

# New to Eucharistic Adoration?

First, slow down. Be still. Place yourself in the presence of Christ, our brother and our King. Second, **listen**.

Sit, stand, kneel. There is no “right” posture for Adoration. If your attention wanders, don’t chastise yourself. Even popes and saints admit to drifting off before the Blessed Sacrament!

There is no one right way to pray before the Blessed Sacrament. **If it helps you**, focus your attention with the acronym **RAPT** (borrowed from Peter Kreeft’s *Prayer for Beginners*):

**Repentance:** Come to Jesus humbly and honestly. What have you done (or thought or failed to do) that has come between you and a closer relationship with Christ? Call these things to mind, bring them to Jesus. Express your sorrow and ask for His forgiveness.

**Adoration:** *“Adoration is homage of the spirit to the King of glory, respectful silence in the presence of the ever greater God.”* (CCC #2628). Try the prayer St. Francis taught his followers to pray before the Blessed Sacrament: “I adore you, O Christ, present here and in all the churches of the world, for by your Holy Cross you have redeemed the world.”

**Petition:** *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives .and the one who seeks, finds; and to the one who knocks, the door will be opened.”* (Mt 7:7-8)  
Ask. Ask for those around you. Ask for the world. Think of those who have hurt you and request a special blessing for them. Ask for your own conversion of heart.

**Thanksgiving:** Be thankful for this moment of prayer. Give thanks for all the blessings, large and small, that God has given you.

## Some additional ideas help you enter into conversation with Jesus:

1. Slowly read Sacred Scripture until something hits you. Then listen.
2. Look at the Good God, and let Him look at you.
3. Tell Jesus something that made you happy. Then listen.
4. Tell Him what you are afraid of. Then listen.
5. Tell Him what angers you. Then listen.
6. Speak about your loved ones.
7. Pray for an enemy.
8. Talk with Him about work.
9. Pray for the Holy Souls in Purgatory.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Realize that your Holy Guardian Angel is with you. Ask him to coach you in holiness.
13. Renew your loyalty to Christ’s Church.
14. Ask your patron saint to pray for you to know and do God’s Will.
15. Lean on Jesus. Tell Him you love Him.
16. For a time, don’t DO anything. Be with Him, as a friend, while He works.
17. Ask Him if that is perhaps what He wants you to “do” more often.
18. Tell Him your failures. Ask for help. Then listen.
19. Slowly recite the Beatitudes.
20. Say one Our Father slowly.
21. Say the Creed slowly.
22. Slowly recite a favorite psalm. Perhaps Psalm 50 (51), the Miserere, one or two lines at a time.
23. See Our Lord in His Passion...stand there, with Him, as Our Lady does.
24. Be aware that He is sending out graces to the world right then through you.
25. Pray the ‘Jesus Prayer’: Lord Jesus Christ, son of God, have mercy on me, a sinner.
26. Pray *Jesus, mercy...* and listen. Pray *Mercy, Jesus...* and listen.
27. Tell Him: *Jesus, I trust in You...strengthen my trust.*
28. Ask Him: Lord, what do you want me to do? And how do you want me to do it?
29. Ask Him to show you the next step.
30. Pray for the Holy Father, Pope Francis.
31. Pray for vocations.
32. Look at yourself. Count your gifts. Then thank Him.
33. Pray for the world.
34. Enjoy just being in His Presence.