

## My Hour with Jesus in Adoration

Eucharistic Adoration Reflection Hour

Jesus is truly present in the Blessed Sacrament. Eucharistic Adoration is an awesome way to get close to God and to let Jesus heal us! A priest once said “the sin in our lives is like a cancer to our soul...and sitting before Jesus in the Blessed Sacrament is the radiation for the soul.” The Eucharist is the center of what is unique about Catholics from all other Christians and it is the “source and summit” of our faith.

You are to join your Candidate for one hour of Exposition of the Blessed Sacrament. Holy Family Parish has Exposition of the Blessed Sacrament every Thursday starting at 10:00am and ending at 7:00pm. If this time doesn't work for you, the chapel is open to Candidates and Sponsors to participate in Adoration before the Holy Eucharist in the Tabernacle any other day of the week when the building is open and Mass is not being celebrated.

Please have the teen reflect on and answer the following questions, and return it to the CFF office no later than February 15, 2019. You may hand this in with the Letter of Recommendation and Faith in Action summary.

Confirmandi Name \_\_\_\_\_

Sponsor Name \_\_\_\_\_

Date of Eucharist Adoration Reflection Hour \_\_\_\_\_

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*Please check all responses that reflect how you felt before, during and at completion of your time spent in the presence of our Lord in the Eucharist.*

**Before Eucharistic Adoration:**

Anxious       Sad       Bored       Excited

Peaceful       Uninterested       Happy       Other

Why?

**Lectio Divina Prayer Experience:**

*God desires to speak to you through His living word. Take the next few minutes to prayerfully go through the steps of Lectio Divina with the Scripture on the next page.*

“...He may grant you in accord with the riches of His glory to be strengthened with power through His Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with the fullness of God.” Ephesians 3:16-19

**Lectio**-Reading/Listening

Read this Scripture passage slowly and intentionally, listening as if God is speaking directly to you, because He is doing just that. Read through the passage at least twice.

**Meditatio**-Meditation

What is the word or phrase that really spoke to you in this passage? What impact do these words have on your soul?

**Oratio**-Prayer

Have a conversation with God about what you’ve read, what you do and don’t understand, what jumped out at you during meditation. Ask God how it may be calling you to change your life and faith walk. (optional: write your thoughts here)

**Contemplatio**-Contemplation

The final step is less about you and more about God. Simply take some time to be with God - no agenda or list of questions - just simply be and allow Him to be with you. (optional: write your thoughts here)

**After Experiencing Eucharistic Adoration:**

\_\_\_Anxious    \_\_\_Peaceful    \_\_\_Bored    \_\_\_Sad    \_\_\_Refreshed

\_\_\_Happy    \_\_\_Loved    \_\_\_Alone    \_\_\_Content    \_\_\_Other

Why?

Any other reflections you would like to share?