

Some Fruits of Eucharistic Adoration

**Assumption Chapel, Community of Jesus Crucified
103 Railroad Ave., St. Martinville (337) 394-6550**

“Can you not remain one hour with Me?” (Jesus)

a) Adoration gives power!

- i) Examples of powerful persons: Fulton Sheen, Bl. John Paul II, Bl. Teresa of Calcutta

b) Adoration gives Wisdom!

- i) Jesus says, “Learn of Me, for I am meek and humble of heart” (Mt. 11:29)
- ii) Learning through *divine osmosis* – examples of simple people understanding profound truths
- iii) Pope John Paul concerning adoration: “How will young people be able to **know the Lord** if they are not introduced to the mystery of his Presence” (JP II, 1996).

c) Adoration Purifies and Sanctifies You!

- i) Bishop Sheen: “Adoration of the Blessed Sacrament is *divine radiation*”
 - (1) Like Moses whose face shown with the glory of the Lord as he descended from having spoken with God *face to face* (Ex. 34:29-35)
- ii) Catechism: “Contemplation is a gaze of faith, fixed on Jesus. ‘I look at him and he looks at me’: this is what a certain peasant of Ars used to say to his holy cure about his prayer before the tabernacle. This focus on Jesus is a renunciation of self. His gaze purifies our heart...” (CCC 2715).

d) Adoration gives “light for your path!”

- i) Jesus said to Mother Teresa: “Come be my Light!” She lit the paths of so many because of the radiance of Jesus on her face
 - (1) Moses was “glowing in the dark” when He descended from Mt. Sinai after communing “face to face” with God (cf. Ex. 34:29-35).
- ii) “...the light of the countenance of Jesus illumines the eyes of our heart and teaches us to see everything in the light of his truth and his compassion for all men” (CCC 2715).

e) Adoration calms you!

- i) Divine Ritalin to combat your *spiritual ADHD and ADD*
- ii) When prayer seems impossible, in times of grief, or anxiety – rest your head on the Bosom of Christ in Eucharistic Adoration and let the steady rhythm of His Sacred Heart bring yours into synch with Him – The Divine Pacemaker!

f) Adoration makes you patient!

- i) “Can you not watch one hour with Me?” (Mt. 26:40)
- ii) “Watch and wait!” (cf. Mt. 24:42, 25:13)

iii) Adoration allows us to enter into timelessness and then we become patient with the patience of God

(1) “God’s patience redeems; man’s impatience crucifies” (Pope Benedict)

g) Adoration repairs the damage of sins – ours and others

i) “Let us not refuse the time to go meet him in adoration...open to making amends for the serious offenses and crimes of the world” (CCC 1380).

ii) Even in the Tabernacle His Heart is beating with infinite love in that eternal act of redeeming the world – sitting with Him brings us into His act of redeeming and repairing

h) Adoration will convert you!

i) *Divine cardio version!*

ii) The soldiers, having crucified Jesus, sat down and watched Him! And one of them then said, “Truly this man was Son of God!” (Mk. 15:39)

i) Adoration makes us hungry for Jesus!

i) Like St. Therese said concerning her First Communion: “Already for a long time past, He and the little Therese had watched and understood each other.”

ii) Adoration is the best way to thank Jesus after receiving Him in Holy Communion and it is the best way to prepare to receive Him in our next Holy Communion

j) Adoration “tunes/sharpens” your Faith Power

i) Adoration is not popular, not only because of our lack of humility, but because of our lack of faith

(1) It takes great faith to silently, perseveringly, adore Him

(2) But persevering, our faith power grows as it is exposed to its Divine Object – God

ii) Recognizing the High Intensity Concentration, our faith is “calibrated” and becomes better able to recognize Him in others

(1) Recognizing Him in His Hidden Disguise, we become able to recognize Him in His Distressing Disguise

k) Adoration gives power to our petitions

i) “Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications” (CCC 2628).

ii) Notice the strict relationship between adoration and petition in the Scriptures

(1) Eliza Vaughn: 14 children, 10 vocations – 6 priests and 4 religious

(2) Lu Monferrato, Italy – Women prayed for vocations. In 1946 323 returned

l) Adoration brings deep spiritual joy and makes you a missionary

i) *Ite! Missa est!* “Let he who does not work, not eat!” (2 Thes. 3:10)

ii) “Let us run to our brothers and sisters and tell them, ‘we’ve seen the Lord!’” (JPII)

iii) “Sir, we wish to see Jesus!...And they brought them to Jesus” (Jn. 12:21ff)

iv) “The disciples rejoiced to see the Risen Lord” (Jn. 20:20)