

HOW TO ADORE THE BLESSED SACRAMENT

Spiritual Advice of St Peter Julian Eymard

1. Eucharistic Adoration has for its object the Divine Person of Our Lord Jesus Christ present in the Most Blessed Sacrament. In this Sacrament He lives, He wishes us to speak to Him and He will speak to us. This familiar converse between the soul and our Lord is true Eucharistic meditation; it is adoration. *Happy the soul who knows how to find Jesus in the Eucharist and in the Eucharist all things else...*
2. Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, "*In four hours, in two hours, in one hour, our Lord will give me an audience of grace and love. He has invited me; he is waiting for me; he is longing for me.*"
3. Until we have a passionate love for our Lord in the Most Blessed Sacrament we shall accomplish nothing." Some say: "But all this is exaggeration!" Love is nothing but exaggeration; to exaggerate is to go beyond the strict requirements of the law. Love must exaggerate.
4. Begin all your hours of adoration with an act of love: this will open your soul to His divine action. It is because you begin by self that you pause on the way or if you commence by any other virtue other than love, you wander from the true path. Does not the child embrace the mother before obeying her? Love is the only portal to the heart.
5. First adore our Lord in His divine Sacrament by the exterior homage of the body. As soon as you perceive His adorable presence in the sacred Host, genuflect profoundly and with extreme reverence as an evidence of your faith and love. Adore Him in union with the Wise Men when prostrating themselves to the earth, they adored the Infant God, cradled in a humble manger and wrapped in swaddling-clothes.
6. If you read the Gospel, bring it to the Eucharist and, from the Eucharist, into yourself. You then have a much greater power. The Gospel becomes clear, and you have before your eyes and in reality the continuation of what you are reading.
7. Go to our Lord just as you are. Make a simple meditation. Exhaust your own fund of piety and love before you make use of books. Love the inexhaustible book of humility and charity.
8. To be unwilling to go to our Lord with one's misery and one's humiliating poverty, is often the fruit of subtle self-love, of restlessness or tepidity, and yet that misery and poverty are what our Lord prefers to every other gift. He loves it. He blesses it.
9. There are few who think about the virtues, the life, and the state of our Lord in the Blessed Sacrament. We treat Him like a statue; we think He is there only to forgive us and receive our prayers. That is not true. Our Lord lives and acts: look upon Him, study Him, imitate Him.
10. You are in dryness, glorify the grace of God, without which you can do nothing; open your soul to heaven, then, as the flower opens its calyx at the rising of the sun to receive the life-giving dew. But you are in a state of temptation and sorrow; everything in you revolts; everything prompts you to stop adoring. Do not listen to this temptation, this is adoration in battle, adoration faithful to Jesus against yourself. No, no, you are not displeasing Him; you are giving joy to your Master at whom you are looking. He expects from us the homage of perseverance until the last minute of time that we are to devote to him.
11. Let confidence, simplicity and love lead you to adoration.
12. Since your adoration is of itself so weak and imperfect, unite it to the adoration of the Blessed Virgin Mary.

