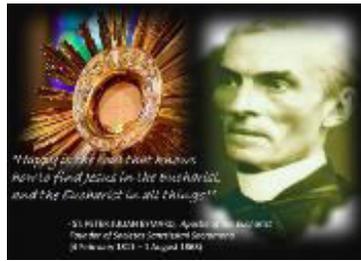


ADORATION OF THE BLESSED SACRAMENT



Adoration by means of the four sacrifice : St. Peter Julian Eymard

I. Act of adoration - The act of adoration is concerned with the excellence of our Lord: the excellence of his divinity, his adorable perfections, his divine and human perfections; you can add all his qualities, all his attributes, because our Lord is God and man.

Acknowledge the presence of Jesus.

Adore him with all your strength and with all your senses; offer him the homage of your heart and of your life.

Adore him in union with all the saints, with the heavenly court, with the most Blessed Virgin, adorer.
Adore him through himself.

2. Thanksgiving – It is concerned with his goodness, his goodness that shares. You say: How good you are! You give me not only your gifts, but you give me your very self – how good you are!

Thank our Lord for having instituted the Eucharist, for having called us to his Eucharistic service, and for having given us this hour in paradise.

Thank him through all the saints, through the heavenly court, through the Blessed Virgin, and through himself.

3. Reparation - Is, that you may have occasioned, and ask pardon for the sins of others. Then, we must make a parallel: My God, how great you are, and how weak I am – how good you are, and how ungrateful I am. That is reparation: take care to complete the idea – you know the sacrileges that are committed: if you know some examples, include them. When you have done this, you can stop there.

Adore Jesus, the divine victim of our salvation, on this perpetual Calvary of our redemption.

Ask him pardon for all the ingratitude, the wickedness, and the sacrileges of his children.

Ask him pardon for our own sins.

Implore his divine mercy for poor sinners.

Offer oneself in holocaust to [...] our Father.

Offer oneself as victim of reparation with Jesus.

IV. Supplication

Pray For the persecuted Church
For the Sovereign Pontiff
For all members of the clergy
For the gift of good priests

Contemplation and Prayer(*St. Peter Julian Eymard*)

“In order to succeed in it (prayer), it should be done when we first awaken, when our whole being is calm and recollected. We need to make our meditation before anything else.

“As far as possible, you should pray in quiet and silent devotion. Try to have a favorite topic of prayer, such as a devotion to the passion of Jesus, the Blessed Sacrament, awareness of the divine presence; go directly to Jesus without too much fuss.

“Before prayer begins, leave aside any duties which would distract you.” (*Excerpt from an 1837 letter to his sister [as well as godmother], Marianne*)

“Have confidence in prayer. It is the unfailing power which God has given us. By means of it you will obtain the salvation of the dear souls whom God has given you and all your loved ones.” Ask and you shall receive,” Our Lord said. Be yourself with the good

Lord.” (*From a letter written on January 4, 1864 to: Mme. Mathilde Giraud-Jordan*)

“We must know where mediocrity of spirit comes from. The first is the worst: it’s a scattered mind, a life which is too active. Nothing can cling to it. It’s like the seed of the Gospel falling on the open road. The remedy is to bring the mind back to natural reflection by some reading or serious meditations which strike it and help it to be focused. In general, it’s better to choose a great truth than a pious feeling. The work of truth is to refocus our attention, reflection, and finally, devotion.

“The second source of mediocrity of spirit is mental boredom toward what is serious and positive. This illness can only be healed by openness to divine love, since it is based on discouragement.

“The third source is laziness of the mind which fears to consider the truth. The fourth source is when we counteract the grace, the attraction of the moment. The mind becomes closed and foolish. We must follow the need and light of the moment.” (*From a letter written in 1868 to Mme. Mathilde Giraud-Jordan*)

Approaching God With Simplicity

“Go to the good Lord very simply, with the surrender of a small child. Tell the good Lord what you are thinking, what you want, what is upsetting you. Oh! How happy we become when we discover this interior conversation with our Lord. We carry our treasure [with us] everywhere. He becomes the center of our heart and life.” (*In a letter dated January 29, 1848, St. Eymard wrote to Miss Stephanie Gourd at a time when she was in the thick of caring for her sick and aging parents, telling her how to converse with Jesus whom we carry as a treasure within*)

“Be serious about the presence of God, the knowledge of Jesus Christ, a definite thought of some virtue, and you will have a center of strength and consolation.” (*From a letter written in 1868 to Mme. Mathilde Giraud-Jordan*)

Becoming an Apostle of the Eucharist

“Be the apostle of the divine Eucharist, like a flame which enlightens and warms, like the Angel of his heart who will go to proclaim him to those who don’t know him and will encourage those who love him and are suffering.” (*To Mme Antoinette de Grandville, July 4, 1859*)

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