What is Adoration?

WHAT IS THE EUCHARIST?

I will be with you always until the end of the age. - Matthew 28:20

This is Jesus' promise to His disciples (and to us) before ascending to the Father. If He was physically leaving, how could He vow to be with us forever? How can we know that God is with us today? How can we develop a relationship with the Creator of the Universe in a real and tangible way? The answer to all these questions is the Eucharist.

The word "Eucharist" comes from a Greek word meaning "thanksgiving." Just as Christ gave thanks for the gifts of bread and wine at the Last Supper, we give thanks for His eternal and true presence to us – in the flesh – but under the appearance of bread and wine, at every single Catholic Mass. The Eucharist is not merely a symbol, or a nice gesture, or even a dramatic "reenactment" of the Last Supper. The Eucharist IS God - Body, Blood, Soul and Divinity.

Jesus gathered young people around His feet. Jesus is present with us today. I want you to go with your priests, youth ministers, teachers and parents in front of our Lord in the Blessed Sacrament, so that the graces of intimacy with our Lord and Savior can greater bless your life. - Archbishop Naumann, Archdiocese of Kansas City, Kansas

The Eucharist is the Real Presence of Jesus Christ, just as real as the person sitting next to you. The Body and Blood still keep the outward appearance of bread and wine, but through the power of the Holy Spirit, while the "form" of the bread and wine do not change, their substance does. We call this transubstantiation (CCC 1373-77). Through the words of consecration being uttered by Christ's priests, the Holy Spirit transforms simple bread and wine into the very flesh and blood of Jesus Christ.

In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic Adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church's supreme act of adoration. - Pope Benedict XVI, Sacramentum Caritatis 66

Why would we believe this? Simple, we believe it because Jesus said it was so. At the Last Supper, he said "This is my Body" and "This is my Blood" (Matthew 26:26-28). And at every single Mass, those same words are spoken and the same miracle takes place. In the Eucharist, God fulfills his promise to "be with us always" in the most physical and intimate of ways.

WHAT IS ADORATION?

Did you ever wish that you had a "pause" button for life? You know, the ability to pause the really important moments so that you could more fully enjoy them? In a way, Eucharistic Adoration is a "pause button" for our encounter with Christ at the Mass when we receive Him in His Body and Blood.

Adoration of the Blessed Sacrament is a form of prayer that began centuries ago. The same Eucharist we receive at Mass is what (or more accurately Who) we worship in Adoration. A consecrated host is displayed in a beautiful sacred vessel called a Monstrance. The word "monstrance" means "to show." The monstrance allows Christ's body to be seen and "shown" to us - so that we can be present to God as He is present to us in His Eucharist.

It is very important to remember that Adoration is a prayer that flows from the Mass; it does not take the place of Mass. During Adoration, we have the opportunity to come face-to-face with the living God. Like spending time with a close friend, Eucharistic Adoration is about deepening and strengthening our personal relationship with God.

Christ Reigns

"The kingdom of the world has become the kingdom of our Lord and of his Christ, and he shall reign for ever and ever." - Revelation 11:15

Friday, November 20, 2009 – Sprint Center, Kansas City

Thousands of teens worshipping the Living God. Jesus processing through the streets of the city. Teens encountering Christ in the Eucharist. God transforming hearts and changing lives.

What is going on?

During the Friday morning general session of NCYC, our Lord - in His Most Blessed Sacrament - will be brought into the Sprint Center for a time of Eucharistic Adoration. The Eucharist will be in a monstrance (designed to display the Blessed Sacrament) and accompanied by candles and incense. During the time of Adoration there will be prayers, Scripture readings, a reflection by Cardinal Di'Nardo, music and periods of silence. All of this is to help you better focus on the presence of God before you in the Eucharist.

Adoration will end with a specific blessing called Benediction. During Benediction, we will pray together some special prayers known as the Divine Praises and Tantum Ergo. The priest will then bless us with the Blessed Sacrament.

After Benediction we will have a Procession of the Blessed Sacrament from the Sprint Center to the Convention Center. We will follow Jesus into the streets and proclaim to everyone through our visible witness and prayer that we believe in Christ's true presence and that Christ reigns!

What do I do during Adoration?

When the Blessed Sacrament enters and exits the arena, we kneel as a sign of respect. During the rest of the time, feel free to assume a position that will allow you to pray and listen. This is your time to bring your heart, your worries, your joys, your hopes - your entire life - before a God who is madly in love with you. During Adoration, use the music, prayers and Scripture readings as a way to focus your heart on Christ. There is no right or wrong way to come before the King, He just wants you to spend time with Him. While we will be worshipping together as a family, this is also a very individual time of prayer.

While it might be tempting to talk to the person next to you, please refrain from doing so; be sure to give others the opportunity to encounter God in a profound way, as well. After Benediction, you will have the chance to follow Christ into the streets of Kansas City. Despite the movement and many possible distractions, stay focused on Christ and keep a spirit of prayer.

What if I get distracted?

It happens to all of us. We are trying to pray, but our minds wander in a million different directions. And if you are not used to Adoration, even the sights and sounds of this time can be distracting. So what's a Catholic to do? First, bring yourself back into the moment. Remind yourself Who is before you in the Eucharist. Second, get yourself in a posture and place that will minimize distractions. Third, offer to Christ everything on your mind (even the most random things) and ask Him to give you the grace to enter into this time of prayer. Finally, listen. God has something He wants to tell you... yes, you. Don't miss it.