

Q&A: ADORATION & EXPOSITION OF THE BLESSED SACRAMENT

What is Eucharistic Adoration? What is Exposition?

Eucharistic Adoration is when we spend time before Jesus present in the Blessed Sacrament. We are able to do this in any church where the Blessed Sacrament is reserved in the tabernacle. There is a special type of adoration called Exposition of the Blessed Sacrament where Jesus, still veiled under the appearance of the consecrated Host, is placed in a monstrance on the altar instead of being in the tabernacle. When Exposition is taking place, there must always be two or more people present with Jesus.

What would I do at Exposition?

There are many ways that people like to pray while they are before Jesus in the Blessed Sacrament. These include kneeling and sitting, praying memorized or written prayers, and doing spiritual reading. During certain hours there will even be brief opportunities for prayers to be prayed aloud together. If you are not there during those hours, you can simply tell Jesus about your day and listen for His voice in the silence. Best of all, you can look at Him with love and soak up His love for you.

