



## Understanding Eucharistic Adoration

### Question 4: What Do I Do during Eucharistic Adoration?

- “Three rules: 1) **Be Silent**. Don’t rattle prayers or silently review stresses. Be still exteriorly and interiorly; 2) **Be Attentive**. It’s not simply a reading hour - reading should be an entry-point to prayer; and 3) **Be Alert**. Sit, stand, or kneel respectfully. Quick tip: If you get sleepy, stand up!” How to Pray a Holy Hour, The Gregorian Institute at Benedictine College, Kansas.
- **Just be**. “Remember that you don’t actually have to do anything. The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don’t overthink it. Just receive the gift.” <https://bustedhalo.com/ministry-resources/a-beginners-guide-to-eucharistic-adoration>
- **Pray**. The Rosary, the Divine Mercy Chaplet, the Memorare, the Litany of Loreto, Evening Prayer are several prayer suggestions. We pray these prayers together as a parish family during Monday Eucharistic Adoration. Pray them with us, or alone. Or, pray whatever prayer most efficaciously connects you to Our Lord. Pray for your personal intentions, or pray for the intentions of others (**note**: our parish Intercessory Prayer Book is prominently displayed in the sanctuary during Eucharistic Adoration for your review, and for you to record your own personal intentions so that others may intercede for you).
- **Read Scripture**. Eucharistic Adoration is a great place to quietly contemplate the *Word of God*. The Mass readings for that day or the next day works for many!
- **Write in a Prayer Journal**. “Use the time in Jesus’ presence to write down prayers that come to your mind. You can make a list of requests, blessings and situations in your life, and you’ll have them forever to look back on and see how God answered you.” <https://catholicworldmission.org/guide-to-eucharistic-adoration/>

### Join Us!

St. Luke’s Church Eucharistic Adoration,

**every Monday (except federal holidays),**

7:00 a.m through 6:00 p.m.

Contact: Joe Lofgren, [lofgren4@gmail.com](mailto:lofgren4@gmail.com)