

Beginners Guide to Eucharistic Adoration

Here are some suggestions for “what to do” during Eucharist Adoration

Remember: It’s not all about me

Like Mass, Adoration isn’t necessarily about what *we* will get out of it. True, the graces dispensed by God help us grow in holiness, but the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist.

Just be

Remember that you don’t actually have to *do* anything. The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don’t overthink it. Just receive the gift.

Pray (with a little help)

If it’s been awhile since you’ve entered the Adoration chapel and you’re worried you might be a little bored (that’s understandable!), or you have no idea where to start (it’s okay!), I’ll offer the following suggestions:

- **Pray the rosary.** To contemplate the mysteries of Jesus’ life in the rosary is to contemplate the mystery of the Eucharist given to us and the Blessed Sacrament we praise in Adoration. So, pairing these prayers is a great habit to get into.
- **Write in your [prayer journal](#).** Writing in a prayer journal is a great way of making your relationship with God seem more tangible, since we’re getting the words out of our heads and onto the paper. Think of the practice as writing a letter to God. Take all your worries of the day and lay them down during Adoration. Or write to him about everything that’s going well in your life right now.
- **Listen to praise and worship music.** Music can be an extremely effective way to focus our thoughts on God. Just make sure you have headphones that will keep everyone else in your vicinity from hearing your music if they’d rather spend their time in meditative prayer. I usually find that slow, reflective melodies work best for this environment — anything by [Audrey Assad](#) usually does the trick for me.
- **Read.** While Adoration isn’t really the time to break out that thriller you’ve been working your way through, it *is* a great opportunity to pull out a book by one of the saints (such as [“The Diary of St. Faustina.”](#) St. Francis De Sales’ [“Introduction to the Devout Life.”](#) or St. Thérèse’s autobiography [“The Story of a Soul.”](#) Or prayerfully consider a few lines of the Catechism. You may also choose to read a set of devotional essays like Caryll Houselander’s [“The Reed of God.”](#) which is full of meditations on Mary. And of course, don’t forget the Bible!

You don’t have to sit still during your Holy Hour in order to make it count. It’s okay for it to be a natural extension of the rest of your prayer life. So, if there’s something that really helps you focus your prayer, bring it to Adoration. Most of all, remember to receive the gift of Christ in the Eucharist and just be present to God.

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