

Liturgical Living: The Blessed Sacrament

In the Catholic Church, the month of April is devoted to the Blessed Sacrament.

Devotions to Jesus in the Eucharist are a glorious way to enhance and deepen our faith. Through them we can adore Jesus, pray in His presence, express our sorrow for sin, and experience a oneness with Him that can deepen our relationship.

What are some ways to honor the Holy Eucharist this month?

- Attend Eucharistic Adoration! In addition to our family of parishes' monthly Adoration times, Adoration is also available at Our Lady of Fatima Shrine every Wednesday and Friday from 12:00-4:00pm.
- Receive the Eucharist more often this month by adding an additional daily Mass into your routine each week.
- Pray the [Anima Christi prayer](#) or Saint Faustina's [Prayer before the Eucharist](#)
- Watch this [5-video series](#) on the Eucharist.
- Encourage the men in your life [read this article](#) on what Catholic men can learn from the Blessed Sacrament.
- Pray the [Litany of Reparation in Honor of the Blessed Sacrament](#).
- Watch this short video, [The Veil Removed](#).
- Make [this](#) monstrance craft.

If you are looking for a resource to introduce Adoration to your children, this website has a [free printable booklet](#) to help young children enter into prayer before the Eucharist.

My God, I believe, I adore, I hope and I love Thee! I ask pardon for those who do not believe, do not adore, do not hope and do not love Thee.