

## **Join Us for Adoration**

### **What do you do in Eucharistic Adoration. That is between you and Jesus.**

He loves you and calls you. In the depths of your heart, He will speak to you if you would only listen. Imagine being sunbathed by the rays of mercy from Jesus. Give Him some silent time to talk to you. Just adore Him, and you will grow spiritually.

### **How to Adore -**

Gaze on Him, Allow Him to gaze on you

Listen to Him, Get to know Him.

Be real with Him, don't be formal, keep it personal.

Talk to Him, keep Him company, comfort Him.

Tell Him - *I have never done this before. Forgive me if I rattle on*

Or just say - *Jesus, I don't know what to say to You.*

### **Build a relationship with Jesus.**

Remember the one in your family that loved you – even if you made mistakes.

They did not love those mistakes, but they did love you.

Jesus loves you unconditionally.

What do you do when you come to visit Him.

What do you do when you come to visit your friend.

You say “*hello*” and say how glad you are to see your friend. You tell your friend what is happening in your life – your joys, your sorrows, things that bother you.

You tell your friend about the last day, the last week. And when you listen to your friend you are building a relationship. If you need help, you ask your friend.

Then you sit and listen for your friend to speak to you. In the silence, your friend may say your name and tell you in many ways that he/she loves you.

### **Sometimes we forget. How long has he waited for me to visit Him.**

Jesus wants you to speak to Him, He is waiting for you.

It is your heart, mind, and soul that is speaking to Him, hearing Him speak to you.

As you continue to listen, Jesus will continue to speak to you.

Feel free to cry and be healed, trust Him and count on His Forgiveness.

**He speaks** - *Don't distance yourself from Me. Do not be afraid. Come to Me. You do not know how much I love you. I wait for you day and night.*

*Do you not have a moment to come and give Me proof of your love and gratitude.*

*I loved you so much that even if you were the only one that ever existed, I would die to save you. All I ask is for you to spend some time with ME.*