

## Reflecting on Jesus' Presence

*Eucharistic Adoration is a time to remember how we have experienced the presence of Jesus in our lives and to be grateful for that.*

*These questions may help your reflection:*

...what does it mean to experience the presence of Jesus?

...how have I experienced his presence in my family?

...how have I experienced his presence in my friends?

...how have I experienced his presence my neighbors?

...how have I experienced his presence in the world around me?

...how have I experienced his presence in my thoughts and dreams?

...how have I experienced his presence in my work?

...how have I experienced his presence in Scripture?

...how have I experienced his true presence in the Eucharist?

...how do I help others experience his presence in their lives?

This is also a good time to remember and think about how Jesus might be missing, how I might not be recognizing him, or how and where I need to experience his presence in my life.

## What You Can Do During Eucharistic Adoration

*Here are some suggestions for what you can do while you are in the presence of the Blessed Sacrament:*

- Embrace the silence. In a busy, noisy world, silence reminds us that there is more to our lives than what we can see or hear.
- Think about how you have experienced Jesus' presence in your life or how you have missed his presence in your life.
- Make a list of the ways in which you have experienced Jesus' presence this week... this month... this year.
- Use your own thoughts and words to have a conversation with Jesus.
- Pray the rosary.
- Practice holy reading (*lectio divina*) with last Sunday's Gospel or another reading from Scripture.
- Read a religious book that gives you inspiration.
- Listen to some inspiring religious music (please use earbuds).
- Write your thoughts and prayers down in a Prayer Journal.
- Write a letter, send a text or post a message on social media about how you have experienced Jesus' presence and why you are grateful for that.
- Make a list of the ways in which you want or need to experience Jesus' presence this week... this month... this year.

# The True Presence

*“Where two or three are gathered together in my name, there am I in the midst of them” (cf. Matthew 18.20).*

**In John's Gospel, Jesus tells the disciples** that his Spirit will remain with them for all time. Some people will not recognize the Spirit because they cannot see it, Jesus says, but his followers will recognize him because the Spirit will be in them and will remind them of everything that Jesus told them (cf. John 14).

**We know how this happens** when a good friend or loved one moves away. We remember our experiences with that person; we remember what they mean to us; certain places and certain things remind us of them; we may even continue to communicate with them on social media. In other words, they continue to be a part of our lives, they continue to be real to us, even though they are not physically present.

**Catholics believe that Jesus is present** to us in various ways: in Holy Scripture, in the community of believers, in the priest at Mass, and in the bread and wine that are consecrated at Mass. We believe that the bread and wine become the true body and blood of Jesus, but this is not a physical presence in the ordinary sense of the word. The *Catechism of the Catholic Church* calls it a sacramental presence. The appearance of bread and wine remain, but the underlying reality--that is, what they really are and what they mean to us--changes.

**When we come for Eucharistic Adoration** we come to remember, to appreciate and to be grateful for the ways in which Jesus continues to be truly present in our lives. We are reminded that Jesus did not ask us to adore him; he asked us to *remember* him and to *follow* him--to think like him, to act like him, to *be* like him, as best we can. For that reason, it is often in our relationships with others that we experience his presence (and reveal his presence to others) in a very real and personal way.

# A Reflective Guide for Eucharistic Adoration

