

## What is Adoration and Why Spend the Time?

One of the greatest ways to grow deeper in your prayer life is to spend time in Adoration, or to “make a Holy Hour.” Adoration is also known as Exposition of the Blessed Sacrament, so if you hear people talking about making a Holy Hour, most often they will be going to a parish that has an Adoration Chapel, or where Exposition of the Blessed Sacrament is offered certain days and times.

The Church has encouraged devotion and reverence of the Blessed Sacrament since its origins, but the practice of Adoration and Eucharistic Exposition became more prominent during the Middle Ages. Many of the hymns of praise we use to this day, “O Salutaris” and “Tantum Ergo” were written by St Thomas Aquinas, a saint who spent hours before the Blessed Sacrament.

I often encourage people to go and spend time in Adoration. Much of the time, people will respond with something like, “That’s sounds nice, but I don’t know what to do.” Unfortunately, this response reflects a common misunderstanding of what our relationship with our Lord is all about. It’s not about *doing*, it’s about *being*. Because God calls us to *be* perfect as He is perfect. Scripture tells us in the Gospel of John, “If you remain in me and I in you, you will bear much fruit, but apart from me you can do nothing.” The reality of this is that it means that the only way we can be capable of doing anything is only by allowing Jesus to fill us up with Himself, and this is exactly what can happen during Adoration.

So, if we keep in mind that Adoration is simply so we can be present to our Lord, then what we do becomes less important. However, for those of us who *still* want a plan for what to do, just remember ACTSS—Adoration, Contrition, Thanksgiving, Supplication, and Silence. Begin your time in Adoration by remembering that God is God, and you are not. And then after remembering this reality, Contrition and sorrow for freely choosing to do wrong and failing to do good tends to emerge in our minds and hearts. Thanksgiving is us intentionally thanking God for His many blessings that He showers upon us, and Supplication allows us to offer up all the needs and concerns on our minds and hearts. Finally, spending time in Silence allows God the chance to speak and share with us.

If all else fails though, just keep in mind: Be Silent. Be Attentive. Be Alert. Jesus is there with you, present in the fullness of His Body, Blood, Soul and Divinity. Just look at Him, and let your Heavenly Father, Lord and Savior take delight in looking at you, His most precious and beloved son or daughter. For I can attest, there is nothing better than basking in the love of the One who loves you.