

A Beginners Guide to Adoration

Just be present and spend time with Jesus...

What is Adoration? **Adoration** (short for [Adoration of the Blessed Sacrament](#)) is an opportunity for prayer that happens at almost every parish throughout the world. After each Mass, any consecrated host remaining after the faithful have received the Eucharist is placed in the [tabernacle](#) (the gold box on an altar in the sanctuary usually accompanied by a lit candle). During Adoration, the consecrated host (the Body of Christ!) is taken from the tabernacle and placed in a [monstrance](#) (a gold case) on the main altar and the community is welcome to come spend time with the Lord in prayer.

It's not all about me...

Like Mass, Adoration isn't necessarily about what *we* will get out of it. True, the graces dispensed by God help us grow in holiness, but **the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist.**

Just be...

Remember that you don't actually have to *do* anything. The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don't overthink it. **Just sit quietly and receive the gift.**

Pray (with a little help)

If you have no idea where to start (it's okay!) or if your mind tends to wander and you find it hard to focus or quiet your mental to-do list, bringing something with you as an aid to prayer can really be helpful. A few Suggestions;

- **Pray the rosary.** To contemplate the mysteries of Jesus' life in the rosary is to contemplate the mystery of the Eucharist given to us and the Blessed Sacrament we praise in Adoration. So, pairing these prayers is a great habit to get into.
- **Bring a Prayer Journal with you.** Writing in a prayer journal is a great way of making your relationship with God seem more tangible, since we're getting the words out of our heads and onto the paper. Think of the practice as writing a letter to God. Take all your worries of the day and lay them down during Adoration. Or write to him about everything that's going well in your life right now.
- **Listen to praise and worship music.** Music can be an extremely effective way to focus our thoughts on God. Just make sure you have headphones that will keep everyone else in your vicinity from hearing your music if they'd rather spend their time in meditative prayer.
- You can bring something to read, a Bible, a reflection or devotional book. This is a great time to quietly reflect on scripture.

You don't have to sit still, it's okay for it to be a natural extension of the rest of your prayer life. So, if there's something that really helps you focus your prayer, bring it to Adoration. Most of all, remember to receive the gift of Christ in the Eucharist and just be present to God.