

**Come Let Us Adore Him**



**"Be still and know that I am God"  
-Psalm 46**

**First Friday Eucharistic Adoration**

***Escape from your busy schedule for a short time and  
break away from your cares and troubles.***

***Come and sit in the presence of Jesus and rest your body  
and soul.***

St. Rose of Lima WPC has begun First Friday Adoration of the Blessed Sacrament after the 8:00am Mass in the Chapel and will continue throughout the day until Benediction at 8:30pm.

## Eucharistic Adoration

*"We have come to worship Him."* These words, spoken by the Magi as they searched for the infant Jesus, echo in the hearts of every person who makes a visit to the **Blessed Sacrament**. The presence of Our Lord in the Blessed Sacrament is as real today as the infant Jesus was to the Wise Men who looked for Him by following a star. Ever since the Last Supper, when Jesus broke the bread and distributed the wine, saying, **"This is my Body" and "This is my Blood,"** Catholics have believed that the bread and wine are no longer just bread and wine, but the actual living presence of the Second Person of the Trinity. Spending time before the Blessed Sacrament, in prayer and devotion, is exactly the same as spending time before the living God.

**What is Eucharistic Adoration?** It is the act of worshiping God as He is present in the consecrated Eucharist.

**Exposition of the Blessed Sacrament-** A priest or deacon removes the Sacred Host from the tabernacle and places it in the Monstrance on the altar for adoration and worship.

**Monstrance** - The sacred vessel used for the exposition and adoration of the Blessed Sacrament.

**Benediction:** Receiving Jesus' blessing before He is returned to the Tabernacle.

### Things to Do During Eucharistic Adoration

- Quiet Prayer - For yourself, for your family, for your friends, for the world.
- Quiet Reading - The Bible, Saint Stories, Stations of the Cross, etc.
- Speak to Jesus silently from your heart - Thank Him, tell Him you love Him, ask Him for forgiveness.
- Just Sit Quietly - Enjoy being in His presence and thinking about Him.