

The Results of Eucharistic Exposition



1. Each hour you spend with JESUS in the Blessed Sacrament He will give you a deep Peace within your heart. “Come to Me all of you who are weary and find life burdensome and I will give you rest” (Matthew 11:28)
2. JESUS will give you all the graces (strength) you need to live an obedient and faithful life. “My grace is sufficient for you, for my power is made perfect in your weakness” (2 Cor 12:9)
3. For Peace in our Countries! “If my people... humble themselves and pray and seek my face, and turn from their wicked ways, then I will hear them from heaven, and will forgive their sin and heal their land” (2 Chron 7:14)

4. Each hour you spend with JESUS on earth will leave our soul everlastingly MORE BEAUTIFUL and GLORIOUS. “They who humble themselves shall be exulted” (Luke 18:14). “All of us gazing on the Lord’s glory with unveiled faces, are being transformed from glory to glory into His very image” (2 Corinthians 3:18)

5. JESUS will Bless you and your Family for this Holy hour you spend with Him in the Blessed Sacrament. “Blessed are they who do not see and yet believe...” (John 20:29). “What is needed is trust...” (Mark 5:36). “Behold I come to make all things new” (Revelation 21:5)

6. Each moment you spend with JESUS in the Blessed Sacrament brings joy, pleasure and delight to His Sacred Heart. “My joy, my delight, my pleasure is to be with you” (Proverbs 8:31)

7. Just as you can’t be exposed to the sun without receiving its rays, neither can you be exposed to JESUS in the Blessed Sacrament without receiving the divine rays of His grace, His love and His peace. “Christ is truly Emmanuel that is “God” with us day and night, He is in our midst. He dwells with us full of grace” (Pope Paul VI – Mysteries Fidei).

Take your Children to Eucharistic Exposition

Explain the Purpose: Talk to your children about WHY we go to Eucharistic Adoration. For example for big kids (7 and up) tell them we are going to worship Jesus and pay respect. For little ones just explain we are going to say “Hello to JESUS”. Your attitude toward Adoration speaks volumes to your children. If you treat it as a special visit and a privilege, they are more likely to as well.

Start small and have reasonable expectations: Taking kids in to simply say Hello, just staying long enough to kneel, say a few brief prayers, and then say goodbye. I’m planting the seeds in them to value this holy practice in our Church.

Have a Plan: bring some of their favorite books, printable Rosary cards, etc. Tell them the plan ahead of time, this way, they know what to expect.

Keep Trying, maybe your last experience with Adoration and children wasn’t the best. Instead of beating yourself up, CONGRATULATE yourself, no matter how brief your visit, rejoice in the fact that you spent time with The Lord.

Points to Remember

1. This hour in Eucharistic Exposition JESUS wants you to spend it with Him anyway you want.
2. You may bring your own prayer books, use the books in the Chapel, read the Bible, and pray the rosary or Divine Mercy chaplet. Please pray for all that are unable to visit Him (for the sick, for the incarcerated).
3. Or just sit, relax, be quiet and be still and enjoy the sweet peace that comes from simply being in the presence of God Almighty.
4. You may feel that you can't pray, don't be discouraged. The fact that you took time out to spend with JESUS in the Blessed Sacrament pleases the LORD very much, and is in itself a prayer of great faith.
5. Please be mindful of others, abstain from visiting, silence your phones and no food or drinks allowed, same etiquette as during Mass, Eucharistic Exposition is an extension of the Mass.

Thank you



**Chapel is located in Room 151
Tuesdays from 9 am to 4 pm &
Thursdays from 9 am to 6:30pm**

Confession Times

- Tuesday: 9:00 AM
- Wednesday: 5:30 PM to 7:00 PM
- First Friday: 9 AM for Moms with little children, 6:00 PM to 7:00 PM
- Saturday: 3:00 PM to 4:45 PM

UPPER ROOM MINISTRY

*A ministry of prayer before
The Blessed Sacrament*

If you would like to be part of the schedule
prayer partners email us at

adoration@saintfaustinachurch.org

EUCCHARISTIC EXPOSITION



**Upper Room Ministry
Saint Faustina Catholic Church
Fulshear, TX**