

## Eucharistic Adoration: The Details

1. When entering the presence of the Lord in the chapel, genuflect on the right knee as you do when entering church (many people reverence on both knees as was the custom before the exposed Eucharist).
2. Sign in on the clipboard just inside the door.
3. Find a pew and be with the Lord

There is no set procedure for what should be done while you are in the presence of our Lord. Open yourself up to Him and the grace he offers you during your time with Him. Here are a few suggestions that may help get you started:

- Remember **ACTS**:

**Adoration:** Contemplate who God is and who you are

**Contrition:** Express sorrow for your sins and weaknesses

**Thanksgiving:** Give thanks for the blessings and gifts God has given you

**Supplication:** Petition God for your spiritual and temporal needs and for the needs of others.

- Present to Jesus your joys, sorrows, fears, hopes, gratitude, failings, and desires for yourself and for others
- Pray/meditate with Sacred Scripture
- Pray the Rosary
- Pray the Chaplet of Divine Mercy
- Sit quietly and just “be” in the presence of God!
- Utilize the spiritual reading works present in the Chapel

**Things to remember:**

- God gave us two ears but only one mouth. Make an effort to listen.
- Maintain a reverence in the presence of Our Lord. Adoration is a peaceful, private time for each adorer.
- Never eat, drink or chew gum in the chapel.
- The Blessed Sacrament must never be left alone. If the person that is supposed to follow you does not show up please call them. Their name and number are posted on the bulletin board.

