



ESSENTIAL EUCHARISTIC
ADORATION PRAYERS

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INTRODUCTION

Jesus Living Among Us

In addition to suffering and dying on the Cross for our salvation, Jesus left us yet another amazing gift: the gift of himself—Body, Blood, soul, and divinity—in the sacrament of the Holy Eucharist. In this incredible way our Lord secured his living presence among us, just as he promised: “Remember, I am with you always, to the end of the age” (Mt 28:20). With this gift of himself he feeds, strengthens, sanctifies, encourages, comforts, and accompanies us. We are never alone.

Because he desired to remain with us in this way, Jesus commanded his apostles to perpetuate this sacrament for all times: “This is my body, which is given for you. Do this in remembrance of me” (Lk 22:19). The apostles were faithful to this divine commission. Following that Last Supper, they and those they consecrated to the ministerial priesthood and all their

successors since then, have continued to offer the Holy Sacrifice of the Mass, providing us, in the name of Jesus and through the action of the Holy Spirit, with the Body and Blood of Christ.

In the Eucharist, Jesus communicates his very own life to us. We have his word:

Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. (Jn 6:54–57)

We call this presence sacramental—Jesus Christ, resurrected and living in the Blessed Sacrament.

What is more, Jesus continues to be present sacramentally not only during the Mass, but wherever the consecrated hosts are kept—in the tabernacles of Catholic churches throughout the world. How can we lament the thought that the Lord no longer walks the streets of Palestine, when he lives in fact in our very own neighborhood and waits for us to come and visit? He wants us to come with all our needs, our anxieties, our doubts, our difficulties, yes, even with our sinfulness, so that he can heal, restore and

strengthen us. He wants to make his love known to us and hear about our desire to love him. He wants to be our intimate Friend, our Teacher, and he only asks that we spend time with him.

Jesus is not only the Head of the Church but, in the Blessed Sacrament especially, he is the Heart of the Church. All the saints were devoted to Christ in the most Holy Eucharist. This little book gathers together Eucharistic prayers from saints and faithful Christians of all ages right to the present day. May it be an inspiration, a springboard, so to speak, for our own prayer of adoration and love for Jesus in the Eucharist. And may the love that fills the Eucharistic Heart of Jesus transform our hearts as we grow in intimate friendship with the Lord and share that loving friendship with the people around us.

MARY LEONORA WILSON, FSP

Praying with the Bible

Holy Scripture will be our most prized reading;
this letter from our heavenly Father
invites us to heaven,
communicating to us his secrets,
his most lovable truths,
his designs for us.

—BLESSED JAMES ALBERIONE

The Beauty and Power of God's Word

In the library of books contained in the Bible, God reveals himself, the purpose of our existence, and the way to true happiness. Isn't this reason enough to find a Bible and open it? Yet, many of us don't open the Bible because we are too unfamiliar with it or intimidated by it.

Psalm 119 eloquently portrays the word of God as:

life-giving,
comforting,
precious,
a promise,
a song,
a delight,
giving understanding,
a lamp or light,
joy of our hearts,
our hope,
our safety.

We all want the life, comfort, treasure, promise, strength, and joy that reading and praying with the word of God can give. Because the Bible is the very word of God, it is active whenever we encounter it. God *always* speaks to us through his word.

God's word is one of the privileged, sure ways that we can get to know God's heart. By hearing God's desires and designs for us, we can truly come to know God.

Prayerfully Listening to God's Word

For many people, the Bible is an untapped treasure that needs to be unlocked with a secret key. There is a secret key to praying with the Bible, and it is this: knowing that God *wants* to communicate with us.

Because the Bible is God's word to us, we only need to open our hearts and truly listen. Not a passive "just being there," but a listening that is thirsty, that hangs on every syllable; a listening as eager as that of those in love who wait to catch the first whispered affirmations of their beloved's love.

Don't be afraid to slow down, read, and listen in a way that is truly receptive to God's invitational message of love: "You are precious to me," "I love you," "Remain in me," "Rest in me," "Follow me," "Seek first the kingdom of God," etc.

However you decide to read, study, and pray with the word of God, what is most important is to be open and let it shape your life, attitudes, and prayer. The biblical prayers included here are just a small selection of some of the most familiar. Your Bible is

the best possible resource you can bring to your prayer before Jesus in the Holy Eucharist.

Blessed James Alberione believed that praying with the Bible before the Blessed Sacrament brought special graces and that the word of God and the Eucharist should be inseparable in our hearts.

The Bible . . .

is the great sacrament of God's word.

Within its pages

the divine fire of the Holy Spirit burns,

just as under the sacramental species

the divine Person of Christ lives.

And just as the person

who receives the Host

is nourished by divine food that gives

a strength unequalled by any other,

so too the person who is nourished

by the words of the Bible

experiences interiorly

the kindling of a divine fire

which causes an activity

that cannot be expressed,

one which pervades his or her being

and spiritually renews it.

The person who eats the Bread of Life
will live eternally.

When we nourish ourselves
on the word of the Bible
with the right dispositions,
we will be permeated by the Holy Spirit.¹