



## Ten Suggestions to help you live Adoration

1. You have entered into this chapel where you meet Jesus in His Eucharistic Presence ... Enter now into your heart, into the most intimate part of your being ...
2. Make yourself silent. Make silent all your inner voices, do not run after useless thoughts. Your problems, your concerns, your fears, do not keep them for yourself, but offer them to Jesus. During this time of adoration, occupy yourself with Him and He will take care of you, much better than you could do yourself. Ask for a grace of abandonment and trust.
3. Fix your gaze on the Eucharistic Lord... Begin to speak with your heart, that is to say, begin to love Him who first loved us.
4. Avoid pronouncing prayers with the lips only, without reflecting on the words that you say. Choose a verse from a psalm, a phrase from the Gospel, a simple little prayer, and repeat it with the heart, gently and continuously until it becomes your prayer, your cry, your supplication.
5. Do not pass all this time only moaning or asking ... Enter into thanksgiving, into gratitude. Instead of considering what you lack, give thanks for what you are, for what you have. Give thanks for whatever will be given to you tomorrow ...
6. Maybe you are overcome by fatigue or distractions ... Take heart, as soon as you realize it, start again to pray with your heart, gently. Ask the help of the Holy Spirit that He sustains you in your weakness and that He becomes ever more your inner master.
7. Jesus wants to be at the center of your existence. In gazing upon Him, learn, little by little, to move from “I” to “You”, from the desire to achieve your projects to the desire and to the accepting of His Will for you.
8. He is solemnly exposed ... Receive the light that emanates from His Presence. As the sun warms and melts the snow, in the same way if you expose yourself to Him, He will continue to illuminate the shades of darkness that envelop your heart to the point of dissipating them completely.
9. He hides Himself under the simple and poor appearance of bread ... He comes to you. Poor, so that you can learn to accept the truth of your poverties and those of your brothers.
10. You are dwelling in silence, remain in silence ... Mary, Morning Star and Gate of Heaven, is with you on your way, she indicates to you the path and leads you into the King's chamber. It is She who will make you understand, in silence, that by gazing at Jesus, you will discover the Presence of the Holy Trinity in you. And you can experience in your life the Words of Psalm 33: “Look towards him and be radiant; let your faces not be abashed.”