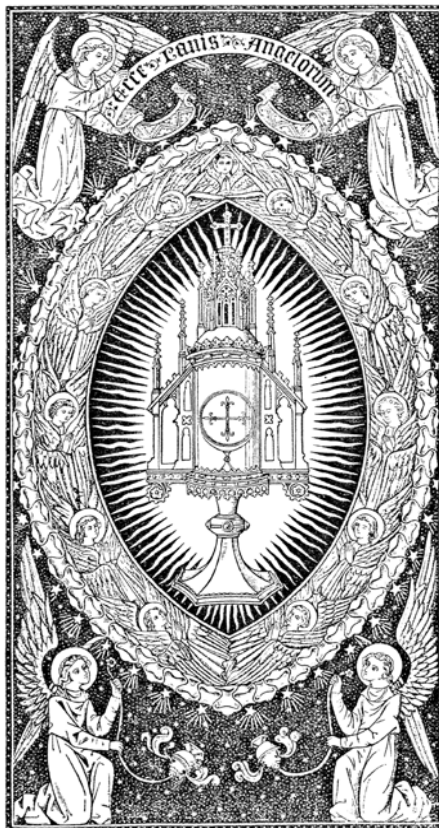


*If we are willing to only do what is ordinary then we can only expect God's ordinary blessings. Only when we are willing to do the extraordinary, are we guaranteed of obtaining God's extraordinary blessings.*

*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 exercise our faith we are strengthened and those around us are encouraged. When we have faith in God and are not afraid to ask Him to share our burdens they become lighter and problems are turned into blessings.*



### St. John Vianney Catholic Church

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## Eucharistic Adoration



First & Third Fridays of every month

## Who is Adoration For?

When Jesus called His apostles from their work to follow Him, He knew they heard Him, not only with their ears, but within their hearts. They heard Him. They listened to Him. They followed Him. They loved Him. They spread His word. Jesus calls to us today and everyday, "Come to Me!" He wants us to draw closer to Him. Hear Him with your heart. Come closer to Him. Find One Hour in the month when you can share in the peace and quiet of His abiding love.



## What is Adoration?

Adoration is a pious devotional exercise consisting of mental and vocal prayer with exposition of the Blessed Sacrament. It draws its inspiration from Christ's words to the Apostles in Gethsemane: "Can you not watch one hour with me?" Prayer before the Blessed Sacrament is nothing less than a close, private conversation with a living person who is the risen Jesus Christ in the Eucharist. It is about as close as we can come in this life to talking with God face to face.

## Why Should I attend Adoration?

Jesus chose the desert as a place to pray in solitude. He fought temptation, the temptations of the devil himself. He taught us how to be victorious over temptation. We must desire victory over it. Call upon the Lord to help you fight temptation, any temptation, every temptation. Often we crowd out the opportunity to be victorious for Christ. We allow "My schedule", "My time", "My life" to come before the voice of Christ which says, "Come to Me". When we permit this, temptation wins.

Think about it!

Try to pray as St. Augustine prayed, "God, give me the grace to triumph over my enemy, temptation." Desire victory. Go for it!

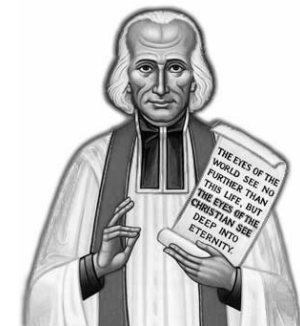
"God is the friend of silence. We need to find God and He cannot be found in noise and restlessness. See how nature, the trees, the flowers, the grasses grow in perfect silence ... see the stars, the moon and the sun, how they move in silence. The more we receive in silent prayer, the more we can give in our active life."

- Mother Teresa of Calcutta

## How do I Adore?

By being in the Real Presence of the Lord, you adore him who is our Savior, Jesus Christ. You have come to him out of love. Read Sacred Scripture, or other holy writings. Pray the Rosary or other holy devotions. Just come and let the Lord lead you. Listen.

Adoration of the Blessed Sacrament comes easily. Never feel worried if you find you have no thoughts at all while you are before the Blessed Sacrament. Never feel inadequate about being an adorer even if you have not developed a spirit of devotion, if you are numb, down and out, weakened by life. The all-important factor is that you are before the Lord. Before The Christ, who knows you inside & out. He reads your innermost thoughts and He still loves you immensely. Imagine that!



St. John Vianney once compared adoration to spiritual sunbathing. You are taking in the warmth of the grace and love radiating from the Sacred Host.