



Tips For A Good Eucharistic Visit

Ever wonder how to make the most of a brief visit with Jesus in the tabernacle? Read below!

If you happen to drive by a Catholic church, a quick Eucharistic Visit is a great way to pause and spend a few minutes with Jesus in the tabernacle.

When you enter the church, you should first genuflect as you do for Sunday Mass. After that, you can make your Eucharistic Visit anything you would like. You can say some formal prayers like the Our Father and Hail Mary, say a decade or two of the Rosary, or simply speak to Jesus about what is on your heart. Sometimes, you may just need a few minutes of silence in Christ's presence, and a Eucharistic Visit is a great time to do that!

Making a few minutes for a Eucharistic Visit is like a brief visit or drop-in with a friend. In their book, *The How-To Book of Catholic Devotions*, Mike Aquilina and Regis J. Flaherty write,

Friendship is a rare commodity in today's fast-paced society. With our busy work schedules, we have less time to visit with others just to enjoy their company. Yet we continue to hunger for friendship... At its root, that hunger is our desire for the presence and friendship of Jesus Christ. To fulfill that need is a matter of His grace and our initiative. **We need to visit Jesus, as we would visit any friend, and we need to visit Him often, as we would drop in our best friends.**

A Eucharistic Visit is a simple way to spend a few minutes with Jesus during your busy schedule. Many Catholics make a Eucharistic Visit at the nearest parish before work or during their lunch break, or whenever they are near a Catholic church and have a little bit of time to spare.

For more inspiration to deepen your prayer life, check out Mike Aquilina and Regis J. Flaherty's *The How-To Book of Catholic Devotions: Everything You Need to Know but No One Ever Taught You*.