

Eucharistic Adoration

“Remain here, and stay awake with me. . . So, could you not stay awake with me for one hour?” (Matthew 26: 38ff)

Because Christ is truly present in the Eucharist in his sacred humanity and divine nature, the Eucharist should receive the adoration that is exclusively to God. Adoration of Christ in the Blessed Sacrament is a natural consequence of the Church’s faith in the real substantial presence of Christ in the Eucharist. It is the worship of the Blessed Sacrament, acknowledging with faith and love Christ’s real presence as true God and true Man, Body and Soul.

Eucharistic adoration corresponds most directly to the three principal purposes for which Christ instituted the Eucharist:

- (i) Christ wished to **perpetuate His adorable human presence** among us after ascending definitively into heaven. The divinity of Christ is omnipresent, but, after His Ascension, His humanity is substantially present only in heaven and in the Eucharist. Since the Son of God became man for us and had devised a marvelous way to remain with us in the Eucharist in the substantial presence of His humanity, it follows that adoration of and intimate encounter with Christ in the Eucharist is not an afterthought, but rather an essential aspect of the Eucharist.
- (ii) Christ is adored in the Eucharist as **the sacrificial Victim of Calvary** whose body was given for us and whose blood was “poured out for many for the forgiveness of sins” (Mtt 26: 28). His presence cannot be separated from His sacrificial self-gift. Eucharistic adoration enables us to spend time intimately thanking Him for His sacrificial gift expressed in His Eucharistic words: “This is my body which is given for you” (Luke 22: 19).
- (iii) Christ is present in the Eucharist as **the living Bread from heaven**. In the Eucharist we encounter Him as the Victim of merciful love, and it is the nature of love that it calls for a return of the kind (cf. St. Therese of Lisieux, Story of the Soul). Eucharistic adoration helps us to nurture our desire so that we grow in hunger and thirst for the Bridegroom who feeds His Bride on His own Flesh and Blood so that she may share ever more in His divinity.
- (iv) Adoration **helps the faithful to be inserted more deeply into the communion of the Mystical Body of Christ, which is the Church**. The Eucharistic adoration brings the faithful of the New Covenant through the Catholic world together to adore the same Lord present in every tabernacle. No geographical boundary limits the unity of worship of the one Lord and His one Sacrifice. Also adoration of the Eucharistic Lord who has given Himself for the flock helps nurture the faithful in cultivating the attitude of self-gift-self-giving, which is the heart of Catholic social teaching.

That is why Mother Church exults that “the faithful should. . .strive to worship Christ the Lord in the Sacrament, according to the circumstances of their own life” and that “Pastors should lead them in this by their example and encourage them by their words”.

As we begin the practice of this kind of prayer and devotion in our parish, we are all invited and encouraged to make a personal and communal appointment of the meeting and encounter with the Eucharistic Lord Jesus Christ.

May the Blessed Virgin Mary, the Eucharistic Mother pray for us. Amen

Fr. Justus Musinguzi.