

Faith in Five – Adults
The Solemnity of Christ the King / Eucharistic Adoration
November 18, 2022



1. The Solemnity of Christ the King – November 20, 2022

The Feast of Our Lord Jesus Christ the King was established as recently as 1925 by Pope Pius XI. The feast day was to serve as a reminder of **“the princely dignity of Christ”** and to affirm Christ’s sovereignty over the earth. In a world that sadly does not always acknowledge Him as King, do not fear! God has not and will not abandon us. His authority over the world means we will not be defeated by evil. He is also the eternal King, glorified by the saints in heaven, who will one day come to judge all humankind.



God is always near to us and even more so in the Blessed Sacrament. “Draw near to God, and he will draw near to you...” (James 4:8).

The Feast of Christ the King is celebrated on the final Sunday of Ordinary Time. It is also the final Sunday of the liturgical year, the last Sunday before the First Sunday of Advent.

2. Eucharistic Adoration is the practice of worship/praying before Jesus Christ in the Blessed Sacrament exposed in a monstrance on an altar.



The Catechism of the Catholic Church tells us, “Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice holy and sovereign God of love blends with humility and gives assurance to our supplications.” (CCC 2628). As Jesus is revealed to the assembly in the Blessed Sacrament, all kneel in reverence and honor. At Mass we seek God in community; at Adoration we seek Him in personal silence.

3. Phases of Eucharistic Adoration:

a. Exposition – this begins the period of prayer with a hymn and incense; we expose and honor the Blessed Sacrament with reverence. It is placed in a monstrance, a special vessel for all to see. A luna or lunette is a special disc which holds the consecrated Host in the center of the monstrance. While reserved in the tabernacle, the luna or lunette is stored in a custodia, a housing that contains the luna. The ordinary ministers for exposition and benediction are a priest or deacon, who are able to bless those present with the Blessed Sacrament.

b. Adoration – this is the period of time during which those present pray, either individually or collectively; adoration focuses on the Blessed Sacrament after it has been placed in the monstrance. During this time, there should be prayers, songs and readings to direct the attention of the faithful to the worship of Christ the Lord. There should also be time spent in sacred silence. Adoration may be a 40-hour devotion, or a period of all-night adoration.

Perpetual adoration is Jesus in the Blessed Sacrament, exposed in a monstrance on an altar of a church or chapel, 24 hours a day, 7 days a week. Earnest efforts are made to make sure Jesus is not left alone on an altar during Adoration, and that our full attention be given to Him.

c. Benediction - the period of adoration concludes with the blessing (the meaning of the word benediction) by the Blessed Sacrament. Like exposition, benediction includes hymns, prayers, and incense while the priest or deacon blesses those present with the Eucharist.

d. Reposition - the Eucharist is returned to the tabernacle after benediction.



4. In addition to the alb or cassock, “the priest or deacon should wear a white cope and humeral veil to give the blessing at the end of adoration, when the exposition takes place with the monstrance; in the case of exposition in the ciborium, the humeral veil is worn”. A cope is a special cloak. A humeral veil signifies both the sacredness of the object touched—the monstrance or ciborium containing the Blessed Sacrament—and the humility of the minister. The humeral veil is draped over the shoulders of the priest or deacon; he takes the lower ends of the veil to cover each hand as he holds the monstrance or ciborium. In this way, the focus is on Jesus being honored and at the blessing, Jesus blesses the people Himself, and not the minister.

5. What is a Holy Hour? A Holy Hour is a Catholic devotional tradition of spending one hour in Eucharistic Adoration in the presence of the Blessed Sacrament. During this time in adoration, we have the opportunity to talk to Jesus, but also listen to Him. In Matthew 26:40, Jesus asked his disciples, “Could you not keep watch with me for one hour”? We are refreshed and our faith made strong when we respond to His loving call to spend time with Him, away from worldly distractions. Our time with Jesus is purposeful: we praise, adore, thank Him and unite ourselves to Him.

The time we spend before Jesus’ presence in the Blessed Sacrament is a unique time reserved especially for us and our Lord. There can be no deeper presence of God here on earth than the one brought to us in the Blessed Sacrament, the “Real Presence.” Participation in the sacrifice of the Mass and receiving Holy Communion is the most powerful source of grace, but it is not the only source of Eucharistic grace. After the sacrifice is completed, the sacrament continues on. Jesus, in His sacramental Body and Blood remains with us, just as He promised. Jesus waits for us, “**Venite Adoremus**” – **Come, let us adore Him!**

6. What do I do during a Holy Hour? A Holy Hour is a commitment of love to Jesus. Meditate, read, write in a journal, share anything and everything in your heart to Him. The rosary may be recited, time may be spent in prayer, or simply rest with the Lord. This is alone time with Jesus! Approach Him as a most cherished, beloved person. There are no strict rules on what to do but allow the Holy Spirit to lead you in this precious time with our Lord.

“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, ‘Lord, I am here. Tell me what you would have me to do’ . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.” – **St. Catherine Labouré**

7. The Catholic Diocese of Dallas offers several examples of prayer guides for Eucharistic Adoration at this site: <https://www.cathdal.org/eucharisticadoration>. The prayers are for use for praying with the Lord in front of the Blessed Sacrament (also in Spanish), and prayers for use before the Blessed Sacrament.

Another guide for how to structure your time during Eucharistic Adoration:



Image used with expressed, written permission from www.catholiclink.org

St. Teresa of Calcutta says, "When we look at the cross, we know how much Jesus loved us. When we look at the tabernacle, we know how much Jesus loves us now".

This is a free resource! For more information, visit www.acatholicmomslife.com