



## *Understanding Eucharistic Adoration*

### **Question 6: How Does Eucharistic Adoration Help Me Personally?**

- This personal encounter in the *Real Presence of Our Lord* is an opportunity for each one of us to reflect on our shortcomings, seek forgiveness, and strive to **grow in virtue**, which “*is the habitual and firm disposition to do the good.*” [ccc 1733](#). These virtues include:
  - **Cardinal Virtues** - prudence, justice, fortitude, and temperance. [ccc 1805-1809](#)
  - **Theological Virtues** - faith, hope, and charity. [ccc 1812-1829](#)
  - **Seven Gifts of the Holy Spirit** - wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. [ccc 1831](#)
  - **Twelve Fruits of the Holy Spirit** - charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity. [ccc 1832](#)
- **Plenary Indulgence** - A plenary indulgence can reduce or eliminate our time in purgatory. It can be received for oneself or for a soul in purgatory. If five conditions are fulfilled, the faithful may obtain a plenary indulgence through *Adoration of the Blessed Sacrament* for at least one half hour. <https://perpetualeucharisticadoration.com/plenary-indulgence/>

### **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)