

#63 - A Holy Hour of adoration before the Most Blessed Sacrament opens up the floodgates of God's merciful Love upon the world. (St. Teresa of Calcutta)

#64 - Society will again someday become Christian won to Jesus Christ by the apostolate of Eucharistic Prayer. (St. Peter Julian Eymard)

#65 - Even a quarter of an hour's prayer in front of the Eucharist perhaps gains more graces than all the other spiritual exercises of the day (outside of Mass). (St. Alphonsus Ligouri)

#66 - Thru Perpetual Adoration a Parish gives the King all the love He truly deserves. Perpetual Adoration is the Divine romance between Jesus and His people. (Fr. Martin Lucia)

#67 - I beg you to show the greatest possible reverence for the Eucharist through whom all things have been brought to peace and reconciled with Almighty God. (St. Francis of Assisi)

#68 - During our Holy Hour, those in most need of His Mercy are stamped and marked with the Precious Blood of Jesus. This includes those who are to die that day. (from 'Letters To A Brother Priest')

#69 - If we only knew the value of a Holy Hour we would never miss a single day without making one. Because the Cross is infinite in merit, there is no limit to the value of a Holy Hour! (Letters to a Brother Priest)

#70 - "We contribute to the radical transformation of the world during our Holy Hour of Eucharistic Adoration" (St. John Paul II)



Saintly Quotes on Eucharistic Adoration



Visit the St. John Paul II Adoration Chapel located on the Diamond Head Side of St. Joseph Church in Waipahu

Open Mondays - Saturdays 7 am - 10 pm
Closed on Sundays and Holidays

#1 - Every Holy Hour we make so pleases the Heart of Jesus that it is recorded in Heaven and retold for all eternity! (St. Teresa of Calcutta)

#2 - The spiritual lives of our families are strengthened through our Holy Hour. (St. John Paul II)

#3 - A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to Heaven who otherwise would have gone to hell. (Jesus' revelation to Blessed Dina Belanger)

#4 - All the angels of heaven gaze in ecstasy at the image left on your soul after each holy hour you make in the presence of Jesus in the Blessed Sacrament. (Excerpt from 'Letters To A Brother Priest')

#5 - The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship. (Venerable Archbishop Fulton Sheen)

#6 - Perpetual Adoration extends its influence far beyond the individual adorers, touching their homes and families and reaching out to the parish community and beyond. (Blessed Pope Paul VI)

#7 - Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you. (St. Josemaria Escriva)

#8 - A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption. (Ven. Archbishop Fulton Sheen)

#9 - The grace of adoration of Jesus in the Most Blessed Sacrament is given to everybody. (St. Peter Julian Eymard)

#10 - Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace. (St. Alphonsus Ligouri)

#11 - The future belongs to those who worship God in silence. (St. John Paul II)

#12 - It is impossible in human terms to exaggerate the importance of being in adoration before the Eucharist as often and for as long as our duties and state of life allow. (Fr. John Hardon)

#13 - St. Vincent de Paul would make a Holy Hour asking the Lord blessings on important business transactions and, afterwards, returned to thank the Lord. (St. Vincent de Paul)

#14 - During our Holy Hour our souls are fed in two faculties of the spirit - the Mind and the Will. In the Mind we need light; in the Will we need strength. (Fr. John Hardon)

#15 - By being faithful to a Holy Hour of Adoration you can teach by example. *"The young should be taught the value of Eucharistic Adoration."* (St. John Paul II)

#16 - I strongly recommend that each of us make a resolution, no matter how much the decision may cost us, to make a holy hour before the Blessed Sacrament once a week. (Fr. John Hardon)

#17 - The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship. (St. John Paul II)

#18 - Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often! (St. John Bosco)

#19 - Our Lord in the Blessed Sacrament has His hands full of graces and He is ready to bestow them on anyone who asks for them. (St. Peter of Alcantara)

#20 - A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory. (St. Padre Pio)



#21 - It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring. (St. Augustine)

#22 - The faithful are to hold the Eucharist in highest honor... worshiping it with supreme adoration. (Code of Canon Law - #898)

#23 - During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need of His mercy. (Excerpt from 'Letters To A Brother Priest')

#24 - You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions. (Pope Benedict XV)

#25 - Priestly, religious, and missionary vocations will stem from your Holy Hour. (St. John Paul II)

#26 - Jesus Himself is calling you to spend one special specific hour with Him each week. (St. John Paul II)

#27 - A Holy Hour brings Heaven's choicest blessings on those who are faithful to their Hour (Bl Pope Paul VI)

#28 - This is not merely a passing devotional practice. It is founded on divinely revealed truths. (Pope Pius XII)

#29 - An Hour of Eucharistic Adoration is the best way to grow spiritually outside of Mass. (Bl. Pope Paul VI)

#30 - I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God. (St. John Paul II)

#31 - Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer. (St. Alphonsus Ligouri)

#32 - There is no doubt that a flood of graces will descend upon your family and the world if more souls would become docile pupils of adoration. (St. Pope John XXIII)

#33 - A Holy Hour of adoration testifies to the fact that the Jesus who died on the cross, is present in the Eucharist, and reigns in Heaven, are identical. (Pope Pius XII)

#34 - Perpetual Adoration of the Most Blessed Sacrament is the devotion which surpasses all others. (St. Pope Pius X)

#35 - Our Lord is hidden there in the Blessed Sacrament, waiting for us to come and visit Him, and make our requests to Him. (St. John Vianney)

#36 - A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God's graces. (St. Faustina)

#37 - I understand that, each time we contemplate with desire and devotion the Host in which is hidden Christ's Eucharistic Body, we increase our merits in heaven and secure special joys to be ours later in the beatific vision of God. (St. Gertrude)

#38 - The Eucharist bathes the tormented soul in light and love. Then the soul appreciates these words, "*Come all you who are sick, I will restore your health.*" (St. Bernadette Soubirous)

#39 - The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world. (Venerable Archbishop Fulton Sheen)

#40 - In order to convert America and save the World what we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer. (St. Teresa of Calcutta)

#41 - A Holy Hour before the Most Blessed Sacrament repairs for evils of the world. (St. John Paul II)

#42 - A Holy Hour will give you more strength during life and more consolation at the hour of your death and eternity. (St. Alphonsus Ligouri)

#43 - Come to Me, all of you...Behold, for you I have established a throne of mercy on earth and from this throne I desire to enter into your heart! (Jesus to St. Faustina)

#44 - "You can come to me (in Eucharistic Adoration) at any moment, at any time; I want to speak to you and I desire to grant you grace!" (Jesus to St. Faustina)

#45 - When Our Lord sees pure souls coming to visit Him in the Blessed Sacrament He smiles on them. They come with the simplicity that pleases Him so much. (St. John Vianney)

#46 - If souls but understood the Treasure they possess in the Divine Eucharist the Churches would overflow with adorers no less by night than by day. (Blessed Dina Belanger)

#47 - Restoration, sanctification, transformation, reparation and salvation are the graces being poured out graciously upon us with each Holy Hour we make." (Excerpt from 'Letters To A Brother Priest')

#48 - Jesus revealed to St. Faustina at Adoration that "*beneath these rays (from the Eucharist) a heart will be warmed even if it were like a block of ice; or hard as rock...*" (St. Faustina)

#49 - Eucharistic Adoration is the most necessary mission to the Church, which has even more need of prayerful souls than of powerful preachers or men of eloquence. (St. Peter Julian Eymard)

#50 - We should build the whole edifice of our spiritual life around Adoration. We should not hesitate to ask Him to work miracles, now, as He did in Palestine. (Fr. John Hardon)

#51 - For Jesus to 'work miracles' is available in our day on one condition. That we come to him in Adoration and confidently beg him to give us the graces that we so desperately need! (Fr. John Hardon)

#52 - We represent those in the world who do not know Jesus during our Holy Hour of Adoration. (St. John Paul II)

#53 - In the course of the day the faithful should not omit to visit the Blessed Sacrament! (Bl. Pope Paul VI)

#54 - No less than His contemporaries in Palestine adored and implored Him for the favors they needed, so we should praise, thank Him, and implore Him at Adoration. (Pope Pius XII)

#55 - Christians should make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a "Holy Hour". (Pope Pius XI)

#56 - Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace. (St. Pope Pius X)

#57 - The devotion which God sends to the succor of His Church and of the nations at the present time is the devotion to the Holy Eucharist. It is the highest of all devotions. (Pope Leo XIII)

#58 - We are not called to great penances...but the Holy Hour is a sacrifice in union with Christ. (Venerable Archbishop Fulton Sheen)

#59 - A Holy Hour of Eucharistic Adoration helps to bring everlasting peace to earth. (St. Teresa of Calcutta)

#60 - Let us never forget that an age prospers or dwindles in proportion to its devotion to the Eucharist. This is the measure of its spiritual life, faith, charity, and virtue. (St. Peter Julian Eymard)

#61 - During a Holy Hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate. (St. Teresa of Calcutta)

#62 - The greatest love story of all time is contained in a tiny white Host. (Ven. Archbishop Fulton J. Sheen)