

# Prayers

Jesus in the Eucharist, our God and King.

Jesus in the Eucharist, our Creator and Redeemer.

Jesus in the Eucharist, our Physician and our Medicine.

Jesus in the Eucharist, our Food and our Grace.

Jesus in the Eucharist, our greatest Good and Happiness.

Jesus in the Eucharist, infinitely loving and worthy of love.

Jesus in the Eucharist, You are the greatest and most holy of our mysteries.

St. Vincent Pallotti, who as a diocesan priest in Rome, was a Secular Franciscan

Selfless Jesus, you come to me in the Eucharist  
and remind me how you broke your body  
and poured out your blood for the salvation of all.  
May the time I spend with you in eucharistic adoration  
be a vivid reminder that as a disciple,  
I too, am called now to a life of selflessness.  
May my eucharistic adoration transform me  
into the Bread of Life for others.  
Amen.

Franciscan Media

We adore You, O Lord Jesus Christ, in this Church and all the Churches of the world,  
and we bless You, because, by Your holy Cross You have redeemed the world.  
Amen

Saint Francis of Assisi

Heavenly Father, teach me what it means to die to myself, so that Jesus may live within me.

I no longer want to attempt to figure out this life on my own. Help me to empty my mind of all my thoughts, so as to fill them with your divine way of thinking. Help me to empty my heart of all my feelings, so that you will be the Lord of all my emotions. And help me with every action that I make, so that my behavior and words will be an example of your character guided by the Holy Spirit.

Thank you, Father, for giving me your Most Holy Body and Blood of Christ. So that as often as I eat this bread and drink this cup, I will proclaim the death of the Lord until he comes. Amen

Deacon Dean Vernon

# Reflections

## In the Sacramental Presence

In the daily Eucharist we become the Body of Christ.

We leave the daily Eucharist to be in communion with all human persons, with all God's creation, to link with each other, to be the Body of Christ.

Perpetual adoration is a continuation of the communion of the Eucharist. No one of us prays alone; there are always at least two of us.

Always, we honor God in the sacramental presence not only for ourselves, but for our community, for all those for whom and with whom we minister, for those who minister to us, for the world community.

In the presence of the Eucharistic Christ, we are fed over and over again; we are sent over and over again.

In perpetual adoration, we honor, we beg, we thank, we receive, we minister, we fail, we forgive, we are forgiven, we are joined in the Loving Presence of God.

Perpetual adoration is a challenge to us to live as we pray:

to live in complete acceptance as Jesus does in the Sacramental Presence;

to work gently, yet strongly against the violence of worldly power;

to live in simplicity in order to feed the world;

to glory in the splendor of our chapel, but go out to relieve the degradation of the poor;

to live in trust and surrender;

to work to attain justice by recognizing injustice;

to love others as God loves.

Helen Koopmann, FSPA [\*Eucharistic Adoration: Reflections in the Franciscan Tradition\*](#)

The fire of God's love in our Franciscan tradition is most evidenced in St. Francis' constant adoration. In every church he visited Francis prayed: "We adore You, Lord Jesus Christ, in all Your churches throughout the world, and we bless You, because by Your holy cross You have redeemed the world!" St. Clare followed this intense desire for oneness with the sacrament of the Eucharist. As witnesses of Christ's abiding presence, the Poor Ladies nurtured the feeble faith of commoners, nobles, and outcasts alike. Clare urged her companions to discover the fullness of love by basking in divine light and to become living icons of God.

— from the book [\*Eucharistic Adoration: Reflections in the Franciscan Tradition\*](#) by the Franciscan Sisters of Perpetual Adoration

What we need most in order to make progress

Is to be silent before this great God

With our appetite and with our tongue

For the language he best hears is silent love – John of the Cross

