



Understanding Eucharistic Adoration

Question 8: Why Doesn't Everyone Attend Eucharistic Adoration Regularly?

- **Lack of Understanding** - During a recent survey of our regular Eucharistic Adoration attendees, several people replied that they perceive a lack of understanding among parishioners about Eucharistic Adoration in general. Through this series, *Understanding Eucharistic Adoration*, we hope that we have anticipated many of your questions on this topic. If you're still unsure, please contact us — we love to hear from you, and are happy to address any remaining questions you have. Contact Joe Lofgren at lofgren4@gmail.com.
- **Lack of Time** - *"Time is our most valuable commodity. As my dad says, you can always get more money. You can't get more time. To not only go to Adoration, but to block out a specific hour for it is to commit to Our Lord on a whole new level. We tell Him, "You are a top priority." Jesus, infinitely generous, will repay such a commitment beyond measure just as He promises in the Gospels (Mark 10:28-30; Luke 6:38)." stjosephshelf.com/why-commit-to-a-regular-holy-hour-practical-suggestions-for-the-hesitant-soul/*
- **Burden of Other Duties** - *"There is the challenge of carving out an hour during the week to get there, when so many other activities and errands felt more pressing." In today's busy world, we must prioritize our time to meet our obligations, making it often difficult to see what we get out of adding this commitment as well. "Like Mass, [however,] Adoration isn't necessarily about what we will get out of it ... the graces dispensed by God help us grow in holiness, but the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist." <https://bustedhalo.com/ministry-resources/a-beginners-guide-to-eucharistic-adoration>*
- **Fear of Commitment** - *"Maybe you're reluctant to commit because you know you can't do so for long. You're expecting a baby. Your family's military and moves this coming summer. You're aging and don't know how much longer you'll be able to drive. In this case, give what you can for a season. Give what you can now and trust Jesus to take care of things long-term. Don't be discouraged if it doesn't seem like much. Jesus fed a crowd of five thousand with only five loaves and two fish (Matthew 14:15-20). Do not underestimate what He can do with only a small commitment." stjosephshelf.com/why-commit-to-a-regular-holy-hour-practical-suggestions-for-the-hesitant-soul/*
- **Lack of Interest** - *To many, "the silence and stillness that accompany Adoration make it tough. You go and go and nothing ever seems to happen. You're just a distracted, bored basket case. Is it worth it? Yes. Again, it is a matter of presence. Only you can offer Jesus the gift of your presence. Trust that He appreciates it and that Adoration is worth your while if only you keep showing up with an open heart." stjosephshelf.com/why-commit-to-a-regular-holy-hour-practical-suggestions-for-the-hesitant-soul/*

Join Us!

St. Luke's Church Eucharistic Adoration,

every Monday (except federal holidays),

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

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