment to come and adore Christ in the Eucharist for an hour each week. Can we do it? Can we find enough adorers, 336 per week, to carry out such a grace-filled project? We will not know until we make the endeavor and I encourage you to consider being generous with the Lord in this way." **(Bishop Barry Jones - Bishop of the Diocese of Christchurch, New Zealand)**
372. "We need to immerse ourselves regularly in pools of silence; noise is an aspect of modern society which can be oppressive, and an hour of silent prayer and presence before the Eucharistic Lord is a good to be treasured. Adoration of the Blessed Sacrament reminds us of what the Mass is meant to be - worship centered on God." **(Bishop Barry Jones - Bishop of the Diocese of Christchurch, New Zealand)**
373. "It is before the Eucharist that man recognizes that he has need of the Other to give him new energies for life's combats. A world without (Eucharistic) adoration is a world that would be no more than the world of production, which would soon become unbreathable. A world without adoration is not only irreligious -- it is inhuman!" **(Cardinal Jean-Louis Tauran, President of the Pontifical Council for Interreligious Dialogue)**
374. "To always be close to Jesus, that's my life plan." **(Bl. Carlo Acutis - Layman who had a deep devotion to the Eucharist)**
375. "Jesus is my great friend and the Eucharist is my highway to Heaven." **(Bl. Carlo Acutis - Layman who had a deep devotion to the Eucharist)**
376. "By standing before the Eucharist Christ, we become Holy." **(Bl. Carlo Acutis - Layman who had a deep devotion to the Eucharist)**
377. "If we get in front of the sun, we get sun tans . . . But when we get in front of Jesus in the Eucharist, we become Saints." **(Bl. Carlo Acutis - Layman who had a deep devotion to the Eucharist)**

378. "Many seminarians volunteer the fact that they discovered their vocation through devotion to the Blessed Sacrament in parishes where Eucharistic adoration was regularly scheduled with special prayers for vocations. Nationally, I am told that there are dioceses such as Wichita, where an abundance of priestly vocations can be traced to diocesan-wide Eucharistic adoration. Nor do I think it a coincidence that the three parishes in our Archdiocese with the most success at present in "growing" seminarians for Baltimore all offer parishioners opportunities for Eucharistic adoration outside of Mass." **(Cardinal Edwin F. O'Brien - Grand Master of the Equestrian Order of the Holy Sepulcher of Jerusalem)**
379. "In my pastoral letter on the Eucharist I urged the community to encourage others to become devoted to (the Blessed Sacrament)... It is fantastic to see how in our diocese of Ranchi, and even in the most distant villages of Jharkhand, people visit these chapels at every hour of the day... People of every age come: from teenagers and young adults to the elderly... The laity's love for the Eucharist is edifying." **(Cardinal Telesphore Toppo - Archbishop of Ranchi, India)**
380. "I ask that the faithful pray to the Holy Spirit to lead us all to a greater appreciation of the presence of Jesus in our midst, for love of us, in the gift of the Eucharist." **(Cardinal Sean Brady - Archbishop Emeritus of Armagh, Ireland)**
381. "Adoration of the Eucharist reminds us of the importance of the Sacrament of the Eucharist in our faith, a faith which will lead us to bring the message of Christ to our homes, our families, our communities and our world." **(Cardinal Sean Brady - Archbishop Emeritus of Armagh, Ireland)**
382. "The Church exists to evangelize – to preach Jesus. Anything else is Narcissism – self-serving and self-centered. The Message must be brought, not only to the ends of the earth but to the margins of society. Not only to the poor but to the ignorant, those who now do without God, those who are suffering and outcast and weak, to those who are in any kind of misery. That will take zeal. It will take strength of faith and the fire of love. That sort of strength can only come from contemplation and adoration of Jesus Christ." **(Cardinal Sean Brady - Archbishop Emeritus of Armagh, Ireland)**
383. "Adoration will heal our Church and thus our nation and thus our world...Adoration is more powerful for construction than nuclear bombs are for destruction." **(Peter Kreeft, - Catholic theologian, apologist, professor, and author)**
384. "In (Eucharistic) adoration we focus on Christ the center, and everything else then appears as it truly is: as a ray of light from that sun, the Son of God. We see the world in terms of Christ's coordinates instead of looking at Christ in terms of the world's coordinates. It is the great exercise in realism, since reality is Christocentric. Even this great mental benefit, or 'payoff,' must not be our primary motive, however. If we adored the Adorable One for the sake of something else, we would really be worshipping the 'something else' as the end and using God as the means. This would reverse the order of reality, treating the End as a means and the

means as the end. God has left us clear instructions forbidding this: 'Seek ye first the Kingdom of God and His righteousness, and then all these other things will be added unto you.' He commands us to adore Him for His sake, not for our sake; but He does this for our sake, not for His sake. His glory is to be our concern; our glory is His concern. That is what love is: exchange."
(Peter Kreeft, - Catholic theologian, apologist, professor, and author)

385. "I want to strongly exhort our priests and people to consider encouraging and supporting the practice of praying before Jesus in the Blessed Sacrament. It requires at times a sacrifice of time, of presence, but that sacrifice offers an added grace. It is an opportunity for us to follow the exhortation to die to ourselves so that we may live more fully in Jesus."
(Bishop Joseph A. Galante - Bishop Emeritus of Camden, New Jersey)

386. "Perpetual Eucharistic Adoration has made my diocese safe from the violence that previously threatened to tear it apart. Both the priests and the laity credit Perpetual Eucharistic Adoration for protecting the diocese from the reign of communism and for bringing about peace and order. We put all our faith and trust in the omnipotent power of His love in the Blessed Sacrament and He did not fail us. The point I want to make is that Jesus in the Blessed Sacrament is not static, but dynamically active. He is the Good Shepherd. He does not take people away from the Sacraments, but rather, He is the one who brings them back. He does not make people weary but refreshes them and makes them strong. He is the Lord of lords and King of kings. It is not dangerous to have Perpetual Eucharistic Adoration, but rather, it is dangerous not to have it, because He is the only one who can protect and restore, heal and unite us."
(Bishop Ruben T. Profugo - Bishop Emeritus of Lucena Philippines)

387. "By linking our prayer through Mary to our adoration of Jesus in the most Blessed Sacrament, we have been given a new and spiritually rich avenue to Christ through His Mother."
(Cardinal Roger Mahony, Archbishop Emeritus of Los Angeles)

388. "Each season of the liturgical year (Advent, Christmas, Lent, Easter and Ordinary Time) can be marked by a special opportunity for Eucharistic Adoration. The seasons of Advent and Lent are particularly appropriate times to bring the hopes and longings of the whole world and our own hearts before the Most Blessed Sacrament."
(Cardinal Roger Mahony - Archbishop Emeritus of Los Angeles)

389. "Parishes throughout the Archdiocese would do well to make opportunities for Eucharistic Adoration available to parishioners on a regular basis."
(Cardinal Roger Mahony - Archbishop Emeritus of Los Angeles)

390. Today's problems, such as low attendance at Mass and infrequent Confession, is nothing new and has been overcome in the past by the likes of St. John Vianney, Archbishop Fulton Sheen, and others according to Cardinal Dias. He states that "the secret of their resounding successes were the many hours (these Saints) spent in prayer before the Blessed Sacrament". The Cardinal also has proposed that bishops and priests all

over the world should spend an hour each day in adoration, "interceding for themselves, for the faithful entrusted to their pastoral care and for the needs of the whole church." **(Cardinal Ivan Dias - Prefect Emeritus of Congregation for The Evangelization Of Peoples)**

391. "Devotion to the Eucharist leads one to a devotion to life and a devotion to life leads one to the Eucharist....We receive our strength for our labors for life from the Good News of Jesus Christ and from Holy Eucharist." **(Cardinal Justin Rigali - Archbishop Emeritus of Philadelphia)**

392. "(Eucharistic Adoration outside of Mass) is an emerging sign of the times, confirmed in the experience of many bishops throughout the world. Bishops are very pleased about where this is going. It leads people back to the sacrament of reconciliation, to greater solidarity with each other, and to more active participation in the Mass." **(Cardinal Justin Rigali - Archbishop Emeritus of Philadelphia)**

393. "Even high schoolers are starting to pray before the Blessed Sacrament on their own. They're responding to a deep-felt need people have for union with God. In the Mass and in Eucharistic Adoration, we meet the merciful Love of God which passes through the Heart of Christ." **(Cardinal Justin Rigali - Archbishop Emeritus of Philadelphia)**

394. "We are sent out from the Eucharist to contribute to the building up of the Body of Christ, and we return in Eucharistic adoration. The Eucharist is the center of our life because Jesus is the center of our life. So, he said, Eucharistic adoration is a powerful incentive to service to those in need. In the Eucharist, we live Christ's life and fulfill His words to worship the Father 'in spirit and in truth'." **(Cardinal Justin Rigali - Archbishop Emeritus of Philadelphia)**

395. "Eucharistic adoration is going to revitalize our parishes and really help people be more active in living out their faith." **(Cardinal Justin Rigali - Archbishop Emeritus of Philadelphia)**

396. "It is urgent to undertake a renewal of nocturnal (Eucharistic) adoration that, while respecting its style, will allow for the integration of a scheme of prayer more adapted to the spiritual sensitivity of our time." **(Archbishop Jose G. Martin Rabago - Archbishop Emeritus of Leon, Guanajuato, Mexico)**

397. "(It is so important) to dispense in full the Word of God...especially to the younger generation and help to rediscover the true value of the liturgy, maintaining devotion to the Virgin Mary, the Patron Saints and Eucharistic Adoration in particular." **(Cardinal Tarcisio Bertone - Secretary Emeritus of the Secretariat of State)**

398. In December 2007 Cardinal Claudio wrote to every Bishop in the world urging Eucharistic Adoration by the laypeople to pray for Priests. "We intend in a very particular way to entrust all priests to Mary, the Mother of the High and Eternal Priest, bringing about in the Church a movement of prayer, placing 24 hour continuous Eucharistic Adoration at the centre, so that a prayer of adoration, thanksgiving, praise, petition, and reparation, will be

raised to God, incessantly and from every corner of the earth, with the primary intention of awakening a sufficient number of holy vocations to the priestly state." **(Cardinal Claudio Hummes - Prefect Emeritus of the Congregation for The Clergy)**

399. We can not live, we can not look the truth about ourselves without letting ourselves be looked at and generated by Christ in daily Eucharistic Adoration, and the 'Stabat' of Mary, 'Woman of the Eucharist', beneath the Cross of his Son, is the most significant example is given to us for contemplation and worship of the Divine Sacrifice." **(Cardinal Claudio Hummes - Prefect Emeritus of the Congregation for The Clergy)**

400. "Sometimes Eucharistic contemplation just means keeping Jesus company, being there under His gaze, giving Him the joy of contemplating us, too. Although we are but useless creatures and sinners, we are still the fruit of His passion for whom He gave His life." **(Cardinal Raniero Cantalamessa - Cardinal-Deacon of "Basilica of Saint Apollinaris at the Baths of Nero")**

401. "To engage in Eucharistic contemplation means then, concretely, to establish a heart-to-heart contact with Jesus really present in the Host and, through him, to be raised to the Father in the Holy Spirit . . . Eucharistic contemplation is to look at one who is looking at me." **(Cardinal Raniero Cantalamessa - Cardinal-Deacon of "Basilica of Saint Apollinaris at the Baths of Nero")**

402. "It is by staying still, in silence, and possibly for long periods, before Jesus in the Blessed Sacrament that we perceive what He wants from us, put aside our own plans to make way for His, and let God's light gradually penetrate the heart and heal it." **(Cardinal Raniero Cantalamessa - Cardinal-Deacon of "Basilica of Saint Apollinaris at the Baths of Nero")**

403. "The Church plunges into the new millennium with renewed hope, adoring the Eucharistic Jesus, who is the light and life of humanity's pilgrimage... At the outset of this new millennium, we need a forthright and joyous proclamation of our faith in Jesus Christ, who enlightens this new phase of history: Prayer before Jesus Christ in the Eucharist." **(Cardinal Juan Sandoval Iniguez - Archbishop Emeritus of Guadalajara, Mexico)**

404. "The abandonment of Eucharistic Adoration, or ignorance of its importance, is a grave loss that compromises the very identity of the Church." **(Bishop Luca Brandolini - Bishop Emeritus of Sora-Aquino-Pontecorvo, Italy)**

405. "The Saints, being far advanced in the practice of love, were faithful and ardent adorers of Jesus in the Blessed Sacrament. Importantly, Eucharistic adoration has always been considered as the closest likeness we have to the eternal adoration which will make up our whole paradise. The difference lies only in the veil which hides the sight of that divine Reality of which faith gives us unwavering certainty." **(Fr. Stefano Manelli - Minister General of the Franciscan Friars Of The Immaculate)**

406. "Adoration of the Blessed Sacrament has been the fervent devotion of the Saints. Their adoration lasted hours and hours, sometimes whole days or nights. There 'at Jesus' feet' like Mary of Bethany (Luke 10:39), keeping Him fond and intimate company, absorbed in contemplating Him, they surrendered their hearts to a pure and fragrant offering of adoring love." **(Fr. Stefano Manelli - Minister General of the Franciscan Friars Of The Immaculate)**
407. "The devotion to the Eucharist, together with the devotion to the Blessed Mother, is the devotion of Paradise, because it is the devotion which the Angels and Saints of Heaven also have." **(Fr. Stefano Manelli - Minister General of the Franciscan Friars Of The Immaculate)**
408. "The synod (of Bishops in 2005)...underlined the importance of Eucharistic adoration outside Mass which has its fruits in the Mass itself because the Mass is the supreme act of adoration. But the sacrament does not finish after Mass. Christ is in the tabernacle to be brought to the sick, to receive our visits of adoration, praise, love, supplication. The synod fathers did not only talk about adoration - they did adoration, every day. Christ exposed in the monstrance in the chapel near the Synod Hall, one hour in the morning, one hour in the afternoon." **(Cardinal Francis Arinze - Prefect Emeritus of the Congregation for Divine Worship)**
409. "All time, all history belongs to God. Every instant should be spent in adoring and praising Him and rejoicing in His presence." **(Cardinal Francis Arinze - Prefect Emeritus of the Congregation for Divine Worship)**
410. "Gradually in the Church of the Latin Rite from the Middle Ages, Eucharistic devotion has developed in such forms as visits to the Most Blessed Sacrament, personal and group Holy Hour of Adoration, and Eucharistic Benediction, Procession and Congress. None of us should behave as if he or she had outgrown such manifestations of faith and had no need of them. I mention in particular Eucharistic adoration as encouraged by Pope John Paul II and by the Synod of Bishops of October 2005. Some parish priests have been surprised by their parishioners signing up for adoration at all hours of day or night. I was told about a Congregation of Sisters in Mexico which has kept up perpetual adoration for 130 years, including the years of persecution. Genuine Eucharistic faith never fails to manifest itself." **(Cardinal Francis Arinze - Prefect Emeritus of the Congregation for Divine Worship)**
411. "...I saw the chapels which exposed the Blessed Sacrament all day and sometimes night. Thank God for all that, because the hours we spend in front of the Most Holy Eucharist are invaluable." **(Cardinal Francis Arinze - Prefect Emeritus of the Congregation for Divine Worship)**
412. "Liturgical institutes should also help the people to better appreciate the link between, on the one hand, the celebration of the Eucharistic Sacrifice and, on the other hand, respect for and adoration for the Holy Eucharist outside the Mass, by promoting practices such as the visit to the Blessed Sacrament, the Eucharistic Blessing, Eucharistic Adoration, processions or Eucharistic Congresses." **(Cardinal Francis Arinze - Prefect Emeritus of the Congregation for Divine Worship)**

413. "It is certain that today there are many positive signs of faith and of love for the Eucharist, indeed, the noticeably better informed and more active participation of the faithful in the celebration of the Eucharist is a fruit of the liturgical reform introduced by the Second Vatican Council: more and more time is devoted daily to the adoration of the Eucharist; and a growing number of people take part in the Eucharistic procession for Corpus Christi which, every year, makes this adoration a moving public profession of love for Jesus in the Eucharist." **(Cardinal Jose Saraiva Martins - Prefect Emeritus of the Congregation for the Causes of Saints)**
414. "Just as Jesus stays in the sacrament after the (Eucharistic) celebration too, it is necessary for us to stay with him, (in Eucharistic) adoration that is prolonged through time." **(Cardinal Jose Saraiva Martins - Prefect Emeritus of the Congregation for the Causes of Saints)**
415. "I encourage you to... visit Christ in the Blessed Sacrament. Christ granted the request of his disciples on the road to Emmaus, and under the forms of bread and wine, his Body, Blood, Soul and Divinity really do 'remain with us'. Of course, the disciples were only echoing the similar request that Jesus had made in Garden of Gethsemane to Peter, James and John when he asked them to remain with him, to stay and pray with him for one hour (Mt 26:37-40). Now... we have the opportunity to do what the apostles failed to do that night, to remain with Him in Eucharistic Adoration..." **(Archbishop Alfred Clifton Hughes - Archbishop Emeritus of New Orleans, Louisiana)**
416. Bishop Piroird has commented that even non-Christians, such as the Muslims in his diocese of Constantine Algeria, have found comfort in Eucharist Adoration - "In the measure that they cannot participate frequently in the Eucharistic celebration, some give more time to Eucharistic Adoration; they discover the density of a Real Presence that gives strength to their daily lives." **(Bishop Gabriel Piroird - Bishop Emeritus of Constantine, Algeria)**
417. "When we rekindle our Eucharistic amazement and devotion (such as Eucharistic Adoration) then our marriages in turn are rekindled. Vocations to the priesthood and religious life are rekindled. A missionary spirit and evangelization are rekindled... I see parents and religious educators really going the extra mile in their efforts to lead our young people to a life-changing understanding and lived experience of the Eucharist." **(Bishop Michael Angelo Saltarelli - Bishop Emeritus of Wilmington, Delaware)**
418. "Perpetual Adoration of the Blessed Sacrament is the solution to our problems of declining vocations." **(Cardinal Ricardo Jamin Vidal - Archbishop Emeritus of Cebu, Philippines)**
419. "If we are willing only to do what is ordinary then we can only expect God's ordinary blessings. Only when we are willing to do the extraordinary are we guaranteed of obtaining God's extraordinary blessings. Perpetual adoration of the Blessed Sacrament is absolutely the extraordinary effort that God is asking for today in order that He may bestow upon mankind His extraordinary blessings. When we are willing to do on earth what is done in

heaven, ie., adore God perpetually, then God will create a 'new heaven' and a 'new earth'." **(Cardinal Ricardo Jamin Vidal - Archbishop Emeritus of Cebu, Philippines)**

420. "In the prolonged silence of the Adoration young people have a better opportunity to have a personal relationship with Christ and God the father." **(Cardinal Camillo Ruini - Vicar General Emeritus of Rome, Italy)**
421. "Devotion to Jesus in the Blessed Sacrament has a long and fruitful tradition in the Church. On many occasions I have urged that each parish have at least a weekly time set aside particularly for Eucharistic adoration. I repeat this urging with the request that time be made for adoration of Jesus in the Eucharist every day. Over twenty parishes have perpetual adoration and I hope many more will begin this beautiful devotion. If for good reason this cannot be achieved, I hope every parish will provide daily opportunities for parishioners, 'to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament'." **(Archbishop Joseph A. Fiorenza - Archbishop Emeritus of Gavelston-Houston, Texas)**
422. "How do we obtain the Spirit of Christ, who makes us witnesses of his gift, if we do not return to the frequent and regular practice of individual Confession, and if we do not return to the experienced and lived celebration of the Mass, prolonged in Eucharistic adoration, which must once more have a place and time in our daily schedule?" **(Cardinal Dario Castrillon Hoyos - President Emeritus of the Pontifical Commission Ecclesia Dei)**
423. "It is a time to renew our adoration of the one Lord, Jesus Christ, in the Eucharist. Jesus has loved us so much that every day, all day, he makes himself available in his Real Presence, under the appearance of bread and wine. Can you love anyone more totally than to give yourself completely to the beloved? Only God can do that, and we are his beloved." **(Bishop Thomas Vose Daily - Bishop Emeritus of Brooklyn, New York)**
424. "I challenge you to adore Jesus Christ perpetually in the Eucharist...If you accept perpetual adoration, there will be a multitude of vocations...I think we have to be serious about the Eucharist and our faith...(Perpetual Eucharistic Adoration could be) the most important solitary program in this diocese now and in the future." **(Bishop Thomas Vose Daily - Bishop Emeritus of Brooklyn, New York)**
425. "The Rosary, especially prayed in the presence of the Blessed Sacrament, is a powerful means of spiritual grace. In all of our efforts to promote the sanctity of human life, prayer is our first and strongest resource. May we rely upon the power of our Lord's presence in the Blessed Sacrament and the intercession of His Blessed Mother to guide and help us in fostering a greater respect for human life and an end to abortion in our society." **(Bishop Thomas Vose Daily - Bishop Emeritus of Brooklyn, New York)**
426. "Jesus has singled you out and commissioned you to attract other people who will be as devoted to the Eucharist as you are, people who will be willing to spend quality time in the presence of Jesus. The more you spread

devotion to the Eucharistic Presence, the more you get others to pray for the conversion of us priests, the more will the wounds in today's Church be healed. Pray for priests. Pray for an increase of vocations to the priesthood and religious life. You, the laity, have the power to save the Church!...What a mission he has entrusted to you! What a privilege that He has asked you to join with Him in saving the Church!" **(Bishop Raymond E. Goedert - Auxiliary Bishop Emeritus of Chicago, Illinois)**

427. "(At you Holy Hour of Eucharistic Adoration) do you know how to adore? It is simple: like the simple peasant of Ars, of the parish of St. John Vianney who stayed a long time in front of the tabernacle, doing what? Nothing special - 'I look at Him and He looks at me.' You can try it: start to look and think that He is looking at you. When your gaze crosses, you are at the beginning of a new adventure in your life." **(Cardinal Jozef Tomko - President Emeritus of International Eucharistic Congresses)**

428. "The greatest thing in the world that you can do is to encourage others and yourself to participate in perpetual adoration of the Blessed Sacrament. It is the real presence of Jesus on earth. The blessings that come upon you and your family will be phenomenal." **(Mother Angelica - Founder of the EWTN Catholic Television Network)**

429. "This is a real presence which includes every dimension of who Jesus is: body and blood, human soul and divine person. The consecrated Eucharistic species are the Lord and therefore command our adoration. We do not adore ourselves, nor the ordained priest, nor the Bible, even though these are vehicles for Christ's spiritual presence; we do adore the Eucharist, this blessed sacrifice made really present sacramentally." **(Cardinal Francis George - Archbishop Emeritus of Chicago, Illinois)**

430. "Our lives are transformed through frequent contact with the Lord present in the Blessed Sacrament. It is impossible to spend extended periods of time with Christ, adoring him, thanking him and uniting our wills to his, and not have him change our lives. One of the most encouraging developments in the prayer life of the archdiocese in recent years is the growth of Eucharistic Adoration in the parishes." **(Cardinal Francis George - Archbishop Emeritus of Chicago, Illinois)**

431. "Adorers of the Eucharist in the United States are testifying to many graces received from adoration, including conversions, prayer answered, reconciliation in families, increases in priestly and religious vocations and other favors." **(Cardinal Francis George - Archbishop Emeritus of Chicago, Illinois)**

432. "Objections to Eucharistic adoration come from a misreading of history and from erroneous sacramental theology. Because adoration of the Lord in the Eucharist arose in an era when people did not receive Holy Communion every Sunday, the practice of adoration is sometimes dismissed as an aberration, a substitute for receiving Communion. This is not a Catholic reading of history. The development of devotion to the Lord in his Eucharistic presence is not a "falling away" from some imagined pristine purity; it is evidence of a greater appreciation of who the Eucharist is... Likewise, adoration of the Lord in the Sacred Host is not in competition with

the liturgical action of the Sacrifice of the Mass. To speak disdainfully, as some occasionally have, of "objectifying" Christ in the Host is to speak heretically. Pope Paul VI wrote: "The Catholic Church...offers to the sacrament of the Eucharist the cult of adoration, not only during Mass, but also outside of it, reserving the consecrated hosts with the utmost care, exposing them to the solemn veneration of the faithful, and carrying them in procession" (Mysterium fidei, 56). It seems strange to me that we should lift high the book of Gospels, which remains only a book, but be embarrassed to elevate the consecrated host, which is the Body of the Lord. It is a good thing to find a prominent and visible place in the church for the blessed oils and consecrated chrism which are used in the sacraments, but they remain oil and chrism; how strange it is that we should be fighting over whether or not people should be able to spot without too much inconvenience the place where the Eucharist is reserved. The Eucharist is a mystery of faith; to dismiss Eucharistic adoration is to weaken the faith." **(Cardinal Francis George – Archbishop Emeritus of Chicago, Illinois)**

433. "For with extraordinary solemnity they (the Council of Trent) approved and encouraged 'adoration' of the Blessed Sacrament at all times...." **(Cardinal Edward Egan - Archbishop Emeritus of New York)**
434. "It follows, therefore, that just as we move into a more loving relationship with our Eucharistic Lord when we share in His sublime, sacrificial prayer at Mass, so too we move into a more loving relationship with Him when we kneel in prayer before Him present in the tabernacles of our churches and chapels. We are there. He is there. We speak to Him. He speaks to us. Love is exchanged, and the miracle of growth in holiness is worked quietly, tenderly, powerfully." **(Cardinal Edward Egan - Archbishop Emeritus of New York)**
435. "There is, of course, no one simple formula for attaining sanctity through the Eucharist. Learning more about this incredibly marvelous gift of the Lord is a first step. Frequent participation in the Holy Sacrifice of the Mass is another. And spending time in quiet, loving prayer before the Blessed Sacrament is a third." **(Cardinal Edward Egan - Archbishop Emeritus of New York)**
436. "Because Eucharistic Adoration is an intense encounter with Jesus Christ, many find that such extended periods of prayer make them somehow different, somehow better. People who pray regularly before the Blessed Sacrament become more tranquil, more patient, more charitable and more forgiving. Actually, they become more holy. No matter what attracts people to come to Eucharistic Adoration, many are learning that prayer before the Blessed Sacrament can and will transform them and make them more like Christ." **(Cardinal Anthony J. Bevilacqua - Archbishop Emeritus of Philadelphia, Pennsylvania)**
437. "I just think the Lord is blessing us in this way (with so many vocations) for adoring him in the Eucharist. I believe that we are doing so well in this regard (vocations) because the Lord is thanking us in a way for (all of our Eucharistic Adoration)." **(Archbishop John F. Donoghue - Archbishop Emeritus of Atlanta, Georgia)**

438. "God has given us the life and death and resurrection of His Son. Now we must respond by giving ourselves devotedly to His real presence."
(Archbishop John F. Donoghue - Archbishop Emeritus of Atlanta, Georgia)
439. "In silent adoration we stand before the mystery, like Mary when the shepherd came and told her what they had seen and heard: 'She kept all these things, pondering them in her heart'." **(S.D. Chiara Lubich - Laywoman, teacher, author, founded the Focolare Movement)**
440. "Christ is present by his dynamic power and action in all the sacraments, but in the Eucharist, His presence is, in addition, substantial. For this reason, the Eucharist may be adored. It is the greatest of all sacraments."
(Cardinal Avery Dulles - 1918 to 2008)
441. "By His Eucharistic presence, Christ dwells in our midst. Out of love He has enriched the Church with His unceasing presence. As God in former days dwelt in the temple of Jerusalem, He now lives in our churches and chapels. He invites us to remain in close contact with Him. Through Eucharistic adoration we concentrate our attention on Him as we yield to the fascination of His invisible gaze. Opening our heart, we entrust all our petitions to Him."
(Fr. Jean Galot, S.J. - Theologian - 1919 to 2008)
442. "Many of the laity in all parts of the world have asked their priests to re-establish Holy Hours, the Forty Hours devotion, First Friday adoration, and perpetual or night adoration. The faithful would like to see their priests in silent (and, I would say, willing) adoration before the Blessed Sacrament, for the priest who spends time in adoration celebrates Mass with more piety and with more edification of the faith of the people." **(Cardinal Edouard Gagnon - 1918 to 2007)**
443. "It is not true that the Council has invited priests to abandon the daily visit to the Blessed Sacrament. It invites them, rather, to 'prize daily conversation with Christ the Lord in visits of personal devotion to the most Holy Eucharist' (P.O., no. 18)." **(Cardinal Edouard Gagnon - 1918 to 2007)**
444. "Adorers are among those towards whom Saint Joseph tends to be partial. They can count on him first of all because they are seeking a master who will teach them how to offer worship to God and share his function of helper of the Universal Church as they kneel before the Blessed Sacrament." **(Fr. Roland Huot - Superior General Emeritus of the Congregation of The Blessed Sacrament)**
445. "The purpose of exposition (of the Blessed Sacrament) is not only to awaken a sense of wonderment and adoration as we dwell on the reality of the presence of Christ before us. It also brings to mind the benefits that can be derived... it is often said today that through exposition we are exposed to the Blessed Sacrament in such a way as to receive the abundant fruits that come with the life-giving Presence of Christ given for the life of the world."
(Fr. Roland Huot - Superior General Emeritus of the Congregation of The Blessed Sacrament)

446. "If you want to have a true relation to God, you have to go down on your knees before God." **(Cardinal Jan Pieter Schotte - 1928 to 2005)**
447. "We pay the Blessed Sacrament the supreme homage of divine adoration and worship (latria), because He who is there present is the God of heaven and earth, the all-holy Word-made-flesh, our first beginning and our last end." **(Fr. Richard Foley, S.J., ??? to 2003)**
448. Eucharistic Adoration brings great consolation especially during times of extreme hardship. The Servant Of God, Cardinal Nyuyen Van Thuan, was imprisoned by the communists in Vietnam for 13 years. Under the cover of darkness, unbeknownst to his captors, he managed to say Mass every night for his fellow prisoners and even held Eucharistic Adoration. He stated: "At night, the prisoners took turns and spent time in adoration. The Blessed Sacrament helped tremendously. Even Buddhists and other non-Christians were converted. The strength of the love of Jesus is irresistible. The darkness of the prison turned into light, the seed germinated silently in the storm." **(Servant Of God Cardinal Francis Xavier Nguyen Van Thuan - 1928 to 2002)**

20th Century Saint's Eucharistic Adoration Quotes

449. "It is most heartening to learn that young men and women, in their late teens and twenties, are increasingly attracted to meditative prayer in the Presence of Jesus in the Blessed Sacrament. May all the faithful find in the Eucharist their source of strength and courage to imitate our Lady, totally open to his will in their daily lives. It is my hope that this devotion to Jesus in the Eucharist will spread to more and more parishes and dioceses across our nation." **(Cardinal John O'Connor - 1920 to 2000)**

Servant Of God Fr. John Hardon (1914 - 2000)



A very saintly priest, Servant Of God Father Hardon had many assignments throughout his 53 years as a priest. Much of his mission as a priest seemed to be centered around promoting reverence towards the Blessed Sacrament urging priests and lay people to establish Perpetual Adoration. Here are some of his quotes about the importance of Eucharistic Adoration in our lives:

450. "I strongly recommend that each of us make a resolution – no matter how much the decision may cost us – to make a Holy hour...once a week." **(Servant Of God Fr. John Hardon, S.J.)**

451. "If we have the grace and our vocation in life permits it (we should make a Holy Hour) several times a week." **(Servant Of God Fr. John Hardon, S.J.)**
452. "It is impossible in human terms to exaggerate the importance of being in (Adoration) as often and for as long as our duties and state of life allow. I very seldom repeat what I say. Let me repeat this sentence. It is impossible in human language to exaggerate the importance of being in (Adoration) as often and for as long as our duties and state of life allow. That sentence is the talisman of the highest sanctity." **(Servant Of God Fr. John Hardon, S.J.)**
453. "We are given graces to overcome our fears and to accomplish great things at Adoration." **(Servant Of God Fr. John Hardon, S.J.)**
454. "The blessings we may expect are the blessings already proven by the lives of all the great saints who were devoted to the Holy Eucharist." **(Servant Of God Fr. John Hardon, S.J.)**
455. "Not only does our Lord in the Blessed Sacrament give us the courage to cope with our natural fears, He also gives us the ability to undertake great things for the sake of His name and the power to undergo great trials in our loyalty to His cause." **(Servant Of God Fr. John Hardon, S.J.)**
456. "During our Holy Hour our souls are fed in two faculties of the spirit - the Mind and the Will. In the Mind we need light; in the Will we need strength." **(Servant Of God Fr. John Hardon, S.J.)**
457. "We should build the whole edifice of our spiritual life around Adoration. We should not hesitate to ask Him to work miracles, now, as He did in Palestine." **(Servant Of God Fr. John Hardon, S.J.)**
458. "For Jesus to 'work miracles' is available in our day on one condition. That we come to him in Adoration and confidently beg him to give us the graces that we so desperately need." **(Servant Of God Fr. John Hardon, S.J.)**
459. "Jesus asked, 'Who touched me? I felt the power going out from Me.' In the same way, because Christ is present on the earth in the Eucharist, He radiates grace. Grace emanates from Him - grace goes out from Him." **(Servant Of God Fr. John Hardon, S.J.)**
460. "There is no greater profession of faith possible for a human being to make here on earth than during prayer before the Holy Eucharist; so we ask, why should prayer before Christ in the Blessed Sacrament be so powerful in obtaining miracles of conversion-- is because it is prayer rising from faith in the cardinal mystery of Christianity." **(Servant Of God Fr. John Hardon, S.J.)**
461. "How do we grow in a deeper love of Jesus Christ in the Blessed Sacrament? By taking every opportunity of being in His Eucharistic Presence during the day and, shall I add, into the night." **(Servant Of God Fr. John Hardon, S.J.)**

-----End Of Fr. John Hardon's Quotes-----

462. "Jesus, my God, I adore You, here present in the Blessed Sacrament of the altar, where You wait day and night to be our comfort while we await Your unveiled presence in heaven." **(Cardinal John J. Carberry - 1904 to 1998)**
463. "I am not in an audience with our Holy Father, nor am I in the presence of a saint from heaven, nor with some distinguished personality. Before me, dear Jesus, You are present under the frail appearance of the host. With the eyes of faith I believe that You are present as my God, my Lord, my Redeemer, the Creator of heaven and earth, my all. I believe, dear Jesus, that You are truly present, body and blood, soul and divinity, in the most Blessed Sacrament." **(Cardinal John J. Carberry, 1904 to 1998)**

St. Teresa of Calcutta (1910 - 1997)



Founder of the "Missionaries of Charity", known for helping the poor throughout the world, Mother Teresa would not open a Missionary House for the Poor unless it had an Adoration Chapel in it. She emphasized Adoration and Prayer for her Nuns so they could bring Christ to the Poor.

464. "Every Holy Hour we make so pleases the Heart of Jesus that it will be recorded in Heaven and retold for all eternity." **(St. Teresa of Calcutta)**
465. "The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth." **(St. Teresa of Calcutta)**
466. "Nowhere on earth are we more welcomed or loved than by Jesus in Eucharist." **(St. Teresa of Calcutta)**
467. "When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host you understand how much Jesus loves you now. This is why we need Perpetual Eucharistic Adoration in every Parish throughout the entire World." **(St. Teresa of Calcutta)**
468. "What will convert America and save the world? My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer." **(St. Teresa of Calcutta)**
469. "On the Cross Jesus said 'I thirst'. From the Blessed Sacrament Jesus continues to say to each of us 'I thirst'. He thirsts for our personal love, our intimacy, our union with Him in the Blessed Sacrament." **(St. Teresa of Calcutta)**

470. "When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength." **(St. Teresa of Calcutta)**
471. "If you are looking for vocations, as a community have adoration every day. Once the Missionaries of Charity started daily adoration, their vocations doubled." **(St. Teresa of Calcutta)**
472. "I know I would not be able to work one week if it were not for that continual force coming from Jesus in the Blessed Sacrament (during my Holy Hour of Adoration)." **(St. Teresa of Calcutta)**
473. "To be alone with Jesus in adoration and intimate union with Him is the Greatest Gift of Love - the tender love of Our Father in Heaven." **(St. Teresa of Calcutta)**
474. "Perpetual Eucharistic Adoration offers to our people the opportunity to join those in religious life to pray for the salvation of the world, souls everywhere and peace on earth. We cannot underestimate the power of prayer and the difference it will make in our world." **(St. Teresa of Calcutta)**
475. "Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration." **(St. Teresa of Calcutta)**
476. "Our hours of adoration will be special hours of reparation for sins, and intercession for the needs of the whole world, exposing the sin-sick and suffering humanity to the healing, sustaining and transforming rays of Jesus, radiating from the Eucharist." **(St. Teresa of Calcutta)**
477. "Each one of us is a co-worker of Christ - we must labor hard to carry Him to the hearts where He has not yet been known and loved...But, unless we have Jesus, we cannot give Him; that is why we need the Eucharist. Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power." **(St. Teresa of Calcutta)**
478. "Perpetual adoration is the most beautiful thing you could ever think of doing. People are hungry for God." **(St. Teresa of Calcutta)**
479. "Imagine for a moment that we are living in Jesus' time and He has invited us to visit with Him and spend some quiet time getting to know Him better. Being aware who He was, we would be humbled and honored by such an invitation. The good news is that Jesus is here with us TODAY - body, blood, soul and divinity - in the Holy Eucharist. Although Jesus comes to us under the appearance of bread and wine, His presence is as real to us NOW as He was flesh-and-blood-real to His disciples when he walked this earth. He can perform miracles, heal us, teach us, and love us. We can talk to Him and He can speak to us through His Word and through the Holy Spirit who lives in us through our baptism and confirmation." **(St. Teresa of Calcutta)**

480. "Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration." **(St. Teresa of Calcutta)**
481. "Each time we look upon Jesus in the Blessed Sacrament, He raises us up into deeper union with Himself, opens up the floodgates of His merciful love to the whole world, and brings us closer to the day of His final victory "where every knee will bend and proclaim Jesus Christ as Lord". 'The reign of God is already in your midst.' The coming of Jesus to us in the Eucharist is assurance of His promise of final victory: 'Behold I come to make all things new.'." **(St. Teresa of Calcutta)**
482. "Our lives must be woven around the Eucharist...fix your eyes on Him who is the light; bring your hearts close to His Divine Heart; ask Him to grant you the grace of knowing Him, the love of loving Him, the courage to serve Him. Seek Him fervently." **(St. Teresa of Calcutta)**
483. "Let us adore Jesus in our hearts, who spent 30 years out of 33 in silence; who began his public life by spending 40 days in silence; who often retired alone to spend the night on a mountain in silence. He who spoke with authority, now spends his earthly life in silence. Let us adore Jesus in the eucharistic silence." **(St. Teresa of Calcutta)**
484. "If people spent an hour a week in Eucharistic adoration, abortion would be ended." **(St. Teresa of Calcutta)**

-----End Of St. Teresa of Calcutta's Quotes-----

485. "I am seeking to live my ideal: to be a missionary-contemplative so as to announce Christ in a credible manner. I give much time to prayer before the Eucharist, at least five hours a day, as did the first PIME (Pontifical Institute for the Foreign Missions) missionaries. And I am experiencing, given that Jesus wants to increase and wants me to decrease, that prayer is becoming continual, by day, and when I wake up, by night." **(Servant Of God Padre Leopoldo Pastori, 1939 to 1996)**
486. "And then, dear seminarians, you've got to teach your people to love the Blessed Sacrament.... First of all, you teach them by your own reverence for Our Lord in the Blessed Sacrament.... Secondly, preach to them about it.... Introduce perpetual adoration in your parishes wherever it's feasible." **(Bishop Glennon Flavin, 1916 to 1995)**
487. "What better way could we teach our people to love our Lord in the Blessed Sacrament than to preach perpetual adoration day and night? You think it's impossible? It's being done in hundreds of parishes throughout our country!... This is telling people again Who the Eucharist is! Seminarians, start now to develop your great love and awe, and your reverence for the Holy Eucharist." **(Bishop Glennon Flavin, 1916 to 1995)**
488. "May I suggest something about vocations and the Eucharist while I'm at it? Our young people have to come to love Our Lord before they will leave all

things to follow Him. One of the ways to bring them to that point is to ask them to make a five- or ten-minute visit with Our Lord in the Blessed Sacrament every day. Just to sit in His presence and talk with Him and listen to Him. As they get to know Him, He will begin to reveal Himself to them more and more. How their love for Him will grow in their souls! Then, when he calls them, they will say yes. It's a simple practice, but it's effective. Tell them to trust Him and say, 'Dear God, tell me what you want me to do with my life and I'll do it.' Vocations will come!" **(Bishop Glennon Flavin, 1916 to 1995)**

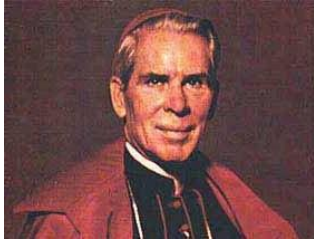
489. "Love, as the true essence of holiness, grows ever deeper in us through the frequent recollection of and visits to Jesus in the Blessed Sacrament." **(Bishop William Giaquinta, 1914 to 1994)**

490. "Participation in Eucharistic Adoration, including Nocturnal Adoration, is a manifestation of our sacrificial love." **(Bishop William Giaquinta, 1914 to 1994)**

491. "Our desire to communicate with God comes from the need we feel to imitate Christ. Imitation of Christ is learned in the silence of prayer and through the quiet work of grace in us." **(Bishop William Giaquinta, 1914 to 1994)**

492. Do we find it important enough in our daily lives to sign up to cover a specific weekly hour of Eucharistic Adoration? King Baudouin of Belgium did. Despite his busy schedule he would sit in Eucharistic Adoration for 3 hours every day. He commented that sitting before the Blessed Sacrament was like sitting in the sun; nothing is required of you but to come out of the shade, and you only feel the strength of its effects later. **(King Baudouin of Belgium, 1930 to 1993)**

493. "One purpose of adoration, naturally, is to honor the Body and Blood of Christ, but in addition to this, adoration is the place where we can ask to be set on fire with love, that we be enflamed with love, so as to in turn ignite our brothers and sisters. The Church of today has gone cold. The only way of transforming and revitalizing the Church is through love; love which comes from the Heart of Jesus. This is something to be asked for during adoration and through confident trusting prayer." **(Servant of God Pierre Goursat, 1914 to 1991)**

Venerable Archbishop Fulton Sheen (1895 - 1979)

Archbishop Fulton Sheen was one of the first Radio and TV evangelists of our times and watched by millions. During his Priesthood he said a Holy Hour of Adoration everyday before our beloved Lord. In his autobiography he commented that this was one of the things that kept him so faithful to Jesus and the Church throughout his Priesthood.

494. "Everyone, make the Holy Hour, and you will discover as you leave the divine Presence that if you move among people in the world, they will say of you as the maid said of Peter, 'You have been with Christ.' And then at the end of a lifetime spent in adoration of the Lord, and in love of the Blessed Mother, of the Blessed Sacrament, when you come before the Lord do you know what He will say to you? He will say, 'I heard my Mother speak of you.'" **(Venerable Archbishop Fulton Sheen)**
495. "The Motivation for a Holy Hour is reparation. We pray for those who do not pray, we make acts of faith in the Real Presence for those who have lost faith. In a word, we are the victims, like Christ, innocent but one with their guilt in the progressive redemption of mankind." **(Venerable Archbishop Fulton Sheen)**
496. "A Holy Hour is not a devotion; it is a sharing in the work of redemption." **(Venerable Archbishop Fulton Sheen)**
497. "The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship." **(Venerable Archbishop Fulton Sheen)**
498. "During a Holy Hour we grow more and more into His likeness." **(Venerable Archbishop Fulton Sheen)**
499. "A Holy Hour becomes a magister and teacher. Theological insights are gained not only from the covers of a treatise, but from two knees on a prie-dieu before the Blessed Sacrament." **(Venerable Archbishop Fulton Sheen)**
500. "A Holy Hour of Adoration in our modern rat race is necessary for authentic prayer." **(Venerable Archbishop Fulton Sheen)**
501. "The best time to make a holy hour is in the morning, early, before the day sets traps for us." **(Venerable Archbishop Fulton Sheen)**
502. "By being faithful to our Holy Hour, and letting nothing interfere with it, we use it as the sign and symbol of our victimhood." **(Venerable Archbishop Fulton Sheen)**
503. "We are not called to great penances...but the Holy Hour is a sacrifice in union with Christ." **(Venerable Archbishop Fulton Sheen)**

504. "God gave us two weapons: knees and hands. Knees--to spend an hour a day in reparation for sins." **(Venerable Archbishop Fulton Sheen)**
505. "Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are proceeded by a personal encounter with Him." **(Venerable Archbishop Fulton Sheen)**
506. "The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world." **(Venerable Archbishop Fulton Sheen)**
507. "The most brilliant ideas come from meeting God face to face (at adoration). The Holy Spirit that presided at the Incarnation is the best atmosphere for illumination." **(Venerable Archbishop Fulton Sheen)**
508. "The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him, to ask for such things as we need and to experience what a blessing there is in fellowship with Him." **(Venerable Archbishop Fulton Sheen)**
509. "The third reason I (kept) up my Holy Hour (was) to grow more and more into His likeness. As Paul puts it: 'We are transfigured into His likeness, from splendor to splendor'. We become what we gaze upon. Looking into the sunset the face takes on a golden glow. Looking at the Eucharistic Lord for an Hour transforms the Heart in a mysterious way..." **(Venerable Archbishop Fulton Sheen)**
510. "The secret (to my preaching) is that I have never in fifty-five years missed spending an hour in the presence of our Lord in the Blessed Sacrament. That's where the power comes from. That's where sermons are born. That's where every good thought is conceived." **(Venerable Archbishop Fulton Sheen)**
511. "God gave us two weapons: knees and hands. Knees--to spend an hour a day in reparation for sins." **(Venerable Archbishop Fulton Sheen)**
512. "St. Paul tells us that faith comes from listening. In a daily Holy Hour, we wait for Him to speak—and He does!" **(Venerable Archbishop Fulton Sheen)**
513. "I wonder if it is not true that as the world loses veneration for Christ's mother, it loses also its adoration of Christ." **(Venerable Archbishop Fulton Sheen)**
514. "Married couples, make the Holy Hour, to make up for an abortion every thirty seconds. Prove that the Lord is the Lord of life and not of death." **(Venerable Archbishop Fulton Sheen)**

-----End Of Archbishop Fulton Sheen Quotes-----

515. "Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you." **(St. Joseph Escriva, 1902 to 1975)**
516. "If you don't keep in touch with Christ in prayer and in the bread, how can you make Him known to others?" **(St. Joseph Escriva, 1902 to 1975)**
517. "O angelic spirits who guard our tabernacles wherein lies the adorable treasure of the Holy Eucharist, defend it from profanation and preserve it for our love." **(St. Joseph Escriva, 1902 to 1975)**
518. "Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament... There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth, and more than that: Death: by the divine paradox, that which ends life, and demands the complete surrender of all, and yet by the taste (or foretaste) of which alone can what you what you seek in your earthly relationships (love, faithfulness, joy) be maintained, or take on the complexity of reality, of eternal endurance, which every man's heart desires." **(John Ronald Reuel Tolkien, 1892 to 1973)**
519. "It was love which inspired the Magi. Love sustained them on their journey and made them fall prostrate in adoration before the Infant Jesus. Even before they offered Him material gifts, they offered Him, their hearts as a reward for their faith and charity,..." **(Cardinal Antonio Bacci, 1885 to 1971)**
520. "There are many ways of showing our love for the Sacred Heart of Jesus and of making reparation for our sins and for the sins of mankind.... The simplest ways of doing this, are by prayers, aspirations and expressions of love, directed towards the adorable Heart of our Redeemer and, by visits to Jesus in the Blessed Sacrament. In silence and recollection, before the Tabernacle, we shall feel the Heart of Jesus, beating with love and shall offer in return, for His infinite love, the affection of our poor hearts." **(Cardinal Antonio Bacci, 1885 to 1971)**
521. "After the many plans and worries of the day, it is wonderful to visit a Church in the evening and kneel before the Blessed Sacrament. There we can adore Jesus and converse lovingly with Him. We have spent so many hours surrounded by the noise of the world. It is restful now to spend a quarter of an hour in silent prayer before Jesus, the Prisoner of Love, in the Tabernacle." **(Cardinal Antonio Bacci, 1885 to 1971)**
522. "The Hour of Adoration prepares one for Holy Mass and Holy Communion. Frequent encounters and familiar conversation with Jesus produce friendship, resemblance, and identity of thought, of feeling and of willing with Jesus". **(Blessed James Alberione, 1844 to 1971)**
523. "Your role before the tabernacle [is to be]: living lamps before Jesus in the Eucharist; handmaids of honor of the tabernacle and of its Divine Dweller; angels of the Eucharist who receive and who give; souls who hunger and thirst for the bread of the Eucharist and the water of His grace; hearts that share with their Spouse in the Eucharist His desires, His goals, His self-

sacrifice for all; the intimate confidantes of Jesus in the Host, listening to His every word of life and meditating on it in your heart, as Mary did." **(Blessed James Alberione, 1844 to 1971)**

524. "You can resolve all your difficulties in front of the tabernacle. Many times this will suffice instead of trying to find the answer to so many objections and difficulties. This is all you need to find inner peace once again." **(Blessed James Alberione, 1844 to 1971)**

525. "The Eucharistic visit for the apostle is like an audience, or a school, where the disciple engages in conversation with the Divine Master. Many methods are proposed for obtaining the maximum fruit from this practice. But especially suitable is the one which honors Jesus Master, Way, Truth and Life. First of all, the visit is not a complex of prayers. It is precisely a 'visit,' something you'd make to a dear person, your mother, for example. There is an exchange of greetings, an exchange of news, of gifts, promises, etc. The visit has the scope of establishing our lives in Jesus Christ, that is, to live in Jesus, for Jesus, with Jesus." **(Blessed James Alberione, 1844 to 1971)**

526. "When you adore the Blessed Sacrament consider yourself the representative of the whole human race with Jesus. . . That He may give strength to the weak, light to those who live in darkness. That souls may flee from sin, that sinners repent, that those consecrated to God be filled with zeal and holiness." **(Blessed James Alberione, 1844 to 1971)**

527. "Eucharistic adoration has the purpose of grounding our life in Christ Jesus, through Jesus, with Jesus. It is the secret of our transformation.

- It is the creature meeting his Creator;
- The disciple before the Divine Master;
- The patient with the Doctor of souls;
- The poor one appealing to the rich One;
- The thirsty one drinking at the Font;
- The weak one presenting himself to the Almighty;
- The tempted one seeking a sure Refuge;
- The blind one searching for the light;
- The friend who goes to the True Friend;
- The lost sheep sought by the divine Shepherd;
- The heart led astray who finds the Way;
- The foolish one who finds Wisdom;
- The bride who finds the Spouse of the soul;
- The nothing who finds the All;
- The afflicted who finds the Consoler;
- The youth who finds life's meaning.
- It is the shepherds at the manger, Magdalene at the house of Simon, Nicodemus who arrives by night."
- It is the holy conversations of the Samaritan, of Zacchaeus, of Philip and of all the apostles with Jesus, especially during the last week of his earthly life and after the resurrection." **(Blessed James Alberione, 1844 to 1971)**

St. Padre Pio (1887 - 1968)

St. Padre Pio was a Mystic and Stigmatic. He would spend as much time in adoration as possible. When an Open Holy Hour occurs at our local adoration program, we should not wonder who is going to cover it but imitate St. Pio. Jesus is not asking the person to the right or left of us, the person with more time on their hands, or the person that is holier than us. He is asking us.

528. "A thousand years of enjoying human glory is not worth even an hour spent in sweetly communing with Jesus in the Blessed Sacrament." **(St. Padre Pio)**
529. "When you want to find me, come near the tabernacle." Padre Pio considered adoration so important that this was the directions he gave to his fellow friars if they went looking for him. **(St. Padre Pio)**
530. "I weep and mourn at the feet of Jesus in the Blessed Sacrament for often I'm consoled." **(St. Padre Pio)**
531. "We must always have courage, and if some spiritual languor comes upon us, let us run to the feet of Jesus in the Blessed Sacrament, and let us place ourselves in the midst of the heavenly perfumes, and we will undoubtedly regain our strength." **(St. Padre Pio)**
532. "Kneel down and render the tribute of your presence and devotion to Jesus in the Blessed Sacrament. Confide all your needs to him, along with those of others. Speak to him with filial abandonment, give free rein to your heart, and give him complete freedom to work in you as he thinks best." **(St. Padre Pio)**
533. "By means of the angels, Jesus calls the poor and simple shepherds, in order to manifest Himself to them. He calls the learned men by means of their science. And all of them, moved by His inner grace, hasten to adore Him. He calls all of us by divine inspiration and communicates with us by means of His grace. How many times has he invited us, too? And how readily have we responded? My God, I blush and become embarrassed when I have to answer such a question." **(St. Padre Pio)**
534. St. Padre Pio was so happy during his many hours of Eucharistic Adoration that he wrote: "When I am close to Jesus in the Blessed Sacrament, I feel as if my heart is bursting out of my chest." **(St. Padre Pio)**
535. "When Mass ended I remained with Jesus to render Him thanks. My thirst and hunger do not diminish after I have received Him in the Blessed Sacrament, but rather, increase steadily. Oh, how sweet was the conversation I held with Paradise this morning. The Heart of Jesus and my own, if you will pardon my expression, fused. They were no longer two hearts beating but only one. My heart disappeared as if it were a drop in the ocean." **(St. Padre Pio)**

-----End Of St. Padre Pio's Quotes-----

536. Can we sacrifice one early morning hour a week to keep our beloved Lord company in Eucharistic Adoration? Many of the great Saints did this, such as Blessed Cardoza, who identified with the Blessed Virgin's love for the Eucharist and spent long hours at night in adoration. **(Blessed Maria Cardoza, 1875 to 1967)**

537. "In the house of prayer the most Holy Eucharist is celebrated and preserved. There the faithful gather, and find help and comfort through venerating the presence of the Son of God our Savior, offered us on the sacrificial altar. This house must be well kept and suitable for prayer and sacred action. There, priests and the faithful are called to respond with grateful hearts to the gift of Him who through His humanity constantly pours divine life into the members of His Body...The spiritual life, however, is not limited solely to participation in the liturgy. The Christian is indeed called to pray with his brethren, but he must also enter into his chamber to pray to the Father in secret; yet more, according to the teaching of the Apostle, he should pray without ceasing...Popular devotions of the Christian people are to be highly commended, provided they accord with the laws and norms of the Church, above all when they are ordered by the Apostolic See." **(Second Vatican Council, 1962 to 1965)**

538. "As a help towards faithful fulfillment of their ministry, priests should love to talk daily with Christ, the Lord, in their visit to the most Blessed Sacrament, and in their personal devotion to it... By this spirit they themselves, and with them the people entrusted in their care, will unite themselves with Christ, the Mediator of the New Testament, and be able to, as adopted sons, cry 'Abba! Father!'" (Rom 8:15)." **(Second Vatican Council, 1962 to 1965)**

539. Do we love Jesus enough to commit to spending one special specific hour with him each week? St. Catanoso had a great devotion and love for the Eucharist. He often spent hours or entire days in prayer before the Tabernacle, and in his parish and beyond he promoted Eucharistic Adoration. He had a great devotion to the Holy Face of Jesus and would often say: "If we wish to adore the real Face of Jesus, we can find it in the divine Eucharist where, with the Body and Blood of Jesus Christ, the Face of our Lord is hidden under the white veil of the Host." **(St. Gaetano Catanoso, 1879 to 1963)**

540. "Smile at Jesus who you approach at Mass, in Holy Communion and in Eucharistic Adoration." **(St. Gianna Borella Molla, 1922 to 1962)**

541. "The stillness of prayer is the most essential condition for fruitful action. Before all else, the disciple kneels down." **(St. Gianna Borella Molla, 1922 to 1962)**

542. "Lord, You will reign in the Host; You will conquer from Your radiating tabernacle; You will dominate the earth by the lovable omnipotence of the Holy Eucharist." **(Fr. Mateo Crawley-Boevey, 1875 to 1960)**

543. "We must love with all our heart Jesus in the Eucharist. It is by love that Jesus instituted this sacrament of the Eucharist, in which he gives himself as food for our soul, so that we can be united to and transformed in him and in the end partake of his glory in Heaven." **(Servant of God Marcel Van, 1928 to 1959)**
544. "The (spiritual) director closest to us is Jesus himself in the tabernacle. We need to go to him and ask him how to sort out the messes that we're in. And if that it not possible, we need to approach him in thought and heart, and ask for the light of grace." **(Servant of God Marcel Van, 1928 to 1959)**
545. Do we consider Eucharistic Adoration important enough in our lives to sign up for a specific hour at our local Eucharistic Adoration program? Our Saints lives were centered on the Mass and adoration. St. Maria, the first Mexican woman to be canonized, had a great devotion to the Eucharist, which invigorated her for her apostolate to the poor and sick in Mexico. At her canonization Pope John Paul II said: "Her spirituality was marked by an exceptional Eucharistic piety, since it is clear that an excellent way to union with the Lord is to seek Him, to adore Him, to love Him in the most holy mystery of his real presence in the Sacrament of the Altar." **(St. Maria De Jesus Sacramentado, 1868 to 1959)**
546. Msgr. Ronald Knox once delivered a sermon reflecting on the importance of Eucharistic Adoration entitled 'The Window in the Wall'. The 'window' is the Sacred Host in the monstrance. It is the window between two worlds. As a window belongs at once to both the room inside and to the open air outside, so His Eucharistic Body belongs at once to both time and eternity. Just as natural light comes thru a window so to does supernatural light come thru the Monstrance to illuminate our souls in Eucharistic Adoration. **(Monsignor Ronald Knox, 1888 to 1957)**
547. "Prayer is our first duty in this life and to plead lack of time for it is an insult to God." **(Monsignor Ronald Knox, 1888 to 1957)**
548. Jesus speaking to Blessed Alexandrina – "Keep Me company in the Blessed Sacrament. I remain in the tabernacle night and day, waiting to give My love and grace to all who would visit Me. But so few come. I am so abandoned, so lonely, so offended... Many men do not believe that I live in the tabernacle. They curse Me. Others believe, but do not love Me and do not visit Me; they live as if I were not there." **(Blessed Alexandrina da Costa, 1904 to 1955)**
549. "O my Jesus, I adore thee everywhere thou dwellest in the Blessed Sacrament. Where thou art despised, I stand by thee. I love thee for those who do not love. I make amends for those who offend thee. Come into my heart." **(Blessed Alexandrina da Costa, 1904 to 1955)**
550. "My sweetest Joy is to be in the presence of Jesus in the holy Sacrament. I beg that when obliged to withdraw in body, I may leave my heart before the holy Sacrament. How I would miss Our Lord if He were to be away from me by His presence in the Blessed Sacrament." **(St. Katherine Drexel, 1858 to 1955)**

551. "I adore You, my Eucharistic God. You are there exposed in the ostensorium [monstrance]. The rays are the rays of Your love for me, for each individual soul. If it wasn't for Your love, I would be in hell. I return You thanksgiving through Mary, through St. Joseph, through all the Apostles, Martyrs, Virgins and Sisters of the Blessed Sacrament in heaven. And lastly, I thank You through the sacred host on all the altars throughout the world." **(St. Katherine Drexel, 1858 to 1955)**
552. "Before all other things, and even above all things, O Venerable Brothers, we are essentially adorers (of the most Blessed Sacrament). 'This is how one should regard us, as ministers of Christ' (1 Cor 4:1). After that we must also be ministers of the people..." **(Blessed Alfredo Ildefonso Schuster, 1880 to 1954)**
553. "The formation received in the Society of Jesus, strengthened by prayer and adoration of the Eucharist, allowed him to be won over by Christ, being a true contemplative in action. In love and in the total gift of self to God's will, he found strength for the apostolate...He founded *El Hogar de Cristo* for the most needy and the homeless, offering them a family atmosphere full of human warmth." (Pope Benedict XVI, Oct. 15 2006 homily during St. Alberto canonization) **(St. Alberto Hurtado Cruchaga, 1901 to 1952)**
554. Blessed Maria's deep devotion to the Blessed Sacrament dominated her entire spiritual life, so much so that she considered it a heavy and painful cross if ever deprived of daily Holy Communion. She stayed in adoration of the Blessed Sacrament as often and as long as she could especially on Thursdays from 11 to Midnight. "I ask my Jesus (that I can) be a guardian of all the tabernacles of the world, until the end of time." **(Blessed Maria Candida Of The Eucharist, 1884 to 1949)**
555. St. Montoya had a great desire to remain in Eucharistic Adoration before our Lord in the Tabernacle. She once wrote " I felt a great desire to have three long lives: one to dedicate to adoration, the other to spend in humiliations and the third for the missions." **(St. Laura Montoya, 1874 to 1949)**
556. He dedicated his Vocation to the service of the poor, contemplation of the Gospel and expression of his faith thru his work of being a Sculptor. In addition, he had a great devotion to Eucharistic Adoration spending many hours before our beloved Lord. **(Bl. Claudio Granzotto, 1900 to 1947)**
557. St. Josephine spent hours in Eucharistic Adoration and, when one Sister asked if it tired her, she said, "Not at all! I have been having a wonderful time with Him. He has waited so long for me." **(St. Josephine Bakhita, 1869 to 1947)**
558. "What a new world opens up to me contemplating Jesus in the Blessed Sacrament... it awakens holy ideas in me, a burning and consuming flame, but one that makes me so happy!" **(Blessed Alberto Marvelli, 1918 to 1946)**
559. Blessed Teresa Bracco developed a great love for the Blessed Sacrament from an early age. Besides going to daily Mass she was often found in her local Church, in Eucharist Adoration before the Tabernacle, immobile and

almost ecstatic adoring our beloved Lord. While most of us will not attain that height of contemplation we can still follow Blessed Teresa's example and volunteer to cover at least one hour of Eucharistic Adoration a week at our local Perpetual Eucharistic Adoration program. **(Blessed Teresa Bracco, 1924 to 1944)**

560. "The Bread of Life will help the body as well as the soul, if we but touch the hem of His garment . . . and how much more have we than that! We can find Him, at every moment, on the altar. Be with Him there. Better than all books! Thank the Trinity over and over again for this Gift. Rest in His presence." **(Venerable Edel Quinn, 1907 to 1944)**
561. Her great love for Jesus in the Eucharist prompted her to ask and obtain permission for Perpetual Adoration of the Blessed Sacrament in the convent. She left this most sacred treasure to the Congregation along with great respect for priests. During adoration, Mother Caritas received light and strength for the apostolate. She taught the sisters to "see God's will in everything, and to do His will with joy, out of love of Him", hence the motto of her life: "It is His will". **(Bl. Maria Caridad Brader of the Holy Spirit, 1860 to 1943)**
562. "To make room in our life for the Eucharistic Lord, so that He can change our life into His, is that asking too much?" **(St. Teresa Benedicta of the Cross, 1891 to 1942)**
563. "The Lord is present in the tabernacle in his divinity and in his humanity. He is not present for his own sake but for ours: it is his delight to be with the 'children of men.' He knows, too, that, being what we are, we need his personal nearness. In consequence, every thoughtful and sensitive person will feel attracted and will be there as often and as long as possible. And the practice of the Church, which has instituted perpetual adoration, is just as clear." **(Saint Teresa Benedicta of the Cross, 1891 to 1942)**
564. "A woman's life must be a Eucharistic life. Only in daily, confidential relationship with the Lord in the tabernacle can one forget self, become free of all one's wishes and pretensions, and have a heart open to all the needs and wants of others." **(Saint Teresa Benedicta of the Cross, 1891 to 1942)**
565. "My aim is to institute Perpetual (Eucharistic) Adoration, for this is the most important activity." **(St. Maximillian Kolbe, 1894 to 1941)**
566. "God dwells in our midst in the Blessed Sacrament of the altar." **(St. Maximillian Kolbe, 1894 to 1941)**
567. "Let us not forget to visit . . . Jesus. Let us tell Him we love Him. We might ask Him what He wants of us, what are His wishes. Sometimes we might ask Jesus something for ourselves and something for others. One can speak to Jesus as brother to brother, as friend to friend, more so, since it often happens that men do not understand us, whereas Jesus understands each of us always." **(St. Maximillian Kolbe, 1894 to 1941)**

568. "The new Blessed (Maria E. Riquelme and Zayaswas) an example of fervor in Eucharistic adoration and was generous in his service to those most in need." - Pope Francis quote at Nov. 10, 2019 Angelus (**Bl. Maria Emilia Riquelme and Zayas, 1847 to 1940**)

St. Sister Faustina (1905 - 1938)



Known as the "Apostle of Mercy" she received revelations from our Lord Jesus about His "Divine Mercy". Here are some of her quotes, and some of the messages from the Lord Jesus to her, about the importance of Eucharistic Adoration in our lives:

569. Jesus speaking to St. Faustina - 'Come to Me, all of you...Behold, for you I have established a throne of mercy on earth and from this throne I desire to enter into your heart. I am not surrounded by a retinue of guards. You can come to me at any moment, at any time; I want to speak to you and I desire to grant you grace.'. (**St. Sister Faustina**)
570. Jesus speaking to St. Faustina - 'I desire that (Eucharistic) Adoration take place for the intention of imploring Mercy for the world'. (**St. Sister Faustina**)
571. Jesus speaking to St. Faustina - 'I remind you, My daughter, that as often as you hear the clock strike the third hour (in the afternoon), immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners...adore in the Most Blessed Sacrament My Heart, which is full of mercy.' (**St. Sister Faustina**)
572. Jesus revealed to St. Faustina at Adoration that "beneath these rays (from the Eucharist) a heart will be warmed even if it were like a block of ice; or hard as rock..". (**St. Sister Faustina**)
573. "I will not allow myself to be so absorbed in the whirlwind of work as to forget about God. I will spend all my free moments at the feet of the Master hidden in the Blessed Sacrament. He has been tutoring me from my most tender years." (**St. Sister Faustina**)
574. Jesus speaking to St. Faustina - '(Daily) adore in the Most Blessed Sacrament My Heart, which is full of mercy'. (**St. Sister Faustina**)
575. "I spend every free moment at the feet of the hidden God. He is my Master; I ask Him about everything; I speak to Him about everything. Here I obtain strength and light." (**St. Sister Faustina**)

576. "One hour spent at the foot of the altar in the greatest dryness of spirit is dearer to me than a hundred years of worldly pleasure." **(St. Sister Faustina)**
577. "Once, the (Divine Mercy) image was being exhibited over the altar during the Corpus Christi procession.... When the priest exposed the Blessed Sacrament, and the choir began to sing, the rays from the image pierced the Sacred Host and spread out all over the world. Then I heard these words: 'These rays of mercy will pass through you, just as they have passed through this Host, and they will go out through all the world.' At these words, profound joy invaded my soul." **(St. Sister Faustina)**
578. Jesus speaking to St. Faustina - "My Heart overflows with great mercy for souls and especially for poor sinners.... I desire to bestow my graces upon souls (from the tabernacle) but they do not want to accept them. You, at least, come to Me as often as you can and take these graces they do not want to accept. In this way you will console my Heart." **(St. Sister Faustina)**
579. "Not only are we to receive and adore the Eucharist, we must live the Eucharist. We are to let the rays of mercy from the monstrance pass through us and go out through all the world." **(St. Sister Faustina)**
580. "We are to be icons of mercy, radiating love and mercy to others. There is no greater way to energize ourselves to this task than by spending time in the Presence of the Source of Love and Mercy, Our Lord in the Most Holy Eucharist." **(St. Sister Faustina)**
581. "If we were to sit for an hour a few feet away from a radioactive element, how much would that change affect us? The Lord is infinitely more powerful than this and if we go to Him seeking grace and mercy, how much more can we hope to be changed?" **(St. Sister Faustina)**
582. "A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect from God's goodness and love, all because of a single hour of adoration in His Presence." **(St. Sister Faustina)**
583. When St. Faustina was praying before Jesus in the Holy Eucharist He showed her a vision. Each time a person entered the chapel and visited Jesus exposed in a monstrance, she saw His Divine Rays of Love and Mercy burst forth and encircle the world and everyone in it with graces and blessings! Through Perpetual Eucharistic Adoration Jesus unleashes His rays of healing upon our families, the whole world and us. **(St. Sister Faustina)**
584. "The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: 'Come to Me, all of you'." **(St. Sister Faustina)**

-----End Of St. Sister Faustina's Quotes-----

585. "I always want to be Your lamp which burns night and day before You and near You in the Sacrament of the altar." **(Venerable Antonietta Meo, 1930 to 1937)**
586. Consider signing up to cover a nighttime (early Morning) Eucharistic Adoration hour. The Saints considered the more difficult hours of their Eucharistic Adoration to be the most rewarding. St. Pedro Lucero spent long hours in Eucharistic Adoration and was a great promoter of nocturnal adorations at the parishes he was pastor of. **(St. Pedro de Jesus Maldonado, 1892 to 1937)**
587. "Praying before the Blessed Sacrament I find strength, courage, light and all the love I need to help those entrusted to me on the way of salvation." **(Blessed Victoria Diez Bustos De Molino, 1862 to 1937)**
588. "O Jesus of the Eucharist! O consecrated Host! O envied Monstrance! O blessed Ciborium, beloved of my heart! The Tabernacle is my Treasure, and, far or near, my eyes never lose sight of it, for it contains the God of Love." **(Venerable Concepcion Cabrera de Armida, 1862 to 1937)**
589. Jesus speaking to Venerable Concepcion – "I want souls who are dedicated with fervor, with determination and without looking for rest, to plead day and night (before the Blessed Sacrament) for my priests." **(Venerable Concepcion Cabrera de Armida, 1862 to 1937)**
590. All the Saints knew the importance of Eucharistic Adoration. The Eucharist is where grace and healing comes from. St. Andre Bessette knew this as he would often spend long nights in adoration of our beloved Lord. From this he consoled and healed thousands of people while remaining a simple doorkeeper as a Brother for the Congregation Of The Cross. Let us imitate him and sign up for at least a weekly Holy Hour of adoration at our local Eucharistic Adoration program. **(St. Andre Bessette, 1845 to 1937)**
591. Many of our Saints have said that Eucharistic Adoration helps us overcome fears and prepares us for tasks we thought would be impossible of us. Blessed Mary Of The Angels was no exception as she would spend long hours in adoration before our beloved Lord. She prepared herself well in this way to later accept martyrdom according to Pope Benedict XVI. **(Blessed Mary Of The Angels Ginard Marti, 1894 to 1936)**
592. "May we be worthy of these blessings, may we understand the responsibility which comes to us all, both clergy and laity of every degree, as a result of the favour bestowed upon us in being allowed to proclaim so gloriously and so openly our adoration of the Blessed Sacrament..." **(Cardinal Francis Alphonsus Bourne, 1861 to 1935)**
593. "Under the shadow of Tyburn (England) itself, on the very spot where our martyrs mounted the ladder that reached to Heaven, the Mass is not only said, but the most Blessed Sacrament is adored perpetually." **(Cardinal Francis Alphonsus Bourne, 1861 to 1935)**

Blessed Dina Belanger (1897 - 1929)



During her life as a Nun, her devotion to the Blessed Sacrament transformed her into a woman of infectious joy. It was revealed to her, thru revelations from the Lord Himself, the power of a Holy Hour before the Blessed Sacrament. Here are some of her quotes, and some of the messages from the Lord Jesus to her, about the importance of Eucharistic Adoration in our lives:

594. One day before her Holy Hour, Jesus showed Blessed Dina Belanger a multitude of souls on the precipice of hell. After her Holy Hour, Jesus showed the same souls in the hands of God. He told her that through Holy Hours of prayer a multitude of souls go to Heaven who otherwise would have gone to hell as one person can make up for what is lacking in the lives of others by winning precious efficacious graces for their salvation.
(Blessed Dina Belanger)

595. "If souls but understood the Treasure they possess in the Divine Eucharist...the Churches would overflow with adorers consumed with love for the Divine prisoner no less by night than by day." **(Blessed Dina Belanger)**

596. Jesus said to Bl. Dina Belanger - "My Heart overflows with graces for souls. Lead them to my Eucharist Heart." **(Blessed Dina Belanger)**

597. "The veil of mystery has been torn asunder. He is there, my God, infinite Unity, adorable Trinity, under the appearance of a small piece of bread. Jesus is there, in His sacred Humanity, His Heart, His precious Blood, His Soul, His eternal Divinity; He is there, whole and entire, in each Host consecrated throughout the world and in each fragment of consecrated Host." **(Blessed Dina Belanger)**

-----End Of Blessed Dina Belanger's Quotes-----

598. The Saints knew that the source of strength for their ministries were the Mass and Eucharistic Adoration. This was especially true of St. Rubio who found intense prayer before our Eucharistic Lord essential before going out to minister to the poor of Madrid. He encouraged Eucharistic Adoration as a daily form of our prayer life and wrote: "Are you truly making an effort to adore God? In this Sacred Host lies the whole of His omnipotence, all His wisdom, the perfect goodness of Jesus Christ, since therein rests His living heart as it is also in heaven. When we adore in this way, we adore in spirit and in truth." **(St. Jose Maria Rubio S.J., 1864 to 1929)**

599. 'Never forget God! Always desire to be united with Him. Begin each day in the first place with meditation and prayer, possibly close to the Blessed Sacrament or during Mass. During this time, plans for the day are made, one's defects are put under examination and grace is implored for the strength to overcome all weakness." **(Bl. Ivan Merz, 1896 to 1928)**

600. Volunteering at our local parish for Eucharistic Adoration prepares us for many challenges in our lives. Leonardo, a deeply religious man, belonged to a Marian group whose members made a vow of chastity and met each week for Eucharistic adoration. This prepared him for his challenge in life when he was arrested and taken away to be Martyred. **(Bl. Leonardo Pérez Larios, 1883 to 1927)**
601. "Jesus will grant the petitions of the Faithful in His Eucharistic Presence sooner than in any other place. The Saints realized this, and in all their trials and sufferings they hastened to Jesus in the Blessed Sacrament." **(Servant of God Fr. Lukas Etlin, O.S.B., 1864 to 1927)**
602. Many of our Saints have said that Eucharistic Adoration helps us overcome fears and prepares us for tasks we thought would be impossible of us. Blessed Jose Gomez was no exception as he would spend long hours in adoration before our beloved Lord. This prepared him to accept martyrdom later in his life. **(Blessed Jose Gomez Dionisio Luis Padilla Gomez, 1899 to 1927)**
603. All of Blessed Pier's actions began with the contemplation of Jesus. He felt a strong constant urge to be near the Blessed Sacrament and would spend the whole night in adoration when it was offered. **(Blessed Pier Giorgio Frassati, 1901 to 1925)**
604. "When you are totally consumed by the Eucharistic fire, then you will be able more consciously to thank God, who has called you to become part of His family. Then you will enjoy the peace that those who are happy in this world have never experienced, because true happiness, oh young people, does not consist in the pleasures of this world, or in earthly things, but in peace of conscience, which we only have if we are pure of heart and mind." **(Blessed Pier Giorgio Frassati, 1901 to 1925)**
605. "Ah, I forget my earthly suffering and the longing of my poor soul draws me every moment to adore my God and Savior hidden in the Blessed Sacrament!" **(St. Anna Schäffer, 1882 to 1925)**
606. "How can anyone be lonely, with Our Lord in the Blessed Sacrament?" **(Venerable Matt Talbot, 1856 to 1925)**
607. Blessed Edward knew he needed a great deal of strength for his priesthood and he found it in his many hours in Eucharistic adoration. In his intimate hours of adoration he would sometimes say to Jesus "Oh Jesus, how little men love you! At least the two of us love each other." He would often console young people to stay close to our Eucharistic Lord. **(Blessed Edward Poppe, 1890 to 1924)**
608. "Oftentimes, I just stay there, simply seated (in Eucharistic Adoration), receiving food. This calm unconscious repose does me good. I am nourished, my strength returns." **(Blessed Edward Poppe, 1890 to 1924)**

609. "O Jesus, at the last Supper You experienced the pain of being abandoned in the tabernacle. I will visit You, therefore, like a brother, and converse lovingly with You." **(Blessed Edward Poppe, 1890 to 1924)**
610. "The hour of (Eucharistic) adoration proclaims emphatically and practically a central doctrine of the Catholic Faith. It gives prominence to those elementary acts of worship, which all must recognize as pre-eminently due to God under the veils of the Most Holy Sacrament: Adoration of His majesty; Thanksgiving for His unbounded goodness; Separation for the perverse willfulness of men; Supplication for all human needs." **(Fr. Henry Parkinson (Msgr.), 1852 to 1924)**
611. "The Holy Spirit taught me to adore, praise, bless and give thanks to Jesus in the tabernacle at all times, even at work and in real life." **(St. Maria Bernarda Butler, 1848 to 1924)**
612. Jesus conveyed to Servant of God Sr. Menendez, through many messages, His loneliness in the Blessed Sacrament and the importance of Eucharistic Adoration to console Him – "Contemplate me in the prison (during my Passion) where I spent the greater part of the night...Compare the prison with the Tabernacle...In the prison I endured cold, sleeplessness, hunger and thirst, pain, shame, solitude, and desertion. And there passed before My mind's eye all the tabernacles where in the course of ages I should lack the shelter of love...And how often should I wait for this or that other soul to visit Me in the Blessed Sacrament and receive Me into his heart...how many nights should I spend longing for his coming...but he would let business or carelessness or anxiety for his health get the better of him...and he would not come! Gaze steadfastly upon Him during that night of pain and see that sorrow continued in the loneliness of countless tabernacles and the coldness of many hearts. Comfort Me in My sorrow by keeping Me faithful company..." **(Servant of God Sister Josefa Menendez, 1890 to 1923)**
613. Jesus also told Sister Josefa that at the Last Supper "It was bliss for Me to think of all those to whom I should be both Companion and Heavenly Food, of all those who would surround Me to the end of time with adoration, reparation and love." **(Servant of God Sister Josefa Menendez, 1890 to 1923)**
614. Jesus talking to Sr. Menendez - The Eucharist is the invention of Love! . . .Yet how few souls correspond to that love which spends and consumes itself for them! I live in the midst of sinners that I may be their life, their physician, and the remedy of the diseases bred by corrupt nature. And in return they forsake, insult, and despise me." **(Servant of God Sister Josefa Menendez, 1890 to 1923)**
615. Jesus talking to Sr. Menendez - "It is love for souls that keeps Me a prisoner in the Blessed Sacrament, I stay there that all may come and find the comfort they need in the tenderest of Hearts, the best of Fathers, the most faithful of Friends, who will never abandon them. The Holy Eucharist is the invention of Love...Yet how few souls correspond to that love which spends and consumes itself for them." **(Servant of God Sister Josefa Menendez, 1890 to 1923)**

616. "St Jozef Bilczewski was a man of prayer. The Holy Mass, the Liturgy of the Hours, meditation, the Rosary and other pious practices formed part of his daily life. A particularly long time was dedicated to Eucharistic adoration... The deep knowledge of theology, faith and Eucharistic devotion of Jozef Bilczewski made him an example for priests and a witness for all the faithful". (Pope Benedict XVI, Oct. 15 2006 homily during St. Jozef canonization) **(St Jozef Bilczewski, 1860 to 1923)**
617. "Wouldn't it indeed be a failure of respect to neglect the divine Guest who awaits us in the tabernacle? He dwells there, really present, He who was present in the crib, at Nazareth, upon the mountains of Judea, at the Last Supper, upon the cross. He is there, the same Christ who healed the lepers, stilled the tempest, and promised to the good thief a place in His kingdom. We find there our Savior, our Friend, our elder Brother, in the fullness of His almighty power, in the ever-fruitful virtue of His mysteries, the infinite superabundance of His merits, and the ineffable mercy of His love," **(Blessed Columba Marmion, 1858 to 1923)**
618. "Once you feel the attraction to remain in the silence of adoration in God's presence, you must give yourself entirely to the Holy Spirit and remain there in pure faith. If God gives you no feeling, no sentiment, no distinct thought, just be there before Him in silent love. During such moments He operates insensibly in the soul and does more for her perfection than she could in a lifetime by her own thoughts." **(Blessed Columba Marmion, 1858 to 1923)**
619. "We show our adoration by going to visit Christ in the tabernacle or exposed in the monstrance. Would it not indeed be a failing in respect to neglect the divine Guest who awaits us? He dwells there, really present, He who was present in the crib, at Nazareth, upon the mountains of Judea, in the supper-room, upon the Cross. It is the same Jesus who said to the Samaritan woman, 'If thou didst know the gift of God!'" **(Blessed Columba Marmion, 1858 to 1923)**
620. "Let us then draw near to the Child God with great faith...In the Tabernacle as in the Crib, it is the same God full of power, the same Savior full of tender mercy." **(Blessed Columba Marmion, 1858 to 1923)**
621. Most all of the Saints found the strength for their ministries from Eucharistic Adoration. St. Smaldone was no different. He was a "priest with a great heart nourished continuously on prayer and Eucharistic Adoration" according to Pope Benedict XVI upon canonizing him. He went on to found the "Eucharistic League Of Priest Adorers" and a "Eucharistic League For Women Adorers", while also having a great apostolate for the deaf. **(St. Filippo Smaldone, 1848 to 1923)**
622. Can we spare but one hour a week and commit to covering a special specific hour with Jesus? Many Saints thought Eucharist Adoration so important that they would go out of their way to adore our beloved Lord several times a day. Blessed Maria would make thirty visits a day to the Blessed Sacrament at one point in her life. **(Blessed Maria Fortunata Viti, 1827 to 1922)**

623. "I abyss myself in His magnificence and His wisdom but when I ponder His goodness, my heart can say nothing - I can only Adore." **(St. Teresa Of Jesus Of The Andes, 1900 to 1920)**
624. "Let's love Jesus who has loved us so much. With this thought let's come frequently before His tabernacle each day. He is always looking at us and desiring that we love Him." **(St. Teresa Of Jesus Of The Andes, 1900 to 1920)**
625. "Perfection of life consists in drawing close to God. Heaven is the possession of God. In heaven God is contemplated, adored, loved. But to attain heaven it's necessary to be detached from what is earthly. What is the life of a Carmelite if not one of contemplating, adoring and loving God incessantly? And she, by being desirous for that heaven, distances herself from the world and tries to detach herself as much as possible from everything earthly." **(St. Teresa Of Jesus Of The Andes, 1900 to 1920)**
626. "St Zygmunt Gorazdowski also became famous for his devotion founded on the celebration and adoration of the Eucharist. Living Christ's offering urged him toward the sick, the poor and the needy... In founding the Association of Priests, the Congregation of the Sisters of St Joseph and many other charitable institutions, Zygmunt Gorazdowski always allowed himself to be guided by the spirit of communion, fully revealed in the Eucharist." (Pope Benedict XVI, Oct. 15 2006 homily during St. Zygmunt canonization) **(St Zygmunt Gorazdowski, 1845 to 1920)**
627. "Go to the church and give my love to the hidden Jesus." **(St. Francisco Marto, 1908 to 1919)**
628. The Blessed Virgin Mary appeared to 4 children six different times, at Fatima, to place devotion to the Immaculate Heart of Mary alongside the well-established devotion to the Sacred Heart of Jesus. Among the many messages and prayers she conveyed to the children was the importance of adoration of the Most Blessed Sacrament. She requested the following prayer to be said often: "Oh, Holy Trinity, we adore You. My God, my God, I love You in the Blessed Sacrament." **(Our Lady of Fatima, May 13 to October 13 1917)**
629. "Do nothing without consulting Him in the Tabernacle. But then act fearlessly, if you see it is for His honor and glory, never minding what others may think or say. Above all, 'cast your care upon the Lord and He shall sustain you', (Psalm 54. 23). Peace and calm in your soul, prayer ever on your lips, and a big love in your heart for Him and His interests, will carry you very far." **(Fr. William Doyle, 1873 to 1917)**
630. "Real devotion to the Blessed Sacrament is only to be gained by hard, grinding work of dry adoration before the Hidden God. But such a treasure cannot be purchased at too great a cost, for once obtained, it makes of this life as near an approach to heaven as we can ever hope for." **(Fr. William Doyle, 1873 to 1917)**
631. "Each look of love to the Tabernacle causes a beat of grace-laden love in the Sacred Heart." **(Fr. William Doyle, 1873 to 1917)**

632. "As regards prayer, you should try to follow the attraction of the Holy Spirit, for all souls are not led by the same path. It would not be well to spend all the time in vocal prayer, there should be some meditation, thought or contemplation. Try 'basking in the sun of God's love,' that is, quietly kneeling before the Tabernacle, as you would sit enjoying the warm sunshine, not trying to do anything, except love Him; but realizing that, during all the time you are at His feet, more especially when dry and cold, grace is dropping down upon your soul and you are growing fast in holiness." **(Fr. William Doyle, 1873 to 1917)**
633. "From the Tabernacle Jesus seems to say, 'Stay with Me for it is towards evening and the day is now far spent'. This should urge me to come to visit Him often." **(Fr. William Doyle, 1873 to 1917)**
634. "In the shadow of Your tabernacle I can enjoy that intimate union with You which is paradise on earth." **(St. Frances Xavier Cabrini, 1850 to 1917)**
635. "Pray always with Jesus, always remembering that a soul united with Jesus can do everything..." **(St. Frances Xavier Cabrini, 1850 to 1917)**
636. "Remember that the Blessed Sacrament is like a pillar of fire that is our light and guide." **(St. Frances Xavier Cabrini, 1850 to 1917)**
637. "Let us pay a visit to the Blessed Sacrament daily; 'Ecce Magister adest et vocat te.' Let us during these visits, whether short or long, always make acts of adoration, contrition, thanksgiving, and supplication. Let us make some little return of love for the infinite love shown to us by Him whom love keeps captive, day and night, on our altars." **(Archbishop Thomas Joseph Carr, 1839 to 1917)**
638. Jesus speaking to Blessed Charles - "In my unimaginable goodness, I did not merely give myself to you at my birth for a few hours or years: I am still in your hands, and shall be henceforth until the end of the world. Think of the unending good fortune I brought you in my birth: the ability to serve me—to serve me by serving your neighbor, to serve me myself, living there near you in the tabernacle. Not only can you serve me, you can also console me... How happy you should be to be able to console me at every moment of your lives! By becoming so small, so gentle a child, I was crying out to you: Have trust! Come close to me! Do not be afraid of me, come to me, and give me what children need: loving embraces. Do not be afraid, do not be so frightened in the presence of such a gentle baby, smiling at you and holding out his arms to you. He is your God, but he is all smiles and gentleness. Do not be afraid" **(Blessed Charles de Foucauld, 1858 to 1916)**
639. "What a tremendous delight, my God! To spend fifteen hours without anything else to do but look at You and tell You, 'Lord I love You!' Oh what sweet delight!" **(Blessed Charles de Foucauld, 1858 to 1916)**
640. "The goal of every human life should be the adoration of the Blessed Sacrament." **(Blessed Charles de Foucauld, 1858 to 1916)**

641. "You are, my Lord, in the Holy Eucharist. You are Here, a meter away from me, in this tabernacle! Your Body, Your Soul, Your humanity, Your divinity, Your whole being is here, in his dual nature. How close you are my God, my Savior, my Jesus, my Brother, my Spouse, my Beloved! When you were sitting in the midst of Your apostles, you were not closer to them than you are near to me now, my God! How happy I am!" **(Blessed Charles de Foucauld, 1858 to 1916)**
642. "Legions of angels surround the tabernacle in adoration." **(St. Luigi Guanella, 1842 to 1915)**
643. "The earth is filled with tabernacles - Praise Him!" **(St. Luigi Guanella, 1842 to 1915)**
644. "The Holy Eucharist visited us daily becomes our heaven." **(St. Luigi Guanella, 1842 to 1915)**
645. "A community of adorers becomes a family of love." **(St. Luigi Guanella, 1842 to 1915)**
646. "Jesus awaits your adoration in the Eucharist." **(St. Luigi Guanella, 1842 to 1915)**
647. "How beautiful to see the people of God praying before the Blessed Sacrament exposed." **(St. Luigi Guanella, 1842 to 1915)**
648. "The fountain of holy love is in Jesus Christ and we have Jesus with us in the Most Holy Sacrament of the Altar. From that throne of love, how often He enlightens the minds of His children, and how many again find their peace of heart." **(St. Luigi Guanella, 1842 to 1915)**
649. "The love of God presupposes faith, but faith does not really come alive and operative until it is animated by charity. Consequently, dear confreres, as we zealously try to enlighten minds, we ought not to forget that which can inflame hearts - Eucharistic adoration, the holy practice of frequent Communion..." **(Venerable Louise Margaret Claret De La Touche, 1868 to 1915)**
650. "It is one thing to love God and another thing actually to feel the joy of His presence." **(Servant of God Elisabeth Leseur, 1866 to 1914)**
651. "How many things Jesus tells us in our heart, when we stand at His feet, if we are careful to listen to His voice." **(Bl. Giovanni Maria Boccardo, 1848 to 1914)**
652. "Go often to rest your heart near the tabernacle; you will find there, the necessary strength and graces to go more surely along the path of fidelity." **(St. Lionie Aviat, 1844 to 1914)**
653. "Priests-Adorers, let us close in our ranks about the Tabernacle! Let us watch with jealous care over this Divine treasure committed to our charge. Let us weep and mourn before the Lord Jesus, so cruelly outraged in the Sacrament of His supreme love. May our ceaseless acts of reparation

appease the divine anger, and disarm the awful vengeance of God! Let us multiply our hours of adoration, let us bring our faithful people to the foot of the altar..." **(Fr. Patrick Augustine Sheehan, 1852 to 1913)**

654. Are we too busy to volunteer to cover an hour of Eucharistic Adoration a week? Blessed Mary of the Passion spent many hours in Eucharistic Adoration. Listen to what the child Jesus, appearing to Blessed Mary, once told her: "I am in the Eucharist to dispense graces and extend mercy, but I receive only ingratitude, profanity and sacrileges...My beloved one, you make reparation with your adoration done in my presence". **(Blessed Mary Of The Passion, 1866 to 1912)**

655. "I commend (to you) especially early daily worship (of) Jesus in the Eucharist. Love much Jesus in the Blessed Eucharist..." **(Blessed Mary Of The Passion, 1866 to 1912)**

656. Do we hesitate to sign up for just one hour a week at our local Eucharistic Adoration Program? Most Saints would go much farther than this. That is what made them Saints. St. Tadini would spend long hours standing in Eucharistic Adoration, absorbed in the contemplation of God, despite a severe disability. He drew strength from adoration and prayer, the center of his life, to go and administer his duties as a Priest. **(St. Arcangelo Tadini, 1846 to 1912)**

657. The easiest road to becoming a Saint includes much Eucharistic Adoration in one's spiritual life. St. Candida Maria knew this as she would spend long hours in adoration of the Most Blessed Sacrament in the Tabernacle. She tried to stress the importance of this practice to all who entered her order. **(St. Candida Maria of Jesus, 1845 to 1912)**

658. All of us should follow our Saints' examples of great love for the Blessed Sacrament and volunteer to cover a specific hour of Eucharistic Adoration. From childhood Marie Tamisier had such a love and devotion to the Eucharist that she later became known as the 'Joan Of Arc of the Blessed Sacrament'. She was one of the key collaborators in organizing several of the first Eucharistic Congresses and her great wish was for people throughout the world to have this same devotion and love for the Eucharist she had. She wrote: "O Jesus, grant that Thy Eucharistic Life may be my life. May the sufferings that You suffer in the Host, also be my sufferings. And may I die after having loved Thee with all my heart!" **(Marie Marthe Emilia Tamisier, 1834 to 1910)**

659. "Going through the street and passing before any church, I will enter there... to make a devout genuflection to the Sacramental Jesus and send Him an affection of the heart." **(Venerable Germano Ruoppolo, 1850 to 1909)**

660. Do we love Jesus enough to commit to spending one special specific hour with Him each week? St. Mary Of The Cross had a great devotion and love for the Eucharist. She often spent long hours in prayer before the Blessed Sacrament besides attending Mass and said: "Let us all resign ourselves into His hands, and pray that in all things He may guide us to do His Holy Will..."

When thoughts of this or that come I turn to Him and say: 'Only what you will, my God. Use me as You will'." **(St. Mary of the Cross, 1842 to 1909)**

661. "Our Redeemer ever present in the most Blessed Sacrament extends His hands to everyone. He opens His heart and says, 'Come to Me, all of you'." **(St. Rapheal Kalinowski, 1835 to 1907)**

662. "(Before) the Blessed Sacrament exposed ... Those are divine hours spent in this little corner of heaven where we possess the vision in substance under the humble host. Yes, He whom the blessed contemplate in light, and we adore in faith is really the same one." **(Blessed Elizabeth of the Trinity, 1880 to 1906)**

663. Frequent visits to the Blessed Sacrament were a hallmark of Blessed Mary's youth. She was found every Sunday afternoon, alone in the Church, adoring the Eucharist before going on to catechize others. **(Blessed Mary Assunta, 1878 to 1905)**

664. "When the Lord, in His infinite goodness and mercy, shall grant that I see devotion to the Eucharist deeply rooted in my beloved diocese, then there will be no more for me to do but to exclaim with the prophet Simeon: 'Now thou dost release thy servant, O Master, in peace because my eyes have seen the Savior thou has given us loved, thanked and venerated by those who are in the time and shall be in eternity my joy and my crown!'" **(Blessed John Baptist Scalabrini, 1839 to 1905)**

665. Signup to cover an hour of Eucharistic Adoration. It will bring you great strength especially during times of trials and tribulations in your life. All the Saints knew this including Blessed Marchisio who said: "You see, I too find myself sometimes overwhelmed by the weight of trials; but after five minutes in front of the Blessed Sacrament, which is our all, I feel entirely invigorated. Do the same when you are depressed and discouraged." **(Blessed Clement Marchisio, 1833 to 1903)**

666. St. Geltrude had such a great love for the Blessed Sacrament that she founded an order called the Institute Of The Sisters Of The Blessed Sacrament with its primary purpose being Perpetual Eucharistic Adoration. In Pope Benedict XVI April 26th, 2009, homily for the beatification of St. Geltrude the Pope stated: "She reminds us that "adoration must prevail over all the other charitable works", for it is from love for Christ who died and rose and who is really present in the Eucharistic Sacrament, that Gospel charity flows which impels us to see all human beings as our brothers and sisters." **(St. Geltrude Commensoli, 1847 to 1903)**

667. Though St. Gemma lived her life in spirit before the Blessed Sacrament, she yearned for the arrival of evening when she could physically attend Public Adoration. **(St. Gemma Galgani, 1878 to 1903)**

668. "Every Thursday (night) I continued to make the Holy Hour, but it sometimes happened that it would last even till 2:00am because Jesus was with me; and nearly always He would make me share in that sorrow which He felt in the Garden at the sight of so many of my sins and those of the

whole world. A sorrow which can well be compared to the agony of death."
(St. Gemma Galgani, 1878 to 1903)

669. "Let us go to Jesus. He is all alone and hardly anyone thinks of Him. Poor Jesus!" **(St. Gemma Galgani, 1878 to 1903)**

670. "See, oh Jesus, even at night, those hours, those hours! I sleep, but Jesus my heart does not sleep. It watches with Thee at all hours." **(St. Gemma Galgani, 1878 to 1903)**

671. Cardinal Vaughan spent an hour every night in prayer before the Blessed Sacrament. He use to say: "One does more good, to those one wants to do good to, by an hour before the Blessed Sacrament than by going out."
(Cardinal Herbert Alfred Vaughan, 1832 to 1903)

672. Blessed Ferrini's life was practically an unbroken elevation of his soul to God. He attended daily Mass and Eucharistic Adoration often. He could be completely absorbed in adoration - so much so that once he didn't notice someone stealing the mantle he was wearing across his shoulders.
(Blessed Contardo Ferrini, 1859 to 1902)

673. Volunteering for one hour a week at our local Eucharistic Adoration program, and being faithful to that hour, leads to a deep spiritual life. St. Roscelli developed a genuine contemplative and mystical life from the long hours he spent in front of the Most Blessed Sacrament. Prayer and adoration was his life and whenever someone was trying to find this Saint they always checked the Chapel first where they often found him. From Eucharistic Adoration he found the strength and graces to go and administer his duties as a Priest.
(St. Agostino Roscelli, 1818 to 1902)

19th Century Saint's Eucharistic Adoration Quotes

674. "(Eucharistic) Adoration of the Blessed Sacrament is half my life. The other half consists in loving Jesus and winning souls for Him." **(St. Mary Hermina Grivot, 1866 to 1900)**

675. "O Jesus, humbly kneeling in Your Presence, and united with all the faithful on earth and the saints in heaven, I adore You, true God and true Man, here present in the Holy Eucharist." **(St. Joseph Ma Taishun, 1840 to 1900)**

676. Do we ever consider taking one of the tougher hours of our Eucharistic Adoration program - that is the night (early morning) hours? Many of our Saints considered these tougher hours the most rewarding. St. Sharbel had a great devotion to the Eucharist and would spend 11 hours at night in Eucharist Adoration before saying Mass in the morning. **(St. Sharbel Makhlef, 1828 to 1898)**

677. "Do you realize that Jesus is there in the Blessed Sacrament expressly for you, for you alone? He burns with the desire to come into your heart." **(St. Therese of Lisieux, 1873 to 1897)**

678. "Frequently, only silence can express my prayer. However, this Divine Guest of the tabernacle understands all, even the silence of a child's soul filled with gratitude. When I am before the tabernacle, I can say only one thing to Our Lord: *'My God, you know that I love you'* and I feel my prayer does not tire Jesus." **(St. Therese of Lisieux, 1873 to 1897)**
679. "To bear the exile of this valley of tears I need the glance of my Divine Savior. This glance full of love has revealed its charms to me. It has made me sense the happiness of Heaven. My Jesus smiles at me when I sigh to Him. Then I no longer feel my trial of faith. My God's Glance, His ravishing Smile, That is Heaven for me!" **(St. Therese of Lisieux, 1873 to 1897)**
680. "How I loved the feasts...I especially loved the processions in honor of the Blessed Sacrament. What a joy it was for me to throw flowers beneath the feet of God...I was never so happy as when I saw my roses touch the sacred Monstrance." **(St. Therese of Lisieux, 1873 to 1897)**
681. "O Jesus! on this day, you have fulfilled all my desires. From now on, near the Eucharist, I shall be able To sacrifice myself in silence, to wait for Heaven in peace. Keeping myself open to the rays of the Divine Host, In this furnace of love, I shall be consumed, And like a seraphim, Lord, I shall love You." **(St. Therese of Lisieux, 1873 to 1897)**
682. "O Jesus, I want to be fascinated by Your gaze." **(St. Therese of Lisieux, 1873 to 1897)**
683. "Heaven for me is hidden in a little Host Where Jesus, my Spouse, is veiled for love. I go to that Divine Furnace to draw out life, And there my Sweet Savior listens to me night and day." "O Jesus, I want to be fascinated by Your gaze." **(St. Therese of Lisieux, 1873 to 1897)**
684. "Wherever I may be I will often think of Jesus in the Blessed Sacrament. I will fix my thoughts on the holy Tabernacle — even when I happen to wake up at night — adoring Him from where I am, calling to Jesus in the Blessed Sacrament, offering up to Him the action I am performing. I will install one telegraph cable from my study to the church, another from my bedroom, and a third from our refectory; and as often as I can, I will send messages of love to Jesus in the Blessed Sacrament." **(Venerable Andrew Beltrami, 1870 to 1897)**
685. With a great devotion to the Eucharist, and to the Sacred Heart of Jesus, St. Caterina founded the Congregation Of The Servants Of the Sacred Heart and, at the request of Pope Leo XII, built a shrine in Ponticelli Italy for adoration and reparation. Throughout her life she strongly supported Eucharistic Adoration and took part in the first National Eucharistic Congress in Italy in 1891. **(St. Caterina Volpicelli, 1839 to 1894)**
686. "I have come to spend a few moments with You, O Jesus and in spirit I prostrate myself in the dust before Your Holy Tabernacle to adore you, my Lord and God in deepest humility. Once more, a day has come to its close, dear Jesus, another day which brings me nearer to the grave and my beloved heavenly home. Once more, O Jesus, my heart longs for You, the true Bread of Life, which contains all sweetness and relish. O my Jesus,

mercifully grant me pardon for the faults and ingratitude of this day and come to me, to refresh my poor heart which longs for You. As the heart pants for the waters, as the parched earth longs for the dew of Heaven, even so does my poor heart long for You. You Fount of Life. I love You O Jesus, I hope in You, I love You and out of love for You, I regret sincerely all my sins. May Your peace and Your benediction be mine, now and always and for all eternity. Amen!" **(St. Conrad of Parzham, 1818 to 1894)**

687. In 1862 Louis started to develop a deep affection for Eucharistic Adoration. He, in 1868, became the head a national organization for Perpetual Eucharistic Adoration. This led to him organizing the first vigil of the Spanish Nocturnal (Eucharistic) Adoration in Madrid in 1877. Until his death in 1891, Luis de Trelles dedicated himself to promoting and organizing new sections and shifts of Nocturnal Adoration, achieving its diffusion throughout Spain, for which he is considered an Apostle of the Eucharist in the 19th century. **(Venerable Louis of Trelles, 1819 to 1891)**

688. "It is such an incomprehensible blessing to have Christ in bodily presence in one's house, within one's walls...To know that He is close by - to be able to visit Him, again and again, throughout the day..." **(St. John Henry Newman, 1801 to 1890)**

689. "I did not know, or did not observe, the tabernacle Lamp - but now after tasting of the awful delight of worshipping God in His Temple, how unspeakably cold is the idea of a Temple without that Divine Presence! One is tempted to say what is the meaning, what is the use of it?..." **(St. John Henry Newman, 1801 to 1890)**

690. "It is in the Blessed Sacrament that we find strength. Without my daily Holy Hour before the Blessed Sacrament, I could not have lasted one single day." **(St. Damien The Leper, 1840 to 1889)**

691. "Jesus in the Blessed Sacrament is the most tender of friends with souls who seek to please Him. His goodness knows how to proportion itself to the smallest of His creatures as to the greatest of them. Be not afraid then in your solitary conversations, to tell Him of your miseries, your fears, your worries, of those who are dear to you, of your projects, and of your hopes. Do so with confidence and with an open heart." **(St. Damien The Leper, 1840 to 1889)**

692. Blessed Marie-Therese of Soubiran found Adoration of the Most Blessed Sacrament so important that she not only urged daily adoration for all but also urged one to prepare well for their visits before our beloved Lord. To the Sisters she was in charge of she wrote: "The Sisters must realize that to help them become saints, it is necessary to pray at night in order to obtain graces for the following day. The Sisters should use each day to prepare themselves for their night adoration." **(Blessed Marie-Therese De Soubiran, 1835 to 1889)**

St. John Bosco (1815 - 1888)

Founder of the Society Of St. Francis De Sales (Saletians) St. John Bosco emphasized adoration of the Blessed Sacrament and veneration of Mary. Here are some of his quotes about the importance of Eucharistic Adoration in our lives:

693. "Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often!" **(St. John Bosco)**
694. "Take refuge often at the feet of Jesus...My dear ones, the Visit to the Blessed Sacrament is an extremely necessary way to conquer the devil. Therefore, go often to visit Jesus and the devil will not come out victorious against you." **(St. John Bosco)**
695. "Trust all things to Jesus in the Blessed Sacrament and to Mary Help of Christians and you will see what miracles are." **(St. John Bosco)**
696. "I beg you to recommend to everyone, first, adoration of Jesus in the Blessed Sacrament and then reverence for most holy Mary." **(St. John Bosco)**
697. "Never omit the daily visit to the Most Blessed Sacrament, be it ever so brief. It is enough if it be constant." **(St. John Bosco)**
698. "Night and day Jesus awaits us...Like a most tender mother, He opens His arms to us...He is there to draw us to Himself and lead us to paradise. Let us go visit Jesus often." **(St. John Bosco)**
699. "There are two things the devil is deadly afraid of: fervent Communion and frequent visits to the Blessed Sacrament." **(St. John Bosco)**
700. "Jesus could have limited his presence only to the celebration of Mass, but no! He wanted to make a permanent dwelling among us. Night and day he awaits us and offers himself to us at all times. Like a most tender mother, he opens his arms to us. He is there generously to give us his gifts. He is there to draw us to him and lead us to paradise with him. Oh! Let us go visit him often." **(St. John Bosco)**
701. "We envy the shepherds who went to visit the grotto of Bethlehem to see Him, kissed His little hand, and offered Him their gifts. "Lucky shepherds!" we exclaim. And yet there is no reason to envy them, for their fortune is ours, too. The same Jesus they visited in the grotto is in our tabernacle. The only difference is that the shepherds saw Him with the eyes of the body, whereas we see Him with the eyes of faith. Nothing will please Him more than our frequent visits to Him." **(St. John Bosco)**

702. "Go to confession and communion as often as your confessor allows, and when you can, visit Jesus in the Blessed Sacrament." **(St. John Bosco)**
703. "Go to the foot of the tabernacle and say one 'Our Father', 'Hail Mary', and 'Glory Be' when you can't do anymore. This is enough to strengthen you against temptations. If someone has faith, makes visits to Jesus in the Blessed Sacrament, and makes his daily meditation, I tell you, it will be impossible for him to sin." **(St. John Bosco)**

-----End Of St. John Bosco's Quotes-----

704. "Go to Jesus. He loves you and is waiting for you to give you many graces. He is on the altar surrounded by angels adoring and praying. Let them make some room for you and join them in doing what they do." **(St. Mary Joseph Rosello, 1811 to 1888)**
705. Can we volunteer to cover just one hour a week at our local adoration program to make up for the sins of the world? Our beloved Lord asks this of all souls, and much more, thru Blessed Maria of Jesus. During her long hours in Eucharistic Adoration every night our Lord made her understand that He was waiting for souls who would offer Him perpetual homage of reparation for the most subtle wounds made in His Sacred Heart. **(Bl. Mother Maria of Jesus Deluil-Martinyo, 1841 to 1884)**
706. "At all times let us keep our gaze fixed lovingly on the divine Victim being immolated on the altar. And let us allow ourselves to be immolated at the same time. Weeping before the altars that are the object of indifference or profanation, may we love and make up for the coldness of those who do not know how to return love for love." **(Bl. Mother Maria of Jesus Deluil-Martinyo, 1841 to 1884)**
707. Do we hesitate to volunteer for a specific hour of Eucharistic Adoration for just once a week at our local Adoration Chapel? All of our Saints spent many hours a week in Adoration of our beloved Lord, where they would renew their strength, including Bishop Louis Gaston Adrien who would spend two hours every night in Eucharistic Adoration. **(Bishop Louis Gaston Adrien of Segur, 1820 to 1881)**
708. "The Eucharist bathes the tormented soul in light and love. Then the soul appreciates these words, 'Come all you who are sick, I will restore your health'." **(St. Bernadette Soubirous, 1844 to 1879)**
709. "When you pass by the chapel and haven't time to stop, tell your Guardian Angel to take your messages to Our Lord in the tabernacle. He will take them and then have time to catch up with you" **(St. Bernadette Soubirous, 1844 to 1879)**
710. Do we volunteer to cover an hour of Eucharistic Adoration at our local parish? This is what turns common Christians into great Saints. Virtually all the future saints did this, such as Blessed Marguerite who spent her whole life in the neighborhood, she was born in. She had an immense love for

Jesus in the Eucharist, before which she spent long hours in adoration at her local parish. She lived constantly in God's presence. **(Blessed Marguerite Bays, 1815 to 1879)**

711. "Go and find Him when your patience and strength run out and you feel alone and helpless. Jesus is waiting for you in the chapel. Say to Him, 'Jesus, you know exactly what is going on. You are all I have, and you know all things. Come to my help.' And then go, and don't worry about how you are going to manage. That you have told God about it is enough. He has a good memory." **(St. Jeanne Jugan, 1792 to 1879)**
712. Pius IX, who declared the Dogma of the Immaculate Conception, promoted Perpetual Eucharistic Adoration for the purpose of personal reparation for the wounds inflicted on Jesus. In 1868, for example, he granted permission for Perpetual Adoration to the Sisters Of The Second Order Of St. Dominic. **(Blessed Pope Pius IX, 1792 to 1878)**
713. The Blessed Virgin speaking to St. Catherine - "Come to the foot of the altar. Graces will be shed on all, great and little, especially upon those who seek for them." **(St. Catherine Laboure, 1806 to 1876)**
714. "Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, 'Lord, I am here. Tell me what you would have me to do'. . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply." **(St. Catherine Laboure, 1806 to 1876)**
715. Besides promoting devotion to the Holy Face of Jesus Venerable Leo Dupont promoted Eucharistic Adoration just as vigorously. In 1849 he helped set up night Eucharistic Adoration in Tours France and had a strong desire that this be established in every parish throughout the world: "When shall we see Our Lord honored day and night in every parish through the Catholic world? I love to cherish the hope!" He often would go and help establish this nocturnal adoration at various parishes. **(Venerable Leo Dupont, 1806 to 1876)**
716. "How short, above all, seems the (Eucharistic Adoration) hour which has fallen to our lot!...Some (read books) or simply say their rosaries, but the greater number place themselves as suppliants at the feet of our Lord, speak to Him, and receive good thoughts from Him; these last find the hour exceedingly short." **(Venerable Leo Dupont, 1806 to 1876)**
717. "Yes, I am happy, perfectly happy; and do you wish to know where I find true happiness? At the feet of Jesus in the Blessed Sacrament..." **(Venerable Augustine Mary of the Most Blessed Sacrament, 1821 to 1871)**
718. "I would strongly urge that, even as the Magdalene anointed the Lord's feet with tears and perfumed oil, you too would pour out the perfume of constant prayer and contemplation at the foot of the tabernacle. I should like the Eucharist to become a burning flame for your soul, so that, immersed in that

flame, it might emerge burning with love and great-heartedness. I should like to see this Eucharistic altar, on which Jesus is sacrificed, accept your offering too, so that you may become a victim of love, whose perfume rises to the throne of the Eternal God!" **(Venerable Augustine Mary of the Most Blessed Sacrament, 1821 to 1871)**

719. "The faith I have when I am in the presence of the Blessed Sacrament is so strong that I find it impossible to express what I feel....When the time comes to leave I must force myself to overcome the inclination to prolong my stay with Jesus." **(St. Athony Mary Claret, 1807 to 1870)**

St. Peter Julian Eymard (1811 - 1868)



Throughout his Priestly life he worked to promote devotion and adoration of the Blessed Sacrament. In 1856 he founded the "Congregation of the Blessed Sacrament" Religious Order devoted to adoration of the Most Blessed Sacrament. Here are some of his quotes about the importance of Eucharistic Adoration in our lives:

720. "The adoration of Jesus in the Most Blessed Sacrament is the end of the Church Militant, just as adoration of God in His glory is the end of the Church Triumphant. A holy rivalry, a concert of prayer, a harmony of divine service should exist between the heavenly court and the Eucharistic court here below, between the adorer and his mother the Church." **(St. Peter Julian Eymard)**
721. "Eucharistic Adoration is the greatest act of holiness on earth." **(St. Peter Julian Eymard)**
722. "The object of Eucharistic adoration is the divine person of our Lord Jesus Christ present in the most Blessed Sacrament. He is living there. He wants us to speak to him, and he will speak to us. Anybody may speak to our Lord. Is he not there for everybody? Does he not tell us, 'Come you all to me'?" **(St. Peter Julian Eymard)**
723. "Society will again someday become Christian won to Jesus Christ by the apostolate of Eucharistic Prayer." **(St. Peter Julian Eymard)**
724. "The grace of (Eucharistic Adoration) is given to everybody. In order, however, to succeed in it and avoid routine or dryness of mind and heart, adorers must seek inspiration in the grace of their vocation, in the various mysteries of the life of our Lord and of the Blessed Virgin, or in the virtues of the saints." **(St. Peter Julian Eymard)**

725. "When your hour is particularly difficult, rejoice all the more; your love will be greater for its suffering more. It is a privileged hour that will count for two." **(St. Peter Julian Eymard)**
726. "I am fully convinced that if it were humanly possible to fully understand the value of a Holy Hour everyone would make time to do it." **(St. Peter Julian Eymard)**
727. "Let us never forget that an age prospers or dwindles in proportion to its devotion to the Holy Eucharist. This is the measure of its spiritual life and its faith, of its charity and its virtue." **(St. Peter Julian Eymard)**
728. "Love cannot triumph unless it becomes the one passion of our life. Without such passion we may produce isolated acts of love; but our life is not really won over or consecrated to an ideal. Until we have a passionate love for our Lord in the Most Blessed Sacrament we shall accomplish nothing." **(St. Peter Julian Eymard)**
729. "Eucharistic adoration is the greatest of actions. To adore is to share the life of Mary on earth when she adored the Word Incarnate in her virginal womb, when she adored Him in the Crib, on Calvary, in the divine Eucharist." **(St. Peter Julian Eymard)**
730. "The Divine King is ever ready to grant us an audience and to admit our souls to the intimacy of his love." **(St. Peter Julian Eymard)**
731. "Eucharistic Adoration is the most necessary mission to the Church, which has even more need of prayerful souls than of powerful preachers or men of eloquence." **(St. Peter Julian Eymard)**
732. "The Blessed Virgin is eager to make Jesus in the Eucharist known to all and to group them into a Eucharistic Guard of Honor, a court of devoted adorers." **(St. Peter Julian Eymard)**
733. "The Eucharist had so powerful an attraction for the Blessed Virgin that she could not live away from it. She lived in it and by it. She passed her days and her nights at the feet of her divine Son." **(St. Peter Julian Eymard)**
734. "Among the graces which Jesus gave to His foster-father is that special to an adorer of the Blessed Sacrament. That is the one we must ask of St. Joseph. Have confidence, strong confidence in him. Take him as the patron and the model of your life of adoration." **(St. Peter Julian Eymard)**
735. "As we grow to know His voice better (in Adoration) and as our hearts become more sympathetic to Him in emptying themselves of what is not him, our Lord manifests Himself in a clearer and more intimate manner...He gives the soul a divine conviction which overshadows the light of human reason." **(St. Peter Julian Eymard)**
736. "Jesus Christ in His Sacrament lives the same life of love which consumed Him in His mortal days. In His sacramental state He continues to adore His Father by His depthless self-abasement. He is still the Mediator and

Interceder with divine goodness for the salvation of men." **(St. Peter Julian Eymard)**

737. "Come, let the kingdom of Jesus Christ be established in you! Public Exposition of the Most Blessed Sacrament is God's last grace to man." **(St. Peter Julian Eymard)**

738. "Eucharistic adorers share Mary's life and mission of prayer at the foot of the Most Blessed Sacrament. It is the most beautiful of all missions, and it holds no perils. It is the most holy, for in it all the virtues are practiced." **(St. Peter Julian Eymard)**

739. "Today more than ever have we need of men who, by their self-immolation, disarm the anger of God inflamed by the ever increasing crimes of nations. We must have souls who by their importunity re- open the treasures of grace which the indifference of the multitude has closed. We must have true adorers; that is to say, men of fervor and of sacrifice." **(St. Peter Julian Eymard)**

740. "Do you wish to learn the secret of true Eucharistic prayer? Consider, then, all the mysteries in the light of the Blessed Sacrament. It is a divine prism through which they can all be studied." **(St. Peter Julian Eymard)**

741. "The Church shows to everyone her Bridegroom in the radiant monsternace...Her friends are in adoration and her enemies tremble. Jesus shows Himself to all men; He gives His blessing to the good; He looks on sinners with compassion; He calls them and draws them to Himself." **(St. Peter Julian Eymard)**

742. "Will you remain cold and indifferent (in taking part in Perpetual Eucharistic Adoration)? No! If there are societies for the spreading of evil, you will form a society for the spreading of good, a society of adoration." **(St. Peter Julian Eymard)**

743. "Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, 'In four hours, in two hours, in one hour, our Lord will give me an audience of grace and love. He has invited me; he is waiting for me; he is longing for me'." **(St. Peter Julian Eymard)**

744. "Adore Jesus in the Divine Host by offering the sovereign homage of your mind to him who is its sovereign truth, of your heart to him who is its God, of your will to him who is its Lord." **(St. Peter Julian Eymard)**

745. "Like Moses, full of zeal to announce the teaching of the Divine Master when he came down from Mount Sinai, like the Apostles coming from the Cenacle, so should the priests go from the church (in Eucharistic Adoration) straight to the people to announce to them the Word of God." **(St. Peter Julian Eymard)**

746. "The great evil of our time is that people do not go to Jesus Christ as to their very Saviour and God. They abandon the only foundation, the only law, the only grace of salvation... What is to be done then? We must return to the fountain of life, and not just to the historical Jesus or to the Jesus glorified in heaven, but rather to Jesus in the Eucharist. It is necessary to bring him out from the shadows so that he can once again take his place at the head of Christian society." **(St. Peter Julian Eymard)**
747. "Going to the source, to Jesus, especially Jesus in the Eucharist. That is the mission and glory of our century, so it will be great among the greatest centuries, and saint among the most holy. As it is well known, a century grows or decreases because of his worship for the Holy Eucharist. This is life and the extent of his faith, his love and virtue." **(St. Peter Julian Eymard)**
748. "Adore and visit Jesus, abandoned and forsaken by men in His Sacrament of Love. Man has time for everything except for visits to His Lord and God, who is waiting and longing for us in the Blessed Sacrament." **(St. Peter Julian Eymard)**
749. "How kind is our Sacramental Jesus! He welcomes you at any hour of the day or night. His Love never knows rest. He is always most gentle towards you. When you visit Him, He forgets your sins and speaks only of His joy, His tenderness, and His Love. By the reception He gives to you, one would think He has need of you to make Him happy." **(St. Peter Julian Eymard)**
750. "The less Jesus is adored in the Blessed Sacrament, the more present and powerful Satan becomes." **(St. Peter Julian Eymard)**
751. "Go to the good Lord very simply, with the surrender of a small child. Tell the good Lord what you are thinking, what you want, what is upsetting you. Oh! How happy we become when we discover this interior conversation with our Lord. We carry our treasure [with us] everywhere. He becomes the center of our heart and life." **(St. Peter Julian Eymard)**
752. "Behold the Lamb of God, Behold God Himself! Adore Him!." **(St. Peter Julian Eymard)**
753. "Because his faith was so strong, Joseph's mind and heart bowed in perfect adoration. Imitate his faith as you kneel before the humble Christ annihilated in the Eucharist. Pierce the veil which covers this furnace of love and adore the hidden God. At the same time respect the veil of love and make the immolation of your mind and heart your most beautiful homage of faith." **(St. Peter Julian Eymard)**
754. "If you have this Eucharistic spirit, if your thoughts are tuned continually toward the Eucharist, the presence of our Lord in the Blessed Sacrament will never leave you." **(St. Peter Julian Eymard)**
755. "What need is there for me to see, to hear, to touch in order to believe in the Real Presence of Jesus in the Sacred Host? Is not His Divine Word guarantee enough?" **(St. Peter Julian Eymard)**

-----End Of St. Peter Julian Eymard's Quotes-----

756. "To speak of the Blessed Sacrament is to speak of what is most sacred. How often, when we are in a state of distress, those to whom we look for help leave us; or what is worse, add to our affliction by heaping fresh troubles upon us. He is ever there waiting to help us." **(St. Mary Euphrasia Pelletier, 1796 to 1868)**
757. "The Blessed Sacrament is the first and supreme object of our worship. We must preserve in the depths of our hearts a constant and uninterrupted, profound adoration of this precious pledge of Divine Love." **(St. Mary Euphrasia Pelletier, 1796 to 1868)**
758. "Devotion to the Blessed Sacrament, devotion to the Sacred Heart of Jesus, devotion to the Blessed Virgin – these are three inseparable devotions we should lovingly cultivate and which will ensure the perfection of the good works we have undertaken as well as our eternal happiness." **(St. Mary Euphrasia Pelletier, 1796 to 1868)**
759. "Draw near to our Lord, thoroughly aware of you own nothingness and you may hope all things from His Goodness and Mercy. Never forget that Jesus Christ is no less generous in the Blessed Sacrament than He was during His mortal life on earth." **(St. Mary Euphrasia Pelletier, 1796 to 1868)**
760. "We must preserve, in the depths of our hearts, a constant and uninterrupted, profound adoration, of this precious pledge of Divine Love." **(St. Mary Euphrasia Pelletier, 1796 to 1868)**
761. Blessed Francis often visited the Blessed Sacrament especially as a priest when he often prayed long hours during the night. Known as the "cheerful aesthetic," he spent himself for souls, ministering to the sick and suffering. **(Bl. Francis Xavier Seelos, 1819 to 1867)**
762. When volunteering to cover an hour of Eucharistic Adoration the Saints considered the most difficult hours the most rewarding and would stay in adoration as long as possible. St. Maria Michaela would spend entire nights in adoration before the Most Blessed Sacrament and became one of the Church's strongest promoters of Eucharistic Adoration. **(St. Maria Michaela Desmaisieres, 1809 to 1865)**
763. "A visit to the Blessed Sacrament declares at once the simple, hearty, practical belief in the real presence of Christ, a plain conviction, a meeting with God face to face." **(Cardinal Nicholas Wiseman, 1802 to 1865)**
764. "Devotion to the Blessed Sacrament is the queen of all devotions. It is the central devotion of the Church. All others gather round it, and group themselves there as satellites; for others celebrate his mysteries; this is Himself. It is the universal devotion. No one can be without it, in order to be a Christian. How can a man be a Christian who does not worship the living Presence of Christ?" **(Fr. Frederick William Faber, 1814 to 1863)**

765. "There is more sweetness in one hour of prayer before Jesus in the Blessed Sacrament than in all the world's crowded theaters, and brilliant drawing rooms, and giddy diversions, and social gatherings." **(St. Gabriel Possenti, 1838 to 1862)**
766. "I wish I could pass my life at the foot of the holy tabernacles in which our adorable Savior dwells." **(St. Eugene De Mazeno, 1782 to 1861)**
767. "How much I love you, O my Jesus. I wish to love you with my whole heart; yet I do not love you enough. My lack of devotion and my sloth make me anxious. I have one desire, that of being near you in the Blessed Sacrament. You are the sweet bridegroom of my soul. My Jesus, my love, my all, gladly would I endure hunger, thirst, heat, and cold to remain always with you in the Blessed Sacrament." **(St. John Neumann, 1811 to 1860)**
768. Jesus speaking to St. John Neumann on establishing Forty Hours Devotion - "(I shall) pour out my grace in the Blessed Sacrament without prejudice to My honor. Fear no profanation, therefore; hesitate no longer to carry out your design for my glory." **(St. John Neumann, 1811 to 1860)**

St. John Vianney (1786 - 1859)



Best known as the Patron Saint of Priests he would spend long hours in Prayer before the Blessed Sacrament. Here are some of his quotes about the importance of Eucharistic Adoration in our lives:

769. "Our Lord is hidden there in the Blessed Sacrament, waiting for us to come and visit Him, and make our requests to Him." **(St. John Vianney)**
770. "If we really love the good God, we should make it our joy and happiness to come a few minutes to adore Him and ask Him for the grace of forgiveness. We should regard those moments as the happiest in our lives." **(St. John Vianney)**
771. "When we speak to Jesus during our adoration of the Blessed Sacrament with simplicity and with all our heart, He does like a mother who holds her child's head with her hands and covers it with kisses and caresses." **(St. John Vianney)**
772. "What happiness do we not feel in the Presence of God, when we are alone at His feet... Redouble your fervor; you are alone to adore your God; His eyes rest upon you alone." **(St. John Vianney)**
773. "When Our Lord sees pure souls coming to visit Him in the Blessed Sacrament He smiles on them. They come with the simplicity that pleases Him so much." **(St. John Vianney)**

774. "Have a Holy Hour every week. Start praying. Pray for guidance and trust in God." **(St. John Vianney)**
775. "What happiness do we not feel in the presence of God, when we find ourselves alone at his feet (in Adoration)!..We should want to stay always at his feet; it would be a foretaste of heaven; everything else would become insipid to us." **(St. John Vianney)**
776. "When we are before the Blessed Sacrament, instead of looking about us, let us shut our eyes and open our hearts; and the good God will open his. We will go to him, and he will come to us, the one to give, and the other to receive. It will be like a breath passing from one to the other. What delight we find in forgetting ourselves that we may seek God." **(St. John Vianney)**
777. "When you awake in the night, transport yourself quickly in spirit before the Tabernacle, saying: 'Behold, my God, I come to adore You, to praise, thank, and love you, and to keep you company with all the Angels,'..." **(St. John Vianney)**
778. "How sweet and full of comfort are the moments spent before the Blessed Sacrament! Are you in trouble? Come and throw yourself at his feet." **(St. John Vianney)**
779. "You will always find a friend in Jesus in the Holy Eucharist to console you in your moment of need. He will never fail to help you." **(St. John Vianney)**
780. "How pleasing to Him is the short quarter of an hour that we steal from our occupations, from something of no use, to come and pray to Him, to visit Him, to console Him for all the outrages He receives!" **(St. John Vianney)**
781. "If we really loved the good God, we should make it our joy and happiness to come and spend a few moments to adore Him, and ask Him for the grace of forgiveness; and, we should regard those moments as the happiest of our lives." **(St. John Vianney)**
782. "Grieve over the contempt cast upon Jesus Christ in the Blessed Sacrament, and try to make amends for it by a greater and more ardent love." **(St. John Vianney)**
783. "He is hidden there, waiting for us to come visit to visit Him and to make our requests. He wishes to see us near Him, to tell us that He loves us, and wishes to load us with good things." **(St. John Vianney)**
784. "When tempted to despair, I have only one resource: to throw myself at the foot of the Tabernacle like a little dog at the foot of his master." **(St. John Vianney)**
785. "Every good Christian must be grieved at the contempt which is so often shown Him (Christ) and must strive to make reparation to Him; and those Christians who have the good fortune of belonging to societies having for their object the adoration of Jesus in the Most Holy Eucharist, they are in an especial manner bound to do this. I say those 'who have the good fortune,' for can there be a greater happiness than to undertake reparation to Jesus

Christ for the insults which are offered to Him in the Sacrament of His love?"
(St. John Vianney)

786. "We ought to visit Him often. How dear to Him is a quarter of an hour spared from our occupations or from some useless employment, to come and pray to Him, visit Him, and console Him for all the ingratitude He receives! When He sees pure souls hurrying to Him, He smiles at them."
(St. John Vianney)

787. "We know that Jesus is there in the tabernacle: let us open our hearts to Him, let us rejoice in His Sacred Presence. That is the best prayer." **(St. John Vianney)**

-----End Of St. John Vianney's Quotes-----

788. Nimatullah was especially noted for his love of the Blessed Sacrament. During his free time - frequently at the sacrifice of sleep - he was often found in the chapel on his knees, arms raised in the form of a cross and eyes fixed on the tabernacle... (From Vatican website) **(St. Nimatullah Youssef Kassab Al-Hardini, 1808 to 1858)**

789. "I need nothing in this world in order to be happy. I only need to see Jesus in Heaven whom I now see and adore on the altar with the eyes of faith."
(St. Dominic Savio, 1842 to 1857)

790. "If we truly knew how to appreciate it (the Holy Eucharist), it alone would fortify and sustain us." **(St. Theodore Guerin, 1798 to 1856)**

791. St. Rose spent hours before the Blessed Sacrament in adoration. Sometimes her prayer would go long into the nighttime hours spending 6 to 8 hours before the Blessed Sacrament. **(St. Rose Philippine Duchesne, 1769 to 1852)**

792. When we are puzzled or need some consolation in life where do we go? Blessed Marie Durocher's answer was to go before our Lord in Eucharistic Adoration. She would advise people to "Ask Our Lady to help you. Ask her to entreat her Son to let you know what you should do." Blessed Marie herself would spend many hours in adoration before our beloved Lord.
(Blessed Marie Rose Durocher, 1811 to 1849)

793. "It is for us that, during eighteen hundred years, our divine Savior has remained day and night on our altars, that we may have recourse to Him in all our needs; and nothing so much afflicts His divine Heart as our ingratitude for such a favor, and our neglect to visit Him and ask His blessing." **(St. Marcellin Champagnat, 1789 to 1840)**

794. "If we knew how profitable those visits are, we should be constantly prostrate before the altar. The Saints understood this truth; they knew that Jesus Christ is the source of all grace, and whenever they encountered any difficulty or wished to obtain any particular favor, they ran to Jesus Christ in the Blessed Sacrament." **(St. Marcellin Champagnat, 1789 to 1840)**

795. "St. Francis Xavier, St. Francis Regis and others spent whole hours during the day and, frequently, a great part of the night at the foot of the altar; it was in these long interviews with Jesus Christ that they advanced the good works they had in hand, converted sinners, and obtained success in all their undertakings for the glory of God and their own sanctification." **(St. Marcellin Champagnat, 1789 to 1840)**
796. Blessed Anna Maria Taigi, one of the great mystics of the 19th century, achieved her sanctification by living the ordinary life of wife and mother in a spirit of Christian mission and compliance with God's will. Her daily attendance at Mass and daily multiple visits to the most Blessed Sacrament were among the sources of her intense spiritual life. **(Blessed Anna Maria Taigi, 1769 to 1837)**
797. The Reverend Fr. Lanteri was very devoted to the Blessed Sacrament, and so always wanted it kept in the internal chapel of our house in Pinerolo, which was next to his own room. And in order to adore the Blessed Sacrament more frequently, he had a small window made from his room looking onto the altar of this chapel, and through it was in almost continual adoration during his last illness, since this window was situated directly in front of the bed where he lay. (Source: Venerable Bruno Lanteri website - <https://www.omvusa.org/bruno-lanteri/>) **(Ven. Bruno Lanteri, 1759 to 1830)**
798. He (Ven. Bruno Lanteri) is irresistibly drawn to Christ in the Eucharist. Devout celebration of Mass and the visit to the Blessed Sacrament were daily spiritual element of his entire life. As one disciple who knew him well affirms, "The vivacity of his faith was visible in the expression of his face as he spent long hours in the presence of the Blessed Sacrament where he often recited the Divine Office and meditated at length" (Positio, 621). His years of forced exile from Turin (1811-1814) and the last months of his life (1830) were times of especially intense and almost uninterrupted Eucharistic adoration. (Source: Venerable Bruno Lanteri website - <https://www.omvusa.org/bruno-lanteri/>) **(Ven. Bruno Lanteri, 1759 to 1830)**
799. One of the easiest ways to go to Heaven is to spend much time in Eucharistic Adoration. All of the Saints knew this such as Blessed Lentini who would spend hours adoring the Blessed Sacrament besides saying Mass with great fervor. Your local Perpetual Eucharistic Adoration program needs you to follow Blessed Lentini's example of adoration and volunteer to cover an hour a week before our beloved Lord. **(Blessed Domenico Lentini, 1770 to 1828)**
800. Blessed Lentini would spend long hours in prayer before the Blessed Sacrament and celebrated the Eucharist with such intense participation that his contemporaries called him "an angel at the altar". **(Blessed Domenico Lentini, 1770 to 1828)**
801. Blessed Mary Magdalene was called by Jesus directly when He told her, "I have chosen you to establish the work of perpetual adorers who, day and night, will offer me their humble adoration..." She spent her whole life adoring Jesus in the Eucharist. Can we also follow Jesus wishes and commit

just one hour a week out of our lives in adoring our beloved Lord? (Source: Vatican website) **(Blessed Mary Magdalene Of The Incarnation, 1770 to 1824)**

802. "May Jesus be known, loved and adored by all, and be in every moment the receiver of thanksgiving in the most holy and most divine sacrament." **(Blessed Mary Magdalene Of The Incarnation, 1770 to 1824)**
803. "Let us give thanks to God for the lasting benefits obtained through the powerful evangelizing influence that the Holy Spirit impressed upon so many souls through Frei Galvão. The Franciscan charism, lived out in the spirit of the Gospel, has borne significant fruits through his witness as an ardent adorer of the Eucharist, as a prudent and wise guide of the souls who sought his counsel, and as a man with a great devotion to the Immaculate Conception of Mary, whose "son and perpetual servant" he considered himself to be... When we contemplate the Lord at Mass, raised up by the priest after the consecration of the bread and wine, or when we devoutly adore him exposed in the monstrance, we renew our faith with profound humility, as Frei Galvão did in "*laus perennis*", in a constant attitude of adoration." (Pope Benedict XVI, May 11, 2007 homily during St. Anthony canonization) **(St. Anthony of Saint Ann Galvaon, 1739 to 1822)**
804. St. Elizabeth Ann Seton received great solace by bringing her sorrows to Jesus in the Blessed Sacrament and speaking heart to heart with him there. **(St. Elizabeth Ann Seton, 1774 to 1821)**
805. "There is a mystery, the greatest of all mysteries—not that my adored Lord is in the Blessed Sacrament of the Altar—His word has said it, and what so simple as to take that word which is truth itself?—but that souls of His own creation, whom He gave His life to save, who are endowed with His choicest gifts in all things else, should remain blind, insensible, and deprived of that light without which every other blessing is unavailing!" **(St. Elizabeth Ann Seton, 1774 to 1821)**
806. "Unite me to yourself, O adorable victim, life-giving heavenly bread, feed me, sanctify me, reign in me, transform me to yourself, live in me, and let me live in you, let me adore you." **(St. Elizabeth Ann Seton, 1774 to 1821)**

18th Century Saint's Eucharistic Adoration Quotes

807. St. Mary Frances Of The Five Wounds Of Jesus had such a great love and devotion for the Blessed Sacrament that almost every time she adored the Holy Eucharist she fell into ecstasy. She would seek out churches where Forty-Hours was being celebrated and would spend entire nights in adoration. Later on in life she committed to visiting the Blessed Sacrament thirty-three times a day in honor of our Lord's thirty three years of life on earth. While we cannot hope to do all St. Mary Frances did we can at least follow her footsteps and volunteer to cover one specific Holy Hour a week at

the Eucharistic Adoration program at our local church. **(St. Mary Frances Of The Five Wounds Of Jesus, 1715 to 1791)**

St. Alphonsus Liguori (1696 - 1787)



St. Alphonsus Liguori was a Bishop, philosopher, theologian and a very prolific writer about the Catholic Faith. He founded the Redemptorist Order and was declared a Doctor of the Church in 1871. Here are some of his quotes about the importance of Eucharistic Adoration in our lives:

808. "The Eucharist consoles a soul far beyond what the world can offer." **(St. Alphonsus Liguori)**
809. "Frequent visits to Jesus Christ in the Sacrament of the Altar are a great help to the souls that love Him." **(St. Alphonsus Liguori)**
810. "Oh, how sweet a joy it is to remain with faith and tender devotion before the Eucharist, and converse familiarly with Jesus Christ, who is there for the express purpose of listening to and graciously hearing those who pray to him." **(St. Alphonsus Liguori)**
811. "In a quarter of an hour's prayer, spent in the presence of the Blessed Sacrament, you will perhaps gain more than in all the other spiritual exercises of the day." **(St. Alphonsus Liguori)**
812. "A Holy Hour will give you more strength during life and more consolation at the hour of your death and eternity." **(St. Alphonsus Liguori)**
813. "Withdraw yourself from people and spend at least a quarter of an hour, or a half-hour, in the presence of the Blessed Sacrament. Taste and see how sweet is the Lord, and you will learn from your own experience how many graces this will bring you." **(St. Alphonsus Liguori)**
814. "True, Our Lord hears our prayers anywhere, for He has made the promise, "Ask, and you shall receive", but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace." **(St. Alphonsus Liguori)**
815. "Certainly, amongst all devotions, after that of receiving the sacraments, that of adoring Jesus in the Blessed Sacrament holds the first place, is the most pleasing to God, and the most useful to ourselves." **(St. Alphonsus Liguori)**

816. "The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the Eucharistic veils, is ready to receive anyone..." **(St. Alphonsus Liguori)**
817. "Nothing in the world can set hearts ablaze with love for God like the Blessed Sacrament. That is why this divine bread has been pictured as a furnace of love. Saint Catherine of Siena saw far-reaching flames coming from this furnace of love and spreading throughout the world." **(St. Alphonsus Liguori)**
818. "Good friends find pleasure in one another's company. Let us know pleasure in the company of our best Friend, a Friend who can do everything for us, a friend who loves us beyond measure. Here in the Blessed Sacrament, we can talk to him straight from the heart." **(St. Alphonsus Liguori)**
819. "We can open our souls to Him, tell Him what we need, beg him for powerful graces. We are perfectly free to approach the King of the universe with full confidence and without fear." **(St. Alphonsus Liguori)**
820. "Jesus tells us that where a person esteems his treasure to be, there also does he keep his affections. Therefore, the saints, who neither esteem nor love any other treasure than Jesus Christ, center their hearts and all their love in the Most Blessed Sacrament." **(St. Alphonsus Liguori)**
821. "Our holy faith teaches us, and we are bound to believe, that in the consecrated Host, Jesus Christ is really present under the species of bread. But we must also understand that He is thus present on our altars as on a throne of love and mercy, to dispense graces and there to show us the love which He bears us, by being pleased to dwell night and day hidden in the midst of us." **(St. Alphonsus Liguori)**
822. "There it was (in Eucharistic Adoration) that St. Francis Xavier found refreshment in the midst of his many labors in India; for he employed his days in toiling for souls, and his nights in the presence of the Blessed Sacrament. St. John Francis Regis did the same thing; and sometimes finding the church closed, he endeavored to satisfy his longings by remaining on his knees, outside the door exposed to the rain and cold so that at least at a distance he might attend upon his Comforter concealed under the sacramental species. St. Francis of Assisi used to go to communicate all his labors and undertakings to Jesus in the most Holy Sacrament." **(St. Alphonsus Liguori)**
823. "Be also assured that Jesus Christ finds means to console a soul which remains with a recollected spirit before the Most Blessed Sacrament, far beyond what the world can do with all its feasts and pastimes." **(St. Alphonsus Liguori)**
824. "What shall we do, you sometimes ask, in the presence of Jesus in the Blessed Sacrament? Love him, praise him, thank him and ask him for things. What does a thirsty person do when he sees a pure clean fountain?" **(St. Alphonsus Liguori)**

825. "You may be sure that of all the moments of your life, the time you spend before the divine Sacrament will be that which will give you more strength during life and more consolation at the hour of your death and during eternity." **(St. Alphonsus Liguori)**
826. "Nowhere have holy souls made more admirable resolutions than here at the feet of their hidden God. Out of gratitude to my Jesus, veiled in this great Sacrament, I must declare that it was through this devotion, visiting Him in the tabernacles, that I withdrew from the world where, to my misfortune, I had lived until the age of twenty-six. Happy will you be if you can separate yourself from it earlier than I did and give yourself wholly to that Lord who has given Himself wholly to you." **(St. Alphonsus Liguori)**
827. "To souls enamored of God, hours spent before Jesus in the Blessed Sacrament appear moments." **(St. Alphonsus Liguori)**
828. "My Jesus, what a lovable invention this Holy Sacrament is that You would hide under the appearance of bread to make Yourself loved and to be available for visits by anyone who desires You." **(St. Alphonsus Liguori)**
829. "My Lord Jesus Christ, who, for the love You bear to mankind, do remain night and day in this Sacrament, full of pity and love, awaiting, calling, and receiving all who come to visit You; I believe that You are present in the Sacrament of the Altar; I adore You from the depths of my own nothingness; I thank You for the many graces You have given me, and especially for having given me Yourself in this Sacrament." **(St. Alphonsus Liguori)**
830. "Loving souls can find no greater delight than to be in the company of those whom they love. If we, then, love Jesus Christ much, behold we are now in his presence. Jesus in the Blessed Sacrament sees us and hears us; shall we, then, say nothing to Him? Let us console ourselves in His company; let us rejoice in His glory, and in the love which so many enamored souls bear Him in the Most Holy Sacrament. Let us desire that all should love Jesus in the Holy Sacrament and consecrate their hearts to Him; at least let us consecrate our affections to Him. He should be all our love and our whole desire." **(St. Alphonsus Liguori)**
831. "O most compassionate Savior, be pleased to make me faithful to You and grant that I may also, by my example, excite others to keep You company in the Most Blessed Sacrament." **(St. Alphonsus Liguori)**
832. "If you desire to find Him immediately, see (that) He is quite close to you. Tell Him what you desire, for it is to console you and grant your prayer that He remains in the Tabernacle." **(St. Alphonsus Liguori)**
833. "You will find that all the Saints were enamored of this most sweet devotion; since, indeed, it is impossible to find on earth a more precious gem, or a treasure more worthy of all our love, than Jesus in the Most Holy Sacrament." **(St. Alphonsus Liguori)**
834. "Oh, what torrents of grace have the Saints drawn from the fountain of the Most Blessed Sacrament! for there Jesus dispenses all the merits of His

Passion, as it was foretold by the Prophet: 'You shall draw waters with joy out of the Savior's fountains' (Is. xii. 3)." **(St. Alphonsus Liguori)**

835. "Those persons are tenderly affected who go to Jerusalem... but how much greater ought our tenderness be in visiting an altar on which Jesus is present in the Most Holy Sacrament." **(St. Alphonsus Liguori)**

-----End Of St. Alphonsus Liguori's Quotes-----

836. Nano Nagle spent long hours in adoration especially at night. She became known as the "Lady of the Lantern" because of her carrying her Lantern thru the dark alleyways to visit Jesus so often and to visit the sick and poor.
(Ven. Nano Nagle, 1718 to 1784)

837. Sought out by people of his time for spiritual direction, St. Benedict was a homeless beggar who spent hours in ecstasy before the Blessed Sacrament in St. Peter's and other churches of Rome. **(St. Joseph Benedict Labre, 1748 to 1783)**

838. "Let weak and frail man come here suppliantly to adore the Sacrament of Christ, not to discuss high things, or wish to penetrate difficulties, but to bow down to secret things in humble veneration, and to abandon God's mysteries to God, for Truth deceives no man—Almighty God can do all things. Amen." **(St. Paul of the Cross, 1694 to 1775)**

839. "Visit the Blessed Sacrament often; there is your true life." **(St. Paul of the Cross, 1694 to 1775)**

840. "Be special adorers of the Divine and Blessed Sacrament of the Altar, which is the heavenly food of the soaring eagles, that is, of the souls advanced in holiness...and thank Him unceasingly for having left us such an infinite Treasure." **(St. Paul of the Cross, 1694 to 1775)**

841. "Above all else, I rejoice in the Lord that you may often find yourself plunged and immersed in the Sacred Passion of Jesus and in the great furnace of His Eucharistic Presence, that here you may drink torrents of burning love and be adorned with the treasures of divine grace and virtue." **(St. Paul of the Cross, 1694 to 1775)**

842. Pope Clement XIII promoted Eucharistic Adoration and published specific rules for the proper adoration at a Forty-Hours devotion (continues Eucharistic Adoration for Forty hours): 1) The Blessed Sacrament is always exposed on the high Altar, except in patriarchal Basilicas. 2) Statues, relics and pictures around the Altar of Exposition are to be removed or veiled. 3) Only Clerics in surplices may take care of the Altar of Exposition. 4) There must be continuous relays of worshippers before the Blessed Sacrament and should include a Priest or Cleric in major orders. 5) No Masses are to be said at the Altar of Exposition. **(Pope Clement XIII, 1758 to 1769)**

843. "What great strength souls receive who lovingly visit Jesus in the Blessed Sacrament. Let's all go see Jesus, Our Prisoner of Love. Suffer only for God

and your sufferings will bring you heaven on earth." **(St. Gerard Majella, 1726 to 1755)**

844. St. Leonard of Port Maurice, upon arriving at any church, would always go visit the Blessed Sacrament before doing anything else. He preached and practiced devotion to the Holy Eucharist, in one's spiritual life, as the main means of resisting mortal sin. One thing that was closest to his heart was the introduction of Perpetual Eucharistic Adoration of which he succeeded in 130 parishes during his lifetime. Preaching about the necessity of conversion St. Leonard urged people to go before the Blessed Sacrament: "Brothers, at the feet of Our Lord, let us protest that we want to save our soul, cost what it may. Let us all say to Him with tearful eyes, 'Good Jesus, I want to save my soul,' O blessed tears, O blessed sighs!". (Source of Quote: Our Lady of the Rosary Library website - <http://olrl.org/>) **(St. Leonard of Port Maurice, 1676 to 1751)**
845. "Adoration: The first obligation by which we are bound toward God is to honor Him. It is indeed a precept of the natural law itself that every inferior owes homage to his superior, and by so much the higher the superiority, so much the deeper the homage that should be offered." **(St. Leonard of Port Maurice, 1676 to 1751)**
846. "And He who resides on the throne of His greatness, He it is that must needs descend to lay himself a Victim on our altars, in order that the homage rendered may perfectly correspond to the eminence of that infinite Majesty." **(St. Leonard of Port Maurice, 1676 to 1751)**
847. "Jesus, so ardently loved, would that you were known everywhere, so that the world would glorify you, who wish to remain hidden under the appearance of bread and wine until the end of time." **(Blessed Peter Vigne)**
848. "Lord, give me a love which is ever eager to live as you would have me live. May I always wish to glorify you and never forget your Presence." **(Blessed Peter Vigne)**
849. "Contemplating Christ present in the Eucharist and the saving Passion, Fr Peter Vigne was led to be a true disciple and a faithful missionary of the Church. May his example give the faithful, the desire to draw daring for the mission from the love of the Eucharist and from the adoration of the Blessed Sacrament!" (St. John Paul II Homily on the Beatification of Blessed Peter Vigne October 3, 2004) **(Blessed Peter Vigne)**
850. All of our Saints found great solace in Eucharistic Adoration. They found the reinvigorating graces and energy there to go and minister in their apostolates. St. Thomas of Cori was no different. Mass and Eucharistic Adoration was extremely important to him, at the very core of his spiritual life, from which he would go forth to preach the Gospel, administer the sacraments and work miracles in Italy. **(St. Thomas of Cori, 1655 to 1729)**
851. "Learn from Jesus by often being in his company." **(St. John Baptist de la Salle, 1651 to 1719)**

852. St. Louis De Montfort considered Eucharistic Adoration after Mass so important, in thanksgiving for the graces and blessings, that he use to say, "I would not give up this hour of thanksgiving even for an hour of Paradise".
(St. Louis De Montfort, 1673 to 1716)

17th Century Saint's Eucharistic Adoration Quotes

853. "Remain faithfully in the presence of God and do not regret that you cannot do anything. It is Jesus Christ who lives in us; we must only cling to Him with humility and simplicity of heart and spirit (. . .) Do not resist being in the presence of God without doing anything. He wants you silent and humble. You do so much already if you leave and surrender yourself to His might. Just be faithful! Do not be concerned too much about your distractions; let them pass by, and remain humbly at Jesus' feet, and count yourself unworthy to receive His graces." **(Servant of God Mechtilde of the Blessed Sacrament, 1614 to 1698)**
854. "Our principal application in prayer must be to hold ourselves before the greatness and supreme majesty of God in the Most Holy Sacrament, with the most profound respect, with total confidence and abandonment, with submission, accepting simply all the dispositions of Divine Providence, each one according to her degree of grace, either by making acts [of prayer] or in some other way." **(Servant of God Mechtilde of the Blessed Sacrament, 1614 to 1698)**
855. "They speak to me often of prayer, but I never hear anyone speak of the Most Holy Sacrament. Is there perhaps another mean to attain to God other than the Holy Eucharist? Is not the Holy Eucharist God Himself?" **(Servant of God Mechtilde of the Blessed Sacrament, 1614 to 1698)**

St. Margaret Mary Alacoque (1647 - 1690)



St. Margaret Mary Alacoque is best known for the Lord revealing to her the devotion to His Sacred Heart. During these revelations, among other things, a "Holy Hour" of reparation was requested by our Lord. These revelations eventually helped to cement the idea of spending a "Holy Hour" before the Blessed Sacrament. Here are some of her quotes about the importance of Eucharistic Adoration in our lives:

856. "One just soul can attain pardon for a thousand sinners." **(St. Margaret Mary Alacoque)**
857. Because Jesus loves you infinitely, unlimited is the joy you bring to His Sacred Heart when you come to spend an hour with Him in the Blessed Sacrament. In an apparition to St. Margaret Mary Alacoque, Jesus spoke

these moving words: 'I have a burning thirst to be honored by men in the Blessed Sacrament'. **(St. Margaret Mary Alacoque)**

858. "I desire but this one grace, and long to be consumed like a burning candle in His holy Presence every moment of the life that remains to me. For that I would be willing, I think, to suffer all the pains imaginable till judgment day, if only I should not have to leave His sacred presence." **(St. Margaret Mary Alacoque)**

859. "My greatest happiness is to be before the Blessed Sacrament, where my heart is, as it were, in Its center." **(St. Margaret Mary Alacoque)**

860. Jesus speaking to St. Margaret – "Make Reparation for the ingratitude of men. Spend an hour in prayer to appease divine justice, to implore mercy for sinners, to honor Me, to console Me for My bitter suffering when abandoned by My Apostles, when they did not WATCH ONE HOUR WITH ME." **(St. Margaret Mary Alacoque)**

861. "O all ye holy angels, who, by your adoration in our churches, make up for the little love which your God and our Savior receives from men, obtain for us the grace to comprehend, a little, the love of Jesus Christ in the Most Holy Sacrament." **(St. Margaret Mary Alacoque)**

862. "When we pray before the Blessed Sacrament, we should often take time to think about how much Jesus loves us and suffered for us. Jesus' holy passion and death should fill us with joy and wisdom to help us love as He did." **(St. Margaret Mary Alacoque)**

863. "I could have spent whole days and nights there (in Eucharistic Adoration), without eating or drinking, and without knowing what I was doing, except that I was being consumed in His presence like a burning taper, in order to return Him love for love." **(St. Margaret Mary Alacoque)**

864. "Today the Lord wants you to honor His life wholly given to us in the Blessed Sacrament. You must be as a burning candle with no other desire than to be consumed in His honor. Surrender yourself to the Mercy of Providence and let Him do with you according to His designs." **(St. Margaret Mary Alacoque)**

865. "Today you will be the Sulamitess, the spouse of the Well-Beloved who wishes to honor the Life of love of Jesus Christ in the Blessed Sacrament. Thus, you must attend carefully surrendering yourself pure and innocent to please this Divine Spouse." **(St. Margaret Mary Alacoque)**

866. Jesus speaking to St. Margaret Mary - "I so ardently thirst to be loved by men in the Most Blessed Sacrament that this thirst devours Me..." **(St. Margaret Mary Alacoque)**

-----End Of St. Margaret Mary Alacoque's Quotes-----

867. We need to take the time to volunteer to cover an hour of adoration a week at our local adoration chapel. Our faithful attendance and reverence is a source for conversions and vocations. Such was the case with Blessed Nicholas when, in one Eucharistic procession, he witnessed such reverence towards the Blessed Sacrament that he not only converted to Catholicism but also became a Priest. **(Blessed Nicholas Steno, 1638 to 1686)**
868. After being assigned spiritual director of St. Margaret Mary Alacoque, St. Claude was inspired during adoration of the Blessed Sacrament to promulgate the message of the Sacred Heart of Jesus. He spent many Holy Hours in Eucharistic Adoration. **(St. Claude La Colombiere, 1641 to 1682)**
869. Do we love the Eucharistic Lord? The only way to grow in the love of our Eucharistic Jesus is to spend time with Him in adoration. Blessed Kateri knew this as she would spend as much time as her duties allowed in Church adoring the Blessed Sacrament. Even a bad snowstorm wouldn't stop her as she would tread thru knee-deep snow to spend more time with our beloved Lord. **(St. Kateri Tekakwitha, 1656 to 1680)**
870. "Every morning, even in the bitterest winter, she stood before the chapel door until it opened at four and remained there until after the last Mass. Out from her Caughnawaga cabin at dawn and straight-way to chapel to adore the Blessed Sacrament, hear every Mass; back again during the day to hear instruction, and at night for a last prayer or Benediction." **(St. Kateri Tekakwitha, 1656 to 1680)**
871. "You should adore our Lord Jesus Christ, who makes himself present to us on the altar, so that we might offer him the homage and adoration we owe." **(St. John Eudes, 1601 to 1680)**
872. "Your most loving Heart, O Jesus, dwells in this Sacrament burning with love for us. It is there continually performing thousands of good deeds towards us." **(St. John Eudes, 1601 to 1680)**
873. "My God, I adore Your divine perfections; I adore Your divine Justice; I abandon myself to it with my whole heart." **(Bl. Catherine of St. Augustine, O.S.A., 1632 to 1668)**
874. "Give Yourself wholly to me please, O my God . . . that I adore in this most Holy Sacrament, take entire possession of me. O sweet Jesus! O good Jesus! my God and my all, have mercy on all the souls redeemed by Your precious Blood." **(St. Louise de Marillac, 1591 to 1660)**
875. St. Vincent de Paul would make a Holy Hour asking the Lord blessings on important business transactions and, afterwards, returned to thank the Lord. **(St. Vincent De Paul, 1581 to 1660)**
876. "When there are two roads which will bring me to some place, I take the one with more churches so as to be nearer to the Blessed Sacrament." **(Venerable Jean Jacques Olier, 1608 to 1657)**

877. St. Isaac endured the hardship of his missionary life through the strength he received by performing all his religious exercises before the Blessed Sacrament, despite the discomfort caused by bitter cold. **(St. Isaac Jogues, 1607 to 1646)**
878. St. Jane, once fancying the idea that she could pray with more recollection in the quiet of her own chamber than in the church, was told by her director to put away such a thought as being a temptation, as assistance at holy Mass and public prayers before the Blessed Sacrament were of far greater profit (even when accompanied by constant warfare against distractions and dryness of spirit) than the most fervent private devotions. (Source: Visits To Jesus In The Tabernacle book, by Fr. F.X. Lasance) **(St. Jane Frances de Chantal, 1572 to 1641)**
879. St. John Francis Regis found strength for his apostolate thru his nights spent in adoration of our beloved Lord in the most Blessed Sacrament. Many conversions came about in France because his apostolate of tireless preaching. **(St. John Francis Regis, 1597 to 1640)**
880. Like most of the Saints St. Martin was inspired to love and serve others by his great desire to be in adoration before the Real Presence of Jesus Christ, as often as possible, where he was granted, great gifts including healing, wisdom, and counsel. **(St. Martin de Porres, 1579 to 1639)**
881. "We must visit Jesus in the Blessed Sacrament a hundred thousand times a day." **(St. Francis De Sales, 1567 to 1622)**
882. "As mountain hares become white in winter because they neither see nor eat anything but snow, so by adoring and feeding on beauty, purity and goodness itself in the Eucharist you will become altogether beautiful, pure, and good." **(St. Francis De Sales, 1567 to 1622)**
883. "Nowhere do we find our Savior more tender or more loving than here (in adoration) where He, so to speak, annihilates Himself and reduces Himself to food in order to penetrate our souls and to unite Himself to the hearts of His friends." **(St. Francis De Sales, 1567 to 1622)**
884. "By adoring and partaking of His beauty, His Goodness and His purity in this Divine Sacrament, you will become all beautiful, good and pure." **(St. Francis De Sales, 1567 to 1622)**
885. "I will adore your majesty in the Holy Sacrament.... For your words will teach me that in this Sacrament you are God made Man, really and truly, and that your presence is no more impossible for your will, although incomprehensible to our weak minds, than the rest of your admirable works." **(St. Francis De Sales, 1567 to 1622)**
886. "...this Sacrament, in as much as it contains our Lord, is worthy of adoration and ... we must adore him. For truly, since it is Jesus Christ and Jesus Christ is God, who will not adore him, I beg you, as well there as in heaven, since it is written 'I will worship the Lord God and only him will I serve' (Matthew 4:10). For our Lord wants to be adored wherever he is. Thus he was adored on the cross by the thief (Luke 23:42), walking in Jerusalem

among the people who cried out, 'Hosanna' (Matthew 21:9 and in the crib by the three kings (Matthew 2:11). He is hidden in the Eucharist, but that does not prevent him from being adored, for thus the kings adored him, hidden and wrapped in swaddling clothes." **(St. Francis De Sales, 1567 to 1622)**

887. "I often speak with my teacher, Jesus in the Blessed Sacrament, because I learn from Him. Jesus is the teacher of the science of holiness. I go to Him because I would like to learn from Him how to become a Saint. Of what use to me is all knowledge and education, if I do not become holy?" **(St. Francis De Sales, 1567 to 1622)**

888. During St. Robert's youth, on his way back and forth to school, he would stop and pay a visit to Jesus four times a day. **(St. Robert Bellarmine, 1542 to 1621)**

889. "My dear souls, let us recognize, I pray you, Christ's infinite charity towards us in the institution of this Sacrament of the Eucharist. In order that our love be a spiritual love, He wills a new heart, a new love, a new spirit for us. It is not with a carnal heart but with a spiritual one, that Christ has loved us with a gratuitous love, a supreme and most ardent love, by way of pure grace and charity. Ah! One needs to love Him back with one's whole, whole, whole, living, living, living and true, true, true heart!" **(St. Lawrence of Brindisi, 1559 to 1619)**

890. During the celebration of a Forty Hours Devotion St. Rose spent hours, from morning until night, before the Blessed Sacrament without partaking of food or drink. **(St. Rose of Lima, 1586 to 1617)**

891. Volunteering to cover a specific hour of Eucharistic Adoration is one of the greatest and easiest ways to get involved in our local parish. St. Rose had such a great love for the Blessed Sacrament that she started Perpetual Eucharistic Adoration in every parish in the village she lived in. **(St. Rose of Lima, 1586 to 1617)**

892. His duties often took him by the chapel door; and then he would never fail to at least look in to give Our Lord a loving glance. When he left the house and when he returned, he always visited Jesus to ask His blessing. (Source: Catholic Tradition website - <http://www.catholictradition.org/>) **(St. Alphonsus Rodríguez, 1532 to 1617)**

893. As a youth St. Francis had such a love for the Blessed Sacrament that he would forgo most childhood activities to make frequent visits to the Eucharist. He would visit many churches adoring the Blessed Sacrament making up for, what he considered, the lack of attendance before our beloved Lord. He later confounded the Congregation of the Minor Clerics Regular, which, among other duties, had Perpetual Eucharistic Adoration. **(St. Francis Caracciolo, 1563 to 1608)**

894. "A friend will visit a friend in the morning to wish him a good day, in the evening, a good night, taking also an opportunity to converse with him during the day. In like manner, make visits to Jesus Christ in the Blessed Sacrament, if your duties permit it." **(St. Mary Magdalene of Pazzi, 1566 to 1607)**

895. "It is especially at the foot of the altar that one prays well." **(St. Mary Magdalene of Pazzi, 1566 to 1607)**
896. "In all your visits to our Savior, frequently offer His precious Blood to the Eternal Father." **(St. Mary Magdalene of Pazzi, 1566 to 1607)**
897. "You will find visits to the Most Blessed Sacrament very conducive to your growth in the knowledge and love of Our Lord." **(St. Mary Magdalene of Pazzi, 1566 to 1607)**
898. "Prayer before the Blessed Sacrament is more powerful than in any other place because here is the Real Presence of God, just as He is in heaven." **(St. Mary Magdalene of Pazzi, 1566 to 1607)**
899. In 1592 Pope Clement issued a historic document that promoted Eucharistic Adoration. It was called "Quarant Ore" (Forty Hours). Issued for Rome and consisting of forty continuous hours of prayer before the Blessed Sacrament (exposed) this devotion later spread throughout the world. **(Pope Clement VIII, 1592 to 1605)**
900. Are we too busy to dedicate just one specific hour a week for a special hour before our beloved Lord? Many of the saints went out of their way to visit the Blessed Sacrament. During her 21 year life span, as she grew older, St. Germaine would go every day to adore the Most Blessed Sacrament. **(St. Germaine Cousin, 1579 to 1601)**

16th Century Saint's Eucharistic Adoration Quotes

901. Do we hesitate to cover a particular hour of adoration at our local Eucharistic Adoration Chapel? We should follow the example of St. Canisius who was 'on fire' for the love of the Eucharist and would spend hours in Eucharistic Adoration. His love for the Blessed Sacrament is reflected in his writings: "Why do we speak of someone being 'on fire with love?' The answer is simple. Fire not only strives for union with what it embraces but seeks to transform whatever it embraces into itself. Love does likewise. As it happens to a coal, to be changed and totally converted into fire, so by a worthy reception of the Eucharist, we become changed in a wonderful manner into Christ, are made partakers of His divine nature, and grow somehow to be the very blood-brother (blood-sister) of Him (Jesus Who is), Our Head." St. Canisius was the instigator in having the Council Of Trent pass a little known decree urging the daily reception of Holy Communion. **(St. Peter Canisius, 1521 to 1597)**
902. "Devotion to the Blessed Sacrament and devotion to the Blessed Virgin are not simply the best way, but in fact are the only way to conserve purity.... Chastity is not possible without the Eucharist." **(St. Philip Neri, 1515 to 1595)**
903. "Can you feel the fragrance of Paradise which diffuses Itself from the Tabernacle?" **(St. Philip Neri, 1515 to 1595)**

904. "Kneel Down! Kneel Down! Do you not see on high the golden Chalice and the bright rays darting from the Host? It is the Blessed Sacrament of the Altar. The Angels are adoring It. Come let us join our adoration to theirs." **(St. Paschal Baylon, 1540 to 1592)**
905. "There is no more efficacious means than this (Eucharistic Adoration) for nourishing and increasing the piety of the people toward this admirable pledge of love which is a bond of peace and of unity." **(St. Paschal Baylon, 1540 to 1592)**
906. St. Aloysius spent a lot of time in prayer especially before the Blessed Sacrament. So much so that when it came time to make a painting of him it was decided to make it of him kneeling in adoration before of our Lord Jesus. His love for the Blessed Sacrament was so great and his visits to our beloved Lord so frequent that at one point in his life his Doctor and his Superiors were worried about his health and ordered him to lessen his hours of adoration. **(St. Aloysius Gonzaga, 1568 to 1591)**
907. Do we have enough faith in the Real Presence to sacrifice an hour of our time each week and cover a particular hour of Eucharistic Adoration? St. Plasden, one of the Forty Martyrs of England, had such great faith in the Presence of Christ in the Eucharist that he accepted death, by hanging, rather than to renounce the Blessed Sacrament. **(St. Polydore Plasden, 1563 to 1591)**
908. He was in the habit of rising at night when the Fathers slept, and, taking his place before the Blessed Sacrament, he watched and prayed until dawn, when he rang the Angelus; he then served the first Mass, which was said at that hour, and, with tears of pious devotion, received holy communion. After this he made his thanksgiving until it was time for him to go forth on his daily task. (Source: Visits to Jesus In The Tabernacle book, by Fr. F.X. Lasance) **(St. Felix Of Cantalice, 1515 to 1587)**
909. St. Charles concern for proper adoration of the Blessed Sacrament prompted him to issue detailed regulations regarding the conduct and unbroken continuity of the Forty Hours Devotion. **(St. Charles Borromeo, 1538 to 1584)**
910. "If we wish to make any progress in the service of God, we must begin every day of our life with new eagerness. We must keep ourselves in the presence of God, as much as possible and have no other view or end, in all our actions but the divine honor." **(St. Charles Borromeo, 1538 to 1584)**
911. "I am quite sure that if we could but once approach the Most Holy Sacrament with great faith and love, it would suffice to make us rich. How much more so if we approach it often." **(St. Teresa of Avila, 1515 to 1582)**
912. "In the presence of Jesus in the Holy Sacrament we ought to be like the Blessed in heaven before the Divine Essence." **(St. Teresa of Avila, 1515 to 1582)**

913. "You are mine ... You came into the world for me; for me You underwent severe trials; For me You suffered many lashes; for me You remain in the most Blessed Sacrament." **(St. Teresa of Avila, 1515 to 1582)**
914. "To converse with You, O King of glory, no third person is needed. You are always ready in the Sacrament of the Altar to give audience to all. All who desire You always find You there, and converse with You face to face." **(St. Teresa of Avila, 1515 to 1582)**
915. "Christians, this is the hour to defend your King and to keep Him company in the profound isolation in which He finds Himself. How few, O Lord, are the servants who remain faithful to You!" **(St. Teresa of Avila, 1515 to 1582)**
916. "Here on earth, it is impossible to perform a more meritorious act than visiting Jesus often in the Holy Eucharist." **(St. Teresa of Avila, 1515 to 1582)**
917. "In this world it is impossible for all subjects to speak with their king. But everyone who wishes can find Jesus, the King of Heaven, in the Blessed Sacrament, and may speak with Him without restraint." **(St. Teresa of Avila, 1515 to 1582)**
918. Can we spare but one hour a week and commit to covering a special specific hour with Jesus? Many Saints thought Eucharist Adoration so important that they would go out of their way to adore our beloved Lord several times a day. St. Francis would make seven visits to the Blessed Sacrament every day. **(St. Francis Borgia, 1510 to 1572)**
919. St. Stanislaus took advantage of every free moment to go and visit Jesus in the Most Blessed Sacrament and when he couldn't make it on occasion, he asked his Guardian Angel to go make the visit for him. **(St. Stanislaus Kostka, 1550 to 1568)**
920. "The only begotten Son of God is to be adored in The Holy Sacrament of The Eucharist with the worship of (Latria), including external worship. The Sacrament, therefore, is to be honored with extraordinary festive celebrations (and) solemnly carried from place to place in processions according to the praiseworthy universal rites and customs of the Holy Church. The Sacrament is to be publicly exposed for the people's adoration." **(Council Of Trent, 1545 to 1563)**
921. "Our Lord in the Blessed Sacrament has His hands full of graces and He is ready to bestow them on anyone who asks for them." **(St. Peter Alcantara, 1499 to 1562)**
922. "To withdraw from creatures and repose with Jesus in the Tabernacle is my delight; there I can hide myself and seek rest. There I find a life which I cannot describe, a joy which I cannot make others comprehend, a peace such as is found only under the hospitable roof of our best Friend." **(St. Ignatius of Loyola, 1491 to 1556)**

923. "Jesus in the Tabernacle protects me against all my enemies, evil spirits, the world, my own wicked passions and evil inclinations. He is my support in weakness, my comfort in suffering, my weapon in combat, my refreshment in heat, food for my hungry soul, my stimulus when I am exhausted. He is my Heaven on earth." **(St. Ignatius of Loyola, 1491 to 1556)**
924. "Give thanks to your Redeemer Who has come down from heaven to call you to Himself." **(St. Thomas of Villanova, O.S.A., 1488 to 1555)**
925. St. Francis Xavier after preaching and baptizing all day would often spend the night in prayer before the Blessed Sacrament. **(St. Francis Xavier, 1506 to 1552)**
926. "Love our Lord Jesus Christ in the Eucharist above all things in the world." **(St. John of God, 1495 to 1550)**
927. "May all praise and thanks be continually given to the most holy and the most august Sacrament." **(St. Cajetan, 1480 to 1547)**
928. A renowned preacher and promoter of Eucharistic adoration, he founded the order of priests, known as the Barnabites, who emphasized love for the Eucharist and Christ crucified. In 1537, at the Cathedral of Milan Italy, he promoted solemn Forty Hours Adoration Of The Most Blessed Sacrament and, in shifts, at the four gates of the city. (Sources: Wikipedia website and Catholic Fire blog) **(St. Anthony Zaccaria, 1502 to 1539)**
929. "Give me the grace to long for Your holy sacraments, and especially to rejoice in the presence of Your body, sweet Savior Christ, in the holy sacrament of the altar." **(St. Thomas More, 1477 to 1535)**
930. "O Jesus, humbly kneeling in Your Presence, and united with all the faithful on earth and the saints in heaven, I adore You, true God and true Man, here present in the Holy Eucharist." **(St. Thomas More, 1477 to 1535)**
931. Thru his fervent adoration of the Blessed Sacrament St. John Fisher was prepared for martyrdom. He spent many hours in Eucharistic Adoration and once chided a nonbeliever who denied the doctrine of the Real Presence saying: "Had you but tasted one drop of the sweetness which inebriates the souls of those who are religious in their worship of the Sacrament, you would never have written as you have." **(St. John Fisher, 1469 to 1535)**
932. "Any time spent before the Eucharistic presence, be it long or short, is the best-spent time of our lives." **(St. Catherine of Genoa, 1477 to 1510)**

15th Century Saint's Eucharistic Adoration Quotes

933. She spent her free time in church speaking to the Prisoner of Love on the altar when she was a child. As a wife and mother, her chief delight was to receive into her loving heart the divine Spouse of her soul. Later, as a nun, she spent whole nights prostrated before the Tabernacle. Yet no matter

what duties she was called on to perform, she always loved going to Eucharistic Adoration. **(St. Rita of Cascia, 1381 to 1457)**

934. "Prayer is the best preparation for Holy Communion. Prayer is the raising of the mind to God. When we pray we go to meet Christ Who is coming to us. If our Creator and Savior comes from heaven with such great love, it is only fitting that we should go to meet Him. And this is what we do when we spend some time in prayer." **(St. Bernadine of Siena, 1380 to 1444)**

935. Blessed Ferdinand spent as much time as he could in adoration of the Most Blessed Sacrament especially during the Easter Triduum when his habit was to be constantly in adoration from Holy Thursday to Easter. **(Blessed Ferdinand Of Portugal, 1402 to 1443)**

14th Century Saint's Eucharistic Adoration Quotes

936. In her "Septililium" she writes of an intense desire to look upon the Most Blessed Sacrament 'exposed'. Although earlier Saints had the desire to adore our Lord, this is one of the earliest recorded writings of the saints to say they want to adore with the Eucharist exposed. (Source: Wikisource Catholic Encyclopedia - <https://en.wikisou>) **(Bl. Dorothea of Montau, 1347 to 1394)**

937. "We humbly adore Thee in this Sacrament of Thy power and love. We will ever honor Thy adorable person by coming into Thy sacred presence with due reverence and will strive to repair the outrages offered to Thee by loving and venerating Thee with all our hearts." **(St. Catherine of Siena, 1347 to 1380)**

938. St. Peter Thomas "was not hindered by the many occupations of his busy life from spending several hours each night before the Blessed Sacrament, oftentimes he was found lost in adoration." (Source: Carmelite spirituality and the practice of mental prayer blog) **(St. Peter Thomas, 1305 to 1366)**

939. "Nowhere does Jesus here our prayers more readily than in the Blessed Sacrament." **(Blessed Henry Suso, 1295 to 1366)**

940. In his writings Blessed Richard Rolle would exhort people to go to Church and adore the Most Blessed Sacrament of the altar: "In the church is most devotion to pray, for there is God upon the altar to hear those that pray to Him and to grant them what they ask and what is best for them" **(Blessed Richard Rolle Of Hampole, 1290 to 1349)**

941. St. Juliana had a great reverence and devotion to our Lady of Sorrows and to the Blessed Sacrament. Thru her adoration of the Blessed Sacrament, often in ecstasy for days, she saved the Servite Order. On the day of her death and gravely ill, she begged to be allowed once more to see and adore the Blessed Sacrament. It was brought to her cell and reverently laid on a corporal, which was placed over her heart. At this moment she expired, and the Sacred Host disappeared. After her death the form of the Host was

found stamped upon her heart, at the exact spot over which the Blessed Sacrament had been placed. **(St. Juliana Falconieri, 1270 to 1341)**

942. Blessed Imelda had a fantastic devotion to the Eucharist and an overwhelming desire to receive her first communion at an early age. So much so that upon reception of her first communion God took her straight to Heaven. **(Blessed Imelda Lambertini, 1322 to 1333)**
943. "Go often to visit our amiable Lord Jesus Christ in the holy sacrament. Enter in spirit His Sacred Heart. You know that do be my constant dwelling. You will always find me there (in adoration)." **(St. Elzear Of Sabran, 1286 to 1323)**
944. "It is the Sacrament of Love that excites the soul to ardent prayer. It stirs up the virtue of impetration and, as it were, forces God to grant our petition. It deepens the abyss of humility, above all it enkindles the flame of love in the heart; hence the Sacrament is the Gift of gifts, and the Grace of graces..." **(St. Angelo of Foligno, 1249 to 1309)**
945. "If we but paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ's love for us would transform the coldness of our hearts into a fire of love and gratitude." **(St. Angelo of Foligno, 1249 to 1309)**
946. "I understand that, each time we contemplate with desire and devotion the Host in which is hidden Christ's Eucharistic Body, we increase our merits in heaven and secure special joys to be ours later in the beatific vision of God." **(St. Gertrude, 1256 to 1302)**

13th Century Saint's Eucharistic Adoration Quotes

947. Margaret had a great devotion to the Blessed Sacrament.... Before 6am she went to the church of St. Francis where she spent 2-3 hours in prayer and contemplation, preparing to receive Her Lord and King. After Communion she would remain for a long time, in a sort of ecstasy, contemplating, adoring and loving Him. (Source: Traditional Catholic website - <https://www.traditionalcatholic.co/>) **(St. Margaret of Cortona, 1247 to 1297)**
948. On the importance of the Eucharist St. Albert wrote: "He could not have commanded anything more beneficial, for this Sacrament is the fruit of the tree of life. Anyone who receives this Sacrament with the devotion of sincere faith will never taste death. It is a tree of life for those who grasp it, and blessed is he who holds it fast. The man who feeds on Me shall live on account of Me." **(St. Albert the Great, 1206 to 1280)**
949. It is said that we will be remembered by the company we keep. St. Thomas Aquinas recognized this when he said, "The things we love tell us who we are." Are we too busy to commit to a special specific hour each week with Jesus, who has done everything for us? One thing is for sure - if we faithfully attend Eucharistic Adoration Jesus will recognize and remember us

as one of his faithful disciples at our death. **(St. Thomas Aquinas, 1225 to 1274)**

950. St. Thomas use to spend many hours in adoration before our beloved Lord. He once said that he learned more from prayer before the Blessed Sacrament than from many hours of study. **(St. Thomas Aquinas, 1225 to 1274)**
951. "No other sacrament (except the Holy Eucharist) has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift." **(St. Thomas Aquinas, 1225 to 1274)**
952. "Since this (the Eucharist) is the sacrament of Our Lord's Passion, it contains in itself the Jesus Christ who suffered for us. Thus, whatever is an effect of Our Lord's Passion is also an effect of this sacrament. For this sacrament is nothing other than the application of Our Lord's Passion to us." **(St. Thomas Aquinas, 1225 to 1274)**
953. "Hidden here before me Lord I worship You." **(St. Thomas Aquinas, 1225 to 1274)**
954. "Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence." **(St. Bonaventure, 1218 to 1274)**
955. Are we too busy to commit to covering an hour of adoration a week? We should take the example of the saints, such as St. Louis, who, despite being King found time to visit the most Blessed Sacrament every day. **(St. Louis King Of France, 1214 to 1270)**
956. "In the Eucharist Christ is with us in His own substance. For when telling the Apostles that He was ascending into heaven, He said, 'Behold I am with you all days, even to the consummation of the world,' thus comforting them with the gracious promise that He would remain and be with them even by His bodily presence." **(Pope Urban IV, 1261 to 1264)**
957. From her youth, Juliana had a special devotion to the Blessed Sacrament, and she longed for a special feast in its honor. She received a vision in a dream, and later it was revealed to her that it represented a missing feast in the Church, which became the feast of Corpus Christi. (Source: Summarized from Ville Platte Catholic Youth Group website) **(St. Juliana of Liege, 1193 to 1258)**
958. Jesus speaking to St. Juliana - "The first reason why I am asking for this special Feast Day (now known as Corpus Christi), is so that the faith in this Sacrament would be confirmed by this Feast, when bad people would attack this mystery in the future. The second reason is so that the faithful would be strengthened on their way to virtue by a very great love and adoration of the Blessed Sacrament, and the third reason is so that because of this Feast and the loving attention given to it, reparation would be made for the insults

and lack of respect shown to the Blessed Sacrament." **(St. Juliana of Liege, 1193 to 1258)**

959. It is said that continuous lay adoration of the Blessed Sacrament began in France in 1226 in thanksgiving for victory over the Albigensians. Pope Honorius III was the first Pope to give permission for this day and night adoration which lasted until the French Revolution in 1792. It was restarted in 1829 and has been going ever since. **(Pope Honorius III, 1216 to 1257)**

960. "I come, O Lord, unto Thy sanctuary to see the life and food of my soul. As I hope in Thee, O Lord, inspire me with that confidence which brings me to Thy holy mountain. Permit me, Divine Jesus, to come closer to Thee, that my whole soul may do homage to the greatness of Thy majesty; that my heart, with its tenderest affections, may acknowledge Thine infinite love; that my memory may dwell on the admirable mysteries here renewed every day, and that the sacrifice of my whole being may accompany Thine." **(St. Agnes of Assisi, 1197 to 1253)**

961. "Gaze upon Him (in Eucharistic Adoration), consider Him, contemplate Him, as you desire to imitate Him." **(St. Clare of Assisi, 1193 to 1253)**

962. "Place your mind before the mirror of eternity! Place your soul in the brilliance of glory! Place your heart in the figure of the divine substance! And transform your entire being into the image of the Godhead Itself through contemplation. So that you too may feel what His friends feel as they taste the hidden sweetness that God Himself has reserved from the beginning for those who love Him." **(St. Clare of Assisi, 1193 to 1253)**

963. Many saints would spend hours in Eucharistic adoration as they knew how important it is in one's spiritual life. St. Elizabeth, even in her childhood, would often visit our beloved Lord Jesus in the Eucharist. **(St. Elizabeth Of Hungary, 1207 to 1231)**

964. Bishop Richard Poore urged adoration of the Blessed Sacrament. In writing a thirteenth century rule for the life of nuns (called the "Nuns Rule" or "Acres Riwle") he wrote "...think upon God's Flesh and on His Blood which is over the high altar and fall on your knees towards it with this salutation 'Hail thou author of our Creation'...". **(Bishop Richard Poore of Salisbury England, 1217 to 1229)**

965. "I beg you to show the greatest possible reverence for the Eucharist through whom all things have been brought to peace and reconciled with Almighty God." **(St. Francis of Assisi, 1181 to 1226)**

966. One day a rather worldly friend asked St. Francis: "Father what do you do during those long hours before the Blessed Sacrament?" "My son in return I ask you what does the poor man do at the rich man's door, the sick man in presence of his physician, the thirsty man at a limpid stream? What they do, I do before the Eucharistic God. I pray. I adore. I love." **(St. Francis of Assisi, 1181 to 1226)**

967. "Let us love God and adore him and offer him praises by day and by night." **(St. Francis of Assisi, 1181 to 1226)**
968. "In this world I cannot see the Most High Son of God with my own eyes, except for His Most Holy Body and Blood." **(St. Francis of Assisi, 1181 to 1226)**
969. As with most Saints St. Dominic had a great love for the Blessed Sacrament and would pass the night in Eucharistic Adoration after the difficult labours of the day. **(St. Dominic, 1170 to 1221)**

12th Century Saint's Eucharistic Adoration Quotes

970. Bl. Maria Torribia was a poor Spanish farmer married to St. Isidore. Most days she went to daily mass and spent time with Jesus in Eucharistic Adoration. **(Bl. Maria Torribia, ??? to 1175)**
971. St. Thomas Beckett, in his writings, indicates he was often in adoration before the Most Blessed Sacrament: "If you do not harken to me who have been wont to pray for you in an abundance of tears and with groanings not a few before the Majesty of the Body of Christ". **(St. Thomas Beckett, 1118 to 1170)**
972. St. Isidore was a poor Spanish farmer married to Bl. Maria Torribia. Most days he went to daily mass and spent time with Jesus in Eucharistic Adoration. **(St. Isidore the Laborer, 1070 to 1130)**
973. "I adore and venerate you as much as ever I can, though my love is so cold, my devotion so poor. Thank you for the good gift of this your holy Body and Blood." **(St. Anselm, 1033 to 1109)**

11th Century Saint's Eucharistic Adoration Quotes

974. St. Pope Gregory's teachings on the Real Presence of Christ in the Eucharist, in response to Berengarius, made Church history and began a Eucharistic Renaissance in the Church which included Eucharistic Adoration. His teaching was so great that it was quoted verbatim in Servant of God Pope Paul VI's 1965 Encyclical "Mysterium Fidei". **(St. Pope Gregory VII, 1073 to 1085)**
975. "Realize above all that you are in God's presence. Empty yourself completely and sit waiting, content with the grace of God, like a chick that tastes nothing and eats nothing except what its mother gives it." **(St. Romuald, 951 to 1027)**

10th Century Saint's Eucharistic Adoration Quotes

976. Are we too busy to commit to covering an hour of adoration a week? We should take the example of the saints, such as St. Wenceslaus, who, despite being King of Poland found time to visit the most Blessed Sacrament every day. **(St. Wenceslaus, 907 to 935)**
977. Although tired with the business of the day, (St. Wenceslaus) would nevertheless spend whole nights before the tabernacle in supplication for his people....On the coldest winter nights he would arise from his bed in order to visit Our Lord in the Blessed Sacrament; and so inflamed with divine love was his soul that it imparted heat to his very body. (Source: Visits To Jesus In The Tabernacle book, by Fr. F.X. Lasance) **(St. Wenceslaus, 907 to 935)**

9th Century Saint's Eucharistic Adoration Quotes

978. "Those who are negligent in contemplation deprive themselves of the vision of God's light; then those who let themselves be indiscreetly invaded by worries and allow their thoughts to be overwhelmed by the tumult of worldly things condemn themselves to the absolute impossibility of penetrating the secrets of the invisible God." **(Bl. Rabanus Maurus Magentius, 780 to 856)**

8th Century Saint's Eucharistic Adoration Quotes

979. Saint Guthlac spent his last hours on earth in what may have constituted adoration and supplication before the Eucharist in the English Abbey of Croyland. (Source: St. Teresa of the Child Jesus Roman Catholic Church website - <https://www.stteresabelleville.com/>) **(St. Guthlac of Crowland, 674 to 714)**

7th Century Saint's Eucharistic Adoration Quotes

980. "O Jesus, here present in the Holy Eucharist, Thy Heart is all aglow with love for me! Thou dost call me, Thou dost urge me to come to Thee." **(St. Ildephonsus, 607 to 657)**
981. "When the King of Heaven was born, the Heavens knew that He was God because the immediately sent forth a star; the sea knew Him because it allowed Him to walk upon it; the earth knew Him because it trembled when He died; the sun knew Him because it hid the rays of its light." **(St. Pope Gregory the Great, 540 to 604)**

6th Century Saint's Eucharistic Adoration Quotes

982. St. Victorian had a great devotion to the Eucharist and spent many hours in Eucharistic Adoration outside of Mass as was reflected in the biography of St. Victorian: "In this (chapel), more frequently and fervently, (St. Victorian daily) poured forth his prayers before that indescribably Sacrament of Divine Goodness, and commended to God the health of the whole Church." **(St. Victorian of Asan, ? to 558)**

5th Century Saint's Eucharistic Adoration Quotes

983. "At Christmas he was born a man; today he is reborn sacramentally. Then he was born from the Virgin; today he is born in mystery. When he was born a man, his mother Mary held him close to her heart; when he is born in mystery, God the Father embraces him with his voice when he says: This is my beloved Son in whom I am well pleased: listen to him. The mother caresses the tender baby on her lap; the Father serves his Son by his loving testimony. The mother holds the child for the Magi to adore; the Father reveals that his Son is to be worshiped by all the nations." **(St. Maximus of Turin, 380 to 465)**
984. "Let us be glad in the Lord, dearly-beloved, and rejoice with spiritual joy that there has dawned for us the day of ever-new redemption, of ancient preparation of eternal bliss. For as the year rolls round, there recurs for us the commemoration of our salvation, which promised from the beginning, accomplished in the fullness of time will endure for ever; on which we are bound with hearts up-lifted to adore the divine mystery: so that what is the effect of God's great gift may be celebrated by the Church's great rejoicings."..."That power then, that wisdom, that majesty is to be adored which created the universe out of nothing, and framed by His almighty methods the substance of the earth and sky into what forms and dimensions He willed. Sun, moon, and stars may be most useful to us, most fair to look upon; but only if we render thanks to their Maker for them and worship God who made them, not the creation which does Him service." **(St. Pope Leo 1 (The Great), 400 to 461)**
985. "Believe and adore the true sun that is Christ." **(St. Patrick, 387 to 461)**
986. The greatest reason to sign up and cover a particular hour of Eucharistic Adoration is because our Lord has come down from heaven to be present to us in the Eucharist. As St. Chrysologus said: "He is The Bread sown in the virgin, leavened in the Flesh, molded in His Passion, baked in the furnace of the Sepulchre, placed in the Churches, and set upon the Altars, which daily supplies Heavenly Food to the faithful." **(St. Peter Chrysologus, 406 to 450)**
987. Coming before the Most Blessed Sacrament in Eucharistic Adoration enlightens us to our many faults and heals them. Speaking specifically of the sin of pride St. Cyril of Alexandria stated: "If the power of pride is swelling up in you, turn to the Eucharist; and that Bread, Which is your God

humbling and disguising Himself, will teach you humility." **(St. Cyril of Alexandria, 376 to 444)**

988. "It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring." **(St. Augustine, 354 to 430)**

989. "To fall in love with God is the greatest of all romances; to seek Him, the greatest adventure; to find Him, the greatest human achievement." **(St. Augustine, 354 to 430)**

990. "What excuse shall we have, or how shall we obtain pardon, if we consider it too much to go to Jesus in the Eucharist, who descended from Heaven for our sake?" **(St. John Chrysostom, 344 to 407)**

991. "This Fountain [of the Holy Eucharist] is a fountain of light, shedding abundant rays of truth. And beside it the angelic powers from on high have taken their stand, gazing on the beauty of its streams, since they perceive more clearly than we the power of what lies before us and its unapproachable dazzling rays." **(St. John Chrysostom, 344 to 407)**

992. "The wise men adored this body when it lay in the manger;...they prostrated themselves before it in fear and trembling....Now you behold the same body that the wise men adored in the manger, lying upon the altar;...you also know its power." **(St. John Chrysostom, 344 to 407)**

993. "How many of you say: I should like to see His face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment." **(St. John Chrysostom, 344 to 407)**

4th Century Saint's Eucharistic Adoration Quotes

994. The Acoematae were a group of 300 to 400 Monks (sometimes thousands in one place), with many monasteries, that dedicated themselves to giving prayer and praise to God on a 24hour/7day a week basis as early as 400 A.D.. Their influence on today's Christian life is considerable. The splendor of their religious services largely contributed to shape our liturgy. Our modern Perpetual Eucharistic Adoration programs are a remnant of them. **(Alexander Akimite and The Sleepless Ones, 400)**

995. Do we believe in the Real Presence strongly enough to volunteer to cover a specific hour of Eucharistic Adoration? All of the early Church Fathers believed strongly in this Real Presence, of the Blessed Sacrament of the Altar, including St. Gregory of Nyssa who wrote: "He offered Himself for us, Victim and Sacrifice, and Priest as well, and 'Lamb of God, who takes away the sin of the world.'" When did He do this? When He made His own Body food and His own Blood drink for His disciples; for this much is clear enough to anyone, that a sheep cannot be eaten by a man unless its being eaten be preceded by its being slaughtered. This giving of His own Body to His

disciples for eating clearly indicates that the sacrifice of the Lamb has now been completed." **(St. Gregory of Nyssa, 335 to 394)**

996. "(Jesus) said: 'This is my Body'; therefore the Eucharist is not the figure of his Body and Blood, as some have said, talking nonsense in their stupid minds, but it is in very truth the Blood and Body of Christ." **(St. Macarius the Great, 300 to 391)**
997. "Let us remain in adoration and to Him, who, in order to save us, humbled Himself to such a degree of poverty as to receive our body, let us offer not only incense, gold and myrrh, the first as God, the second as king, and the third as one who sought death for our sake, but also spiritual gifts more sublime than those which can be seen with the eyes." **(St. Gregory Nazienzen, 329 to 389)**
998. Do we wish to convert our children? We should follow the example of Saints such as St. Monica who, besides attending daily Mass, would also visit the Blessed Sacrament twice a day praying for her worldly child. Her prayers definitely worked, as today we know her child as St. Augustine. **(St. Monica, 322 to 387)**
999. Our Saints strong belief in the Real Presence of Jesus in the Blessed Sacrament of the Altar led them to adoration of the Eucharist. St. Cyril of Jerusalem wrote: "Do not, therefore, regard the Bread and the Wine as simply that; for they are, according to the Master's declaration, the Body and Blood of Christ. Even the senses suggest to you the other, let faith make you firm..... Having learned these things, and being fully convinced that the apparent Bread is not bread, even though it is sensible to the taste, but the Body of Christ; and that the apparent Wine is not wine, even though the taste would have it so,...." **(St. Cyril of Jerusalem, 315 to 386)**
1000. "We should not accept in silence the benefactions of God, but return thanks for them." **(St. Basil The Great, 330 to 379)**
1001. "Eternal Son of the living God, Whom I here acknowledge really present! I adore Thee with all the powers of my soul. Prostrate with the Angels in the most profound reverence, I love Thee, O my Saviour, Whom I now behold on the throne of Thy love! O dread Majesty, O infinite Mercy! Save me, forgive me! Grant that I may never more be separated from Thee." **(St. Basil The Great, 330 to 379)**
1002. "Go with Him, as His inseparable companion, to the wedding feast of Cana, and drink of the wine of His blessing. Let you have ever before you the Face of the Lord, and look upon His beauty, and let your earnest gaze turn nowhere away from His most sweet countenance. Go before Him into a desert place and see the wonder of His works, where He multiplied in His own Holy Hands the bread that sufficed the great multitude. Go, my brother, go forward, and with all the love of your soul follow Christ wherever He may go... And lovingly behold Him as taking bread into His hands, He blesses it, and breaks it, as the outward form of His own Immaculate Body; and the chalice which He blessed as the outward form of His Precious Blood, and gave to His Disciples; and be you also a partaker of His sacraments." **(St. Ephrem of Syria, 306 to 373)**

1003. "All the powers of the universe bow down in (Eucharistic) adoration and praise, and with a thousand voices exalt Thine infinite Majesty, which fills both Heaven and earth. Christian people, let us unite our voices with theirs..." **(St. Hilary of Poitiers, 315 to 367)**
1004. The "Oblationaires" of St. Ambrose were pioneers of Eucharistic Adoration outside of Mass. These were a group of 10 poor men and 10 poor women who, on feast days, would also bring the people's oblation of bread and wine to the altar at the offertory at Mass. **(St. Ambrose, 315 to 367)**
1005. "Let your door stand open to receive Him, unlock your soul to Him, offer Him a welcome in your mind, and then you will see the riches of simplicity, the treasures of peace, the joy of grace. Throw wide the gate of your heart, stand before the sun of the everlasting light." **(St. Ambrose, 315 to 367)**
1006. "I adore and venerate you as much as ever I can, though my love is so cold, my devotion so poor. Thank you for the good gift of this your holy Body and Blood..." **(St. Ambrose, 315 to 367)**
1007. "The angels adore not only the divinity of Christ, but also the footstool of His feet. ... Or if they deny that in Christ also the mysteries of the incarnation are to be adored, in which the very marks of His deity are seen and where we note the sure paths of the heavenly Logos, they should read that the apostles also adored Him when He rose in the glory of His flesh (Luke 24:52). ... The prophet says (Ps. 99:5) that the earth which the Lord Jesus took upon himself, when he took on flesh, should be adored. Therefore by "footstool" we understand the earth, and by this earth we understand the flesh, which we today also adore in the mysteries and which the apostles adored in the Lord Jesus, as we have said above." **(St. Ambrose, 315 to 367)**
1008. "Father of mercy and God of all consolation, graciously look upon me and impart to me the blessing which flows from this holy Sacrament. Overshadow me with Your loving kindness and let this divine Mystery bear fruit in me." **(St. Blaise of Sebaste, ? to 316)**
1009. "You Yourself, O Christ are my all. For you I keep myself chaste, and holding aloft my shining lamp I run to meet You, my Spouse." **(St. Methodius Of Olympus, ? to 311)**

3rd Century Saint's Eucharistic Adoration Quotes

1010. "If He who was without sin prayed, how much more ought sinners to pray?" **(St. Cyprian of Carthage, ? to 258)**
1011. Do we believe in the Real Presence strongly enough to volunteer to cover a specific hour of Eucharistic Adoration? All of the early Church Fathers believed strongly in this Real Presence, of the Blessed Sacrament of the Altar, including St. Irenaeus who wrote: "For as the bread from the earth, receiving the invocation of God, is no longer common bread but the Eucharist, consisting of two elements, earthly and heavenly, so also are our

bodies, when they receive the Eucharist, are no longer corruptible but have the hope of resurrection into eternity." **(St. Irenaeus, 120/140 to 200/203)**

2nd Century Saint's Eucharistic Adoration Quotes

1012. The belief in the Real Presence in the Most Blessed Sacrament of the altar was evident from the earliest writings of the Church Fathers such as St. Justin Martyr who wrote: "For not as common bread nor common drink do we receive these; but since Jesus Christ our Savior was made incarnate by the word of God and had both flesh and blood for our salvation, so too, as we have been taught, the food which has been made into the Eucharist by the Eucharistic Prayer set down by Him, and by the change of which our blood and flesh is nourished, is both the Flesh and the Blood of that incarnated Jesus." Belief in the Real Presence is the whole reason the practice of Eucharistic Adoration developed throughout the history of the Church and the reason we should sign up to cover a specific hour of Eucharistic Adoration. **(St. Justin Martyr, 103 to 165)**

1013. "We adore and love the Word born of the unbegotten and ineffable God since He became man for our sake, so that having become a partaker of our sufferings He might provide a remedy for them." **(St. Justin Martyr, 103 to 165)**

1014. The biggest reason we volunteer to cover a specific hour of Eucharistic Adoration is that the Divine Physician has come down from heaven to shower us with His graces and heal us. As St. Ignatius of Antioch said: "There is one Physician who is possessed both of flesh and spirit; both made and not made; God existing in flesh; true life in death; both of Mary and of God; first passible and then impassible, even Jesus Christ our Lord." **(St. Ignatius of Antioch, 35 to 108)**

1st Century Saint's Eucharistic Adoration Quotes

1015. "Through Him, our gaze penetrates the heights of heaven and we see, as in a mirror, the most holy face of God. Through Christ, the eyes of our hearts are opened and our weak and clouded understanding, reaches up toward the light." **(St. Pope Clement I, 35 to 99)**

(From "St. Francis Perpetual Eucharistic Adoration" Website - www.stfrancisadoration.org)