



Information about

Adoration & Benediction of the Blessed Sacrament

What is Eucharistic Adoration?

It is a religious practice or devotion in which the Blessed Sacrament (the actual body of Christ in the Eucharist) is displayed on the altar, in a Monstrance (a sacred vessel that looks like the sun), and adored by the faithful. Adoration of our Lord in the Eucharist gives one the opportunity to better know Jesus, and to abide in His love.

People from our parish who have come have indicated that spending time with Jesus in the Blessed Sacrament has been the most peaceful and most satisfying hour of their whole week. Some folks come to fulfill the entire Holy Hour, while others choose to spend only a couple of minutes. Jesus loves and recognizes whatever time we can spend with him.

What is Benediction?

Benediction is the blessing of the people with the Blessed Sacrament in the Monstrance. The deacon or priest blesses those who are present after prayers and hymns are recited.

What should one do during the time of Adoration?

It is entirely up to you. Our Holy Hour at Resurrection is one of silent prayer. How you spend your time is totally based on your preference of prayer. You may choose to pray the Rosary, the Chaplet of Divine Mercy, Stations of the Cross, read your Bible, or other spiritual reading, or simply sit in silence enjoying the quiet, allowing Jesus to speak to your heart. You may choose to talk with Jesus as you would converse with a trusted friend. Tell him about your problems, fears, needs, and joys; or pray for someone else who truly needs prayer and assistance. During your prayer time spend one minute praying for someone who has no one else to pray for them. Know that Jesus has been waiting for your visit. Jesus turns no one away! Come and receive the graces of peace, tranquility, and eternal happiness that only Jesus can bring.

Who should come to Adoration?

Simply everyone; there is no age requirement. We especially invite the youth of the parish to experience this gift, as well as couples preparing for marriage, mothers expecting babies, new parents and grandparents, and families wishing to pray together.

Why should I come to Adoration?

We come to Adoration of the Blessed Sacrament to worship God and to give thanks for all our blessings, and yes, even our tribulations. We come to receive the graces that come only from our Lord's love. We

come because the King of Kings, Jesus himself, has invited us to come! He said it so warmly; **“Come to me, all you who are weary and burdened. Come to me and I will refresh you”**.

A partial indulgence is granted to the faithful, who visit the Most Blessed Sacrament to adore it. A plenary indulgence is granted, if the visit lasts for at least one half hour, and is later followed by the Sacraments of Reconciliation and Communion.