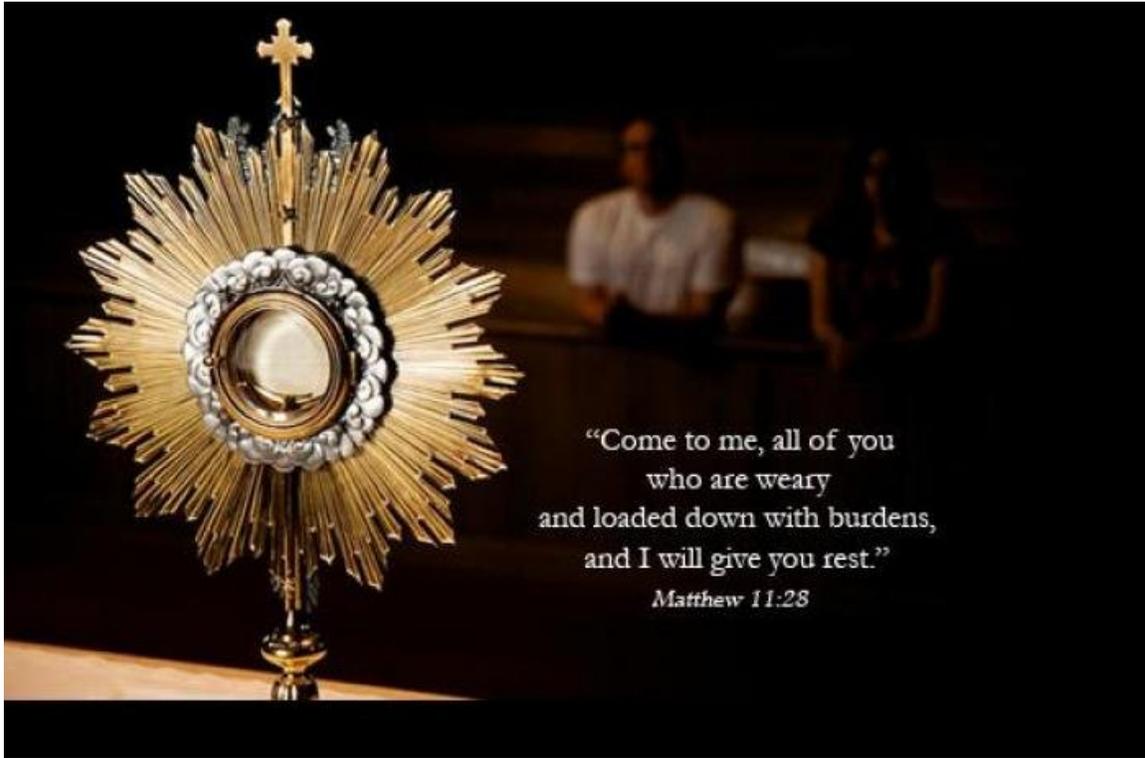


Why do we go to Adoration?

Quotes on the Most Blessed Sacrament

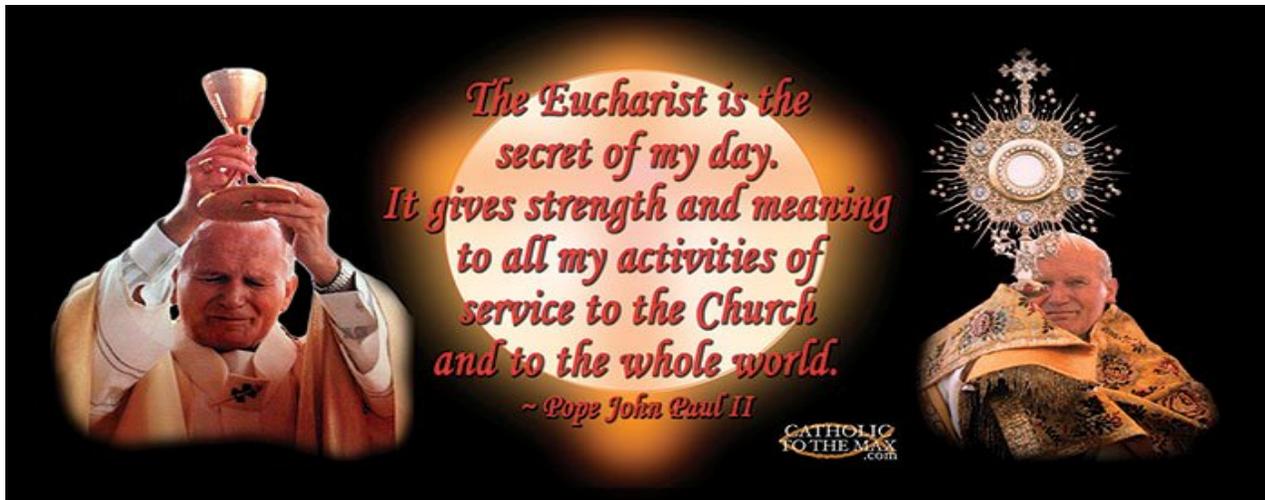


"The Eucharist is connected with the Passion. ...To make sure that we do not forget, Jesus gave us the Eucharist as a memorial of his love ... **When you look at the Crucifix, you understand how much Jesus loved you then, when you look at the Sacred Host you understand how much Jesus loves you now.**" - Mother Teresa of Calcutta

"I have a burning thirst to be honored by men in the Blessed Sacrament, and I find hardly anyone who strives, according to My desire, to allay this thirst by making Me some return of love." - Words of Jesus to St. Margaret Mary Alacoque

"The greatest love story of all time is contained in a tiny white Host."
- Archbishop Fulton J. Sheen

"Trust all things to Jesus in the Blessed Sacrament and to Mary Help of Christians and you will see what miracles are."
- St. John Bosco



"O King of glory, though you hide your beauty, yet the eye of my soul rends the veil. I see the angelic choirs giving you honor without cease."
 - St. Mary Faustina Kowalska

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others."
 -St. Pope John Paul II

"As a man must be born before he can begin to lead his physical life, so he must be born to lead a Divine Life. That birth occurs in the Sacrament of Baptism. To survive, he must be nourished by Divine Life; that is done in the Sacrament of the Holy Eucharist."
 - Archbishop Fulton J. Sheen

"We adore Thee most holy Lord Jesus Christ, here in all Thy Churches, which are in the whole world, because by Thy holy cross, Thou hast redeemed the world."
 - St. Francis of Assisi

"You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions."
 - Pope Benedict XV

"I am not in an audience with our Holy Father, not am I in the presence of a saint from heaven, nor with some distinguished personality. Before me, dear Jesus, You are present under the frail appearance of the host. With the eyes of faith I believe that You are present as my God, my Lord, my Redeemer, the Creator of heaven and earth, my all. I believe, dear Jesus, that You are truly present, body and blood, soul and divinity, in the most Blessed Sacrament."

- *Reflections and Prayers for Visits with our Eucharistic Lord*, John J. Cardinal Carberry

"WHEN YOU LOOK AT THE
CRUCIFIX, YOU UNDERSTAND
HOW MUCH JESUS LOVED YOU.
WHEN YOU LOOK AT THE
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UNDERSTAND HOW MUCH
JESUS LOVES YOU NOW."

-MOTHER TERESA

"Let every knee bend before Thee, O greatness of my God, so supremely humbled in the Sacred Host. May every heart love Thee, every spirit adore Thee and every will be subject to Thee!"

- St. Margaret Mary Alacoque

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth."

- Mother Teresa of Calcutta

“The holy hour in our modern rat race is necessary for authentic prayer. Our world is one of speed in which intensity of movement is a substitute for lack of purpose; where noise is invoked to drown out the whisperings of conscience; where talk, talk, talk gives the

impression that we are doing something when really we are not; where activity kills self-knowledge won by contemplation...

There seems to be so little in common between our involvement with the news of the world and the Stranger in whose Presence we find ourselves. The hour means giving up a golf game or a cocktail party, or a nap...



Sometimes it is hard, especially during vacation when we have nothing to do. I remember once having two hours between trains in Paris. I went to the Church of Saint Roch to make my holy hour. There are not ten days a year I can sleep in the daytime This was one. **I was so tired, I sat down at 2:00p.m.--too tired to kneel--and went to sleep. I slept perfectly until 3:00p.m. I said to the Good Lord: "Did I make a holy hour?" The answer came back: "Yes! That's the way the Apostles made their first one."** The best time to make a holy hour is in the morning, early, before the day sets traps for us. By being faithful to it, and letting nothing interfere with it, we use it as the sign and symbol of our victimhood. We are not called to great penances, and many would interfere with our duty, but the hour is our daily sacrifice in union with Christ."

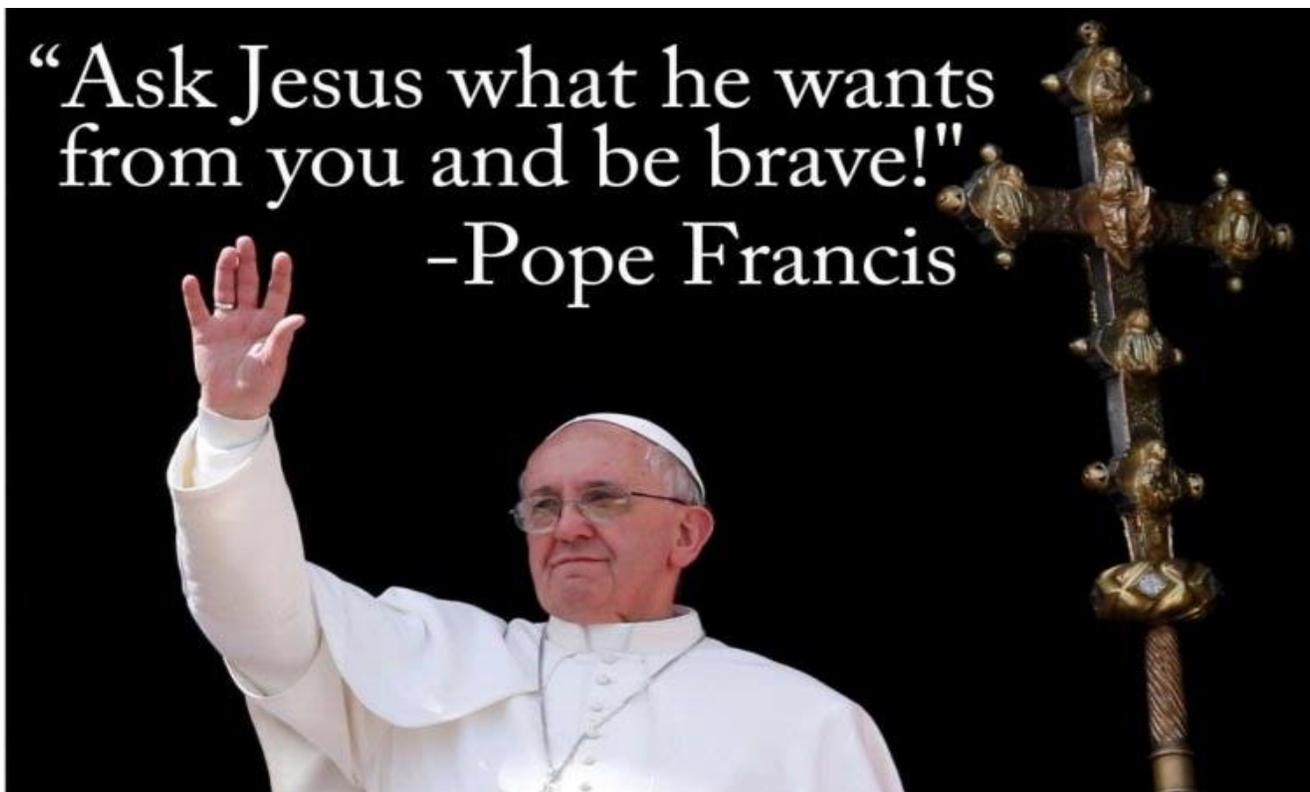
- Archbishop Fulton J. Sheen

"Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace."

- St. Alphonsus Liguori

"This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago, is present today in the Eucharist,"

- St. Pope John Paul II



Wherever I may be I will often think of Jesus in the Blessed Sacrament. I will fill my thoughts with the holy tabernacle (even when I happen to wake up at night) adoring Him from where I am, calling to Jesus in the Blessed Sacrament, offering up to Him the action in which I am engaged. I will install one telegraph cable from my study to the Church, another from my bedroom, and a third from our refectory; and as often as I can, I will send messages of love to Jesus in the Blessed Sacrament."

- Andrew Beltrami

When I stand up to talk, people listen to me; they will follow what I have to say. Is it any power of mine? Of course not. St. Paul says, 'What have you that you have not received and you who have received, why do you glory as if you had not?' **But the secret of my power is that I have never in fifty-five years missed spending an hour in the presence of our Lord in the Blessed Sacrament. That's where the power comes from. That's where sermons are born. That's where every good thought is conceived."**

- Archbishop Fulton J. Sheen

"The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the eucharistic veils, is ready to receive anyone..."

- St. Alphonsus Liguori

"The Eucharist, behold the Christian's treasure, his delight on earth. Since Jesus is in the Eucharist for him personally, his whole life ought to be drawn to it like a magnet to its center."

- St. Peter Julian Eymard

"Perpetual Eucharistic Adoration with exposition needs a great push. People ask me: 'What will convert America and save the world?' My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer."

- Mother Teresa of Calcutta

"I am quite sure that if we could but once approach the Most Holy Sacrament with great faith and love, it would suffice to make us rich. How much more so if we approach it often!"

- St. Teresa of Avila

<http://www.therealpresence.org/eucharst/tes/quotes15.html>

