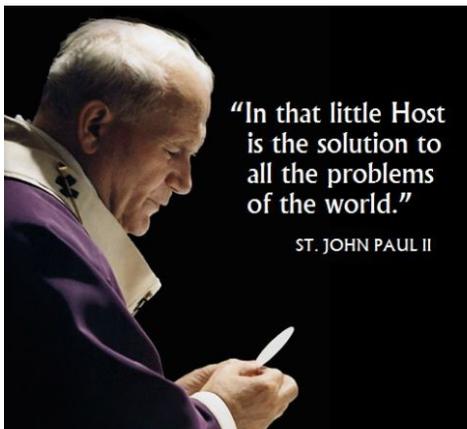


#49 - **For Pastors:** It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular, as well as prayer of adoration before Christ present under the Eucharistic species.

#50 - **For Ministries:** (Hours spent in Eucharistic Adoration) are not hours spent in idleness, when we isolate ourselves from our work, but these are moments, hours, when we undertake something that constitutes the deepest meaning of all of our work. **For no matter how numerous our activities, our ministries, however numerous our concerns, our exertions - if there is no love, everything becomes meaningless.** When we devote our time to ponder the mystery of love, to allow it to radiate in our hearts, we are preparing ourselves in the best possible way for any kind of service, for any activity, for any charitable work.

#51 - Visit the Lord in that 'heart to heart' contact that is Eucharistic Adoration. Day after day, you will receive new energy to help you to bring comfort to the suffering and peace to the world.

#52 - Places cannot but be praised and held up for imitation that promote the practice of Perpetual (Eucharistic) Adoration.



St. John Paul II, Defender and Apostle of Eucharistic Adoration



"Jesus Himself is calling you to spend one special specific hour with Him each week."

St. John Paul II

Visit the St. John Paul II Adoration Chapel
located on the Diamond Head Side of
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Open Mondays - Saturdays 7 am - 10 pm
Closed on Sundays, Holidays and Holy Days

Words by St. John Paul II the Great on Eucharistic Adoration

#1 - The worship of the Eucharist outside of the Mass is of inestimable value for the life of the Church.

#2 - The spiritual lives of our families are strengthened through our Holy Hour.

#3 - It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple and to feel the infinite love present in His Heart.

#4 - If in our time Christians must be distinguished above all by the "art of prayer," how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?

#5 - How often, dear brothers and sisters, have I experienced this, and drawn from it strength, consolation and support!

#6 - The presence of Christ under the species reserved after Mass - a presence which lasts as long as the species of bread and wine remain - derives from the celebration of the sacrifice and is directed towards communion, both sacramental and spiritual.

#7 - To live the Eucharist, it is necessary, as well, to spend much time in adoration in front of the Blessed Sacrament... In order to evangelize the world, we need experts in celebration, adoration and contemplation of the Holy Eucharist.

#8 - This is an aspect of the Eucharist which merits greater attention: in celebrating the sacrifice of the Lamb, we are united to the heavenly "liturgy" and become part of that great multitude which cries out: "Salvation to the Lamb!" (Rev 7:10).

#9 - The future belongs to those who worship God in silence.

#10 - The Eucharist is truly a glimpse of heaven appearing on earth. It is a glorious ray of the heavenly Jerusalem which pierces the clouds of our history and lights up our journey . . . and plants a seed of living hope in our daily commitment to the work before us..

#11 - Let us take our place, dear brothers and sisters, at the school of the saints, who are the great interpreters of true Eucharistic piety. In them the theology of the Eucharist takes on all the splendor of a lived reality: it becomes "contagious" and, in a manner of speaking, it "warms our hearts".

#12 - Above all, let us listen to Mary Most Holy, in whom the mystery of the Eucharist appears, more than in anyone else, as a mystery of light. Gazing upon Mary, we come to know the transforming power present in the Eucharist. In her we see the world renewed in love.

#13 - By being faithful to a Holy Hour of Adoration you can teach by example. ***"The young should be taught the value of Eucharistic Adoration."***

#14 - The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship.

#15 - Priestly, religious, and missionary vocations will stem from your Holy Hour.

#16 - I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God.

#17 - Jesus Himself is calling you to spend one special specific hour with Him each week.

#18 - A Holy Hour before the Most Blessed Sacrament repairs for evils of the world and bring about peace on earth.

#19 - We represent those in the world who do not know Jesus during our Holy Hour of Adoration.

#20 – We contribute to the radical transformation of the world during our Holy Hour of Eucharistic Adoration.

#21 - You are greatly needed! The Church and the world have a great need of eucharistic adoration.

#22 - This is a personal invitation to you from Jesus. "Jesus waits for us in this sacrament of love."

#23 - Jesus is counting on you because the Eucharist is the center of life. "Every member of the Church must be vigilant in seeing that the sacrament of love shall be at the center of the life of the people of God so that through all the manifestations of worship due him shall be given back 'love for love' and truly become the life of our souls."

#24 - Let us be generous with our time in going to meet Jesus and ready to make reparation for the great evils of the world. Let your adoration never cease.

#25 - Jesus wants you to do more than to go to mass on Sunday. Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete.

#26 - You grow spiritually with each moment you spend with Jesus! Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist.

#27 - Closeness to the Eucharistic Christ in silence and contemplation does not distance us from our contemporaries but, on the contrary, makes us open to human joy and distress, broadening our hearts on a global scale.

#28 - Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the gospel. Anyone who prays to the Eucharistic Savior draws the whole world with him and raises it to God.

#29 - Public and private devotion to the Holy Eucharist outside Mass is highly recommended: for the presence of Christ, who is adored by the faithful in the Sacrament, derives from the sacrifice and is directed towards sacramental and spiritual communion.

#30 - The Church and the world have great need of Eucharistic adoration. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and contemplation full of faith. And let us be ready to make reparation for the great faults and crimes of the world. May our adoration never cease.

#31 - Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist.

#32 - In this silence of the white Host, carried in the Monstrance, are all His words; there is His whole life given in offering to the Father for each of us; there is also the glory of the glorified body, which started with the Resurrection, and still continues in Heavenly union.

#33 - Eucharistic worship is ... the merciful and redeeming transformation of the world in the human heart.

#34 - Your faith will help you realize that it is Jesus Himself Who is present in the Blessed Sacrament, waiting for you and calling you to spend one special specific hour with Him each week.

#35 - Contemplation (of the Eucharist) prolongs Communion and enables one to meet Christ, true God and true man, in a lasting way, to let oneself be seen by him and to experience his presence

#36 - Remaining in silence before the Blessed Sacrament, it is Christ totally and really present whom we discover, whom we adore and with whom we are in contact.

#37 - When we contemplate him present in the Blessed Sacrament of the altar, Christ draws near to us and becomes more intimate to us than we are to ourselves. He grants us a share in his divine life in a transforming union and, in the Spirit, he gives us access to the Father, as he himself said to Philip: "He who has seen me has seen the Father" (Jn. 14:9). Contemplation, which is also a Communion of desire, intimately associates us with Christ, and in a very special way associates those who are prevented from receiving it.

#38 - Closeness to Christ in silence and contemplation does not distance us from our contemporaries but, on the contrary, makes us attentive and open to human joy and distress and broadens our heart on a global scale. It unites us with our brothers and sisters in humanity and particularly with children, who are the Lord's dearly beloved.

#39 - Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the Gospel. Anyone who prays to the Savior draws the whole world with him and raises it to God. Those who stand before the Lord are therefore fulfilling an eminent service. They are presenting to Christ all those who do not know him or are far from him: they keep watch in his presence on their behalf.

#40 - I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of his presence?

#41 - If we are to experience the Eucharist as the "source and summit of all Christian life", then we must celebrate it with faith, receive it with reverence, and allow it to *transform our minds and hearts through the prayer of adoration*. Only by deepening our Eucharistic communion with the Lord through personal prayer can we discover what he asks of us in daily life.

#42 - It is all the more important that you be *men and women of prayer before the Blessed Sacrament*, that you "ask God for a true spirit of adoration" ... in order to be filled with love of Christ. Only in this way can you hope to grow in the pastoral charity that makes your life and ministry fruitful.

#43 - United with the angels and saints of the heavenly Church, let us adore the most Holy Sacrament of the Eucharist. Prostrate, we adore this great mystery that contains God's new and definitive covenant with humankind in Christ.

#44 - Our age needs to rediscover the fruitfulness of silence, in order to overcome the dissipation of sounds, images and chatter that too often prevent the voice of God from being heard.

#45 - In the Mass and in Eucharistic Adoration, we meet the merciful love of God that passes through the Heart of Jesus Christ.

#46 - May we dwell long and often in adoration before Christ in the Eucharist. May we sit at the 'school' of the Eucharist.

#47 - Yes, dear brothers and sisters, our Christian communities must become genuine "schools" of prayer, where the meeting with Christ is expressed not just in imploring help but also in thanksgiving, praise, adoration, contemplation, listening and ardent devotion, until the heart truly "falls in love". Intense prayer, yes, but it does not distract us from our commitment to history: by opening our heart to the love of God it also opens it to the love of our brothers and sisters, and makes us capable of shaping history according to God's plan.

#48 - Adoration of the Blessed Sacrament is an important daily practice and becomes an inexhaustible source of holiness. It is pleasant to spend time with (Christ), to lie close to His breast like the Beloved Disciple and to feel the infinite love present in His Heart.