

## **Eucharistic Adoration: YOUR Time With The Lord**

Most Catholics are familiar with Eucharistic Adoration. The exposition of the Blessed Sacrament is an extension from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ. He is counting on us to make the Eucharist the center of our lives. Every moment that we spend with Jesus we grow spiritually. Eucharistic adoration is the act of adoring the Eucharistic presence of Christ. The Church believes that because “Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity” (CCC: 1413). The Most Blessed Sacrament is worthy of our adoration. To adore God is to acknowledge God “as God, as the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful Love” (CCC: 2096-2097). About two weeks ago I attended a three day worldwide conference called the Los Angeles Religious Education Congress. While I was there, I had the opportunity to spend some time with our Lord in Eucharistic Adoration that was placed in a large conference room. I was moved to tears by the unique ways of how people adored our Lord. Individuals of all ages, races, lay and consecrated were present. Some people humbly approached Jesus walking on their knees from the door. While others quietly prayed as they knelt or sat, there were others that had ear buds in listening to music as they walked around the arms extended praising the Lord. I observed individuals who were face down prostrated on the floor. There were those that had themselves propped up against a wall and had fallen asleep in God’s loving arms. (I am quite certain their guardian angels were finishing their prayers for them.) Everyone that attended had so many ways of expressing their undying love for God. It did not make a difference how you showed this love. What did make a difference is that they were allowing God to accompany them in their spiritual and human growth. – *Sherrie Clutts D.R. E.*