

O Come, Let Us Adore Him! Adoration is an important component of all Christian prayer. ACTS is an acronym for the four dimensions of Christian prayer: Adoration, Confession, Thanksgiving, and Supplication. This article focuses on one form of Adoration, that is, on Eucharistic Adoration of the Most Blessed Sacrament.

There are three traditional forms of Eucharistic Adoration: at Mass, before the Tabernacle, and during Exposition. We are invited to devoutly experience all these dimensions of Eucharistic Adoration for our spiritual growth in Christ. As Catholic Christians, the Holy Eucharist is the source and summit of our spiritual lives.

First, Eucharistic Adoration occurs primarily during Mass, where the Eucharist is consecrated, offered, and received in sacramental Holy Communion. Even if we receive the Eucharist at other times, we adore Christ who, through the miracle of transubstantiation, has transformed the bread and wine into his Body and Blood, making him really present to us, and allowing us to be intimately present to him.

Second, Eucharistic Adoration occurs whenever we pray before the Eucharist that is reserved in the Tabernacle. Whenever we spend time in adoration this way, we should remember to make a spiritual Holy Communion. Our church is open during the week, during regular parish office hours, so that people may make a visit to the Blessed Sacrament. You can also make such a visit before and after any Mass.

Third, Eucharistic Adoration occurs whenever we pray before the Eucharist that is exposed in a Monstrance. Whenever we spend time in adoration this way, we should remember to make a spiritual Holy Communion. Our parish offers this kind of adoration on First Fridays, during the Rosary before the morning Mass, and at other times as scheduled. There is also a simpler form of exposition in a ciborium.

Eucharistic Exposition is usually concluded with the ceremony of Benediction. Whenever we attend Benediction, we should remember to make a spiritual Holy Communion, especially as we are blessed with the Holy Eucharist. At our parish, it is our custom to conclude Mass on the Feast of Corpus Christi with Benediction.

A famous Christmas Carol has a refrain that beckons us to “Come, let us adore him!” Adoration is not just for Christmas, but is a dimension of every Christian prayer, and especially in the form of Eucharistic Adoration, as described above. Let us all accept this special invitation: “O come, let us adore him, Christ the Lord!”