

7 reasons on the importance of one hour of adoration per week

1. Biblical Reason: After having given his body and blood to eat and drink in the upper room, Jesus invites his disciples to the Garden of Olives to pray with him: *"Could you not watch one hour with Me?" (Mk 14:27)*

2. Theological Reason: The Church reminds us that our community celebration at Mass must go hand in hand with our personal love for Christ in adoration so that the Eucharistic grace is fully effective in our lives. Adoring the Blessed Sacrament one hour each week creates a direct link with our weekly Mass. The Mass and the hour of adoration make it possible to acquire a true Eucharistic spirituality, focusing the week on the Eucharist.

3. Psychological Reason: Some say they prefer to pray at home. Experience shows that it is more difficult to pray at home because of noise, distractions or various disturbances than in a chapel dedicated solely to prayer. The Eucharist is the sublime means that God gives in the superabundance of His love so that man may unite with Him. The Church today strongly encourages the practice of Eucharistic adoration. It would be a pity to neglect it! Wanting to meet God within us in a *heart-to-heart* without going through the *face-to-face* adoration requires a lot of inner purification and a solid formation, otherwise the prayer will bring us back to ourselves and not to God present in us. The *face to face* of adoration helps to decentre from oneself, to centre oneself on Christ. Contemplating the Host leads us to the *heart to heart* with Jesus.

4. Practical Reason: Practical Reason: It is easier to free one hour per week than one hour per month in our usage of time established on a weekly basis.

5. Fidelity Reason: Whatever discipline we exercise (physical, intellectual or spiritual), regularity proves to be fundamental. Without asceticism (spiritual exercises), there can be no progress. No spiritual progress is possible without regularity or fidelity in the virtue of prayer. Without that, there is a risk that the prayer may be sentimental: "I pray when I feel like it, or rather if I have time left over after all my daily activities ..." And Jesus comes after everything else! Let us remember the words of Jesus to Martha: *"Martha, Martha, you care about many things, yet only one is necessary, Mary has chosen the best part and this will not be taken from her" (Lk 10:41)*. Mary was seated at the feet of Jesus. She leaves everything for a while to give her whole self to Jesus. Adoration is a school of fervour in prayer.

6. Spiritual Reason: Some refuse to choose a fixed time, but wish to come 'freely', according to their goodwill. This is a hazardous fidelity. Love pushes us to commitment. Freedom is fully exercised when it engages in fidelity in love. To overcome an affective adoration (one adores when one feels like it ... one is going to pray to 'his Jesus') and to go to an adoration 'in spirit and in truth', to an adoration in the Church and for the Church, we need to commit ourselves. *"True adorers shall adore the Father in spirit and in truth" (Jn 4:23)*. Adoration then becomes a service for humanity. We watch in the name of the Church, for those who need it most ... Experience shows that commitment to a fixed hour allows us to persevere in times of spiritual aridity and dryness ...

7. Ecclesial Reason: Giving faithfully one hour a week to Jesus in the adoration chapel helps us to become make ourselves faithful in prayer. We become guardians of the Blessed Sacrament. In the book of Exodus (Ex. 17: 8-13), when Moses, supported by Aaron and Hur, raised his hands to God, the Lord gave victory to his people. In the same way, when the parishioners raise in unity their hearts and lives toward Jesus in adoration, God pours out His love and His mercy upon His Church and casts away all darkness. Through perpetual adoration, at each hour of the day and of the night, we take over from someone and leave our place to someone else. Each one is an indispensable link for the chain of prayer to be continuous and that we may render to Jesus 'love for love'. Adoration is not a form of personal piety, but a communal prayer that "broadens the heart to the dimensions of the world" (Pope St John Paul II).