

# *Nocturnal Adoration*



"COULD YOU NOT STAY AWAKE WITH ME FOR EVEN ONE HOUR?"

Matthew 26:40

Nocturnal Eucharistic Adoration is a beautiful and enriching practice that invites the faithful to encounter Christ in a profound way. By dedicating time to this devotion, individuals can experience spiritual growth, deepen their faith, and foster a closer relationship with Jesus Christ.

**COME AND SEE... He is there.**

Thursday before the First Friday of each month

## **Schedule for 2025**

- |           |               |
|-----------|---------------|
| * April 3 | * September 4 |
| * May 1   | * October 2   |
| * June 5  | * November 6  |
| * July 3  | * December 4  |
| * July 31 |               |

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CHURCH OF THE  
NATIVITY

# *The Holy Hour*

Once, when he was asked what one is supposed to do exactly in the presence of the **Blessed Sacrament**, Fulton Sheen answered: Anything you want!

## **Ideas on How to Spend an Hour:**

- Pray the 12 Promises of the Sacred Heart of Jesus
- Pray the Rosary
- Pray the Liturgy of the Hours
- Read Scripture or Spiritual Works
- Thank God for the blessings in your life
- Bring the petitions of all who have asked for prayers
- Write down the ideas and inspirations that come
- Use Adoration Prayer Aid Binder
- Sit and do nothing at all...Simply bask in His presence



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## Our Nocturnal Adoration is in devotion to the Sacred Heart of Jesus on the First Friday of each month.

Jesus made 12 incredible promises to those who have a true devotion to His Sacred Heart:

1. *I will give them all the graces necessary in their state of life.*
2. *I will establish peace in their homes.*
3. *I will comfort them in all their afflictions.*
4. *I will be their secure refuge during life, and above all, in death.*
5. *I will bestow abundant blessings upon all their undertakings.*
6. *Sinners will find in my Heart the source and infinite ocean of mercy.*
7. *Lukewarm souls shall become fervent.*
8. *Fervent souls shall quickly mount to high perfection.*
9. *I will bless every place in which an image of my Heart is exposed and honored.*
10. *I will give to priests the gift of touching the most hardened hearts.*
11. *Those who shall promote this devotion shall have their names written in my Heart.*
12. *I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.*

– from the apparitions of Jesus to St. Margaret Mary Alacoque (French Visitation nun 17th century)

## Spiritual Benefits:

1. **Deepening Relationship with Christ:** Spending time in adoration allows individuals to cultivate a more intimate relationship with Jesus, fostering a sense of peace and connection.
2. **Reflection and Meditation:** The quiet atmosphere of adoration provides an opportunity for personal reflection and meditation, helping individuals to discern God's will in their lives.
3. **Intercessory Prayer:** Many people use their time in adoration to pray for others, bringing their intentions before the Lord and seeking His guidance and mercy.
4. **Strengthening Faith:** Regular participation in Eucharistic Adoration can strengthen one's faith and commitment to the teachings of the Church, reinforcing the belief in the real presence of Christ in the Eucharist.



## Adoration of the Blessed Sacrament

