

HOW TO GO TO ADORATION

Who, What, Where, When, How, and Why

Who: Catholics believe that, when the piece of bread (or “host”) is prayed over during Mass, it literally becomes Jesus Himself. It still looks like bread, but it really, truly is Jesus — His entire Body and Soul. If the host is not eaten during Mass, then Jesus’s presence remains, even after the Mass is over.

What: Adoration is the practice of praying to and worshipping (or “adoring”) Jesus, as He is present in the Holy Eucharist. Of course, Jesus always hears our prayers, no matter where we are. But in Adoration, we can be physically present with Him — we sit just feet away from His actual body. This is the exact same body that lived, walked, died, and resurrected in Jerusalem 2,000 years ago!

Where & When: Usually when people talk about “Adoration,” they are referring to a period of time when a host is displayed out on the altar of the church for people to see it. The host will be placed in a golden vessel called a “monstrance.” St. Therese has set adoration hours, which you can find here: <https://www.st-therese.org/eucharistic-adoration>.

However, Jesus is always present in any Catholic church, even outside of scheduled adoration hours. When the host is not being displayed, it is still kept in the back of the church, in a locked golden box called a “tabernacle.” (A tabernacle will always have a red candle next to it, indicating that Jesus is present inside.) So, whenever you pray inside a Catholic church, you are literally praying in Jesus’s presence.

There is no set amount of time for how long you need to spend in a session of adoration. You can spend 5 minutes or an hour. We recommend that anyone new to adoration start with 10–15 minutes — long enough to settle into prayer, but not so long that it becomes exhausting.

How: There are no rules about what kind of prayer you have to do during adoration. One helpful strategy can be to pick 1 or 2 specific prayer activities for you to do during your time in adoration. These can be anything you enjoy, including

- Prayer journaling
- Talking to God using a method such as A-R-R-R prayer (Acknowledge what’s on your mind, Relate by telling it to God, Receive God’s response, and Resolve to take one action going forward)

(continued on next page)

- Reading the Bible (especially the Gospels)
- Performing lectio divina on any passage in the Bible (especially the daily Mass readings, which can be found at <https://bible.usccb.org/daily-bible-reading>)
- Saying a rosary
- Reading a spiritual book, a book about the saints, a book of theology, etc.
- Using a Catholic meditation app, such as “Hallow,” “Amen,” or “Reimagining the Examen” (as long as you aren't distracting others, it's okay to use your phone to pray during adoration!)

Why: One of the benefits of adoration is the time it offers for silence. Silence can be hard and uncomfortable, which is why we all try to avoid it. But silence is the only place where we can really understand our own feelings and detect God moving in us.

More importantly, adoration is a chance to literally spend time with Jesus Himself. If we want to get to know someone better, we make an effort to be with them in person, and clear our schedules so that we can devote time just to them. That applies to Jesus, too. Even if we don't feel the effects right away, our relationship with Him will grow every time we visit Him in Adoration.