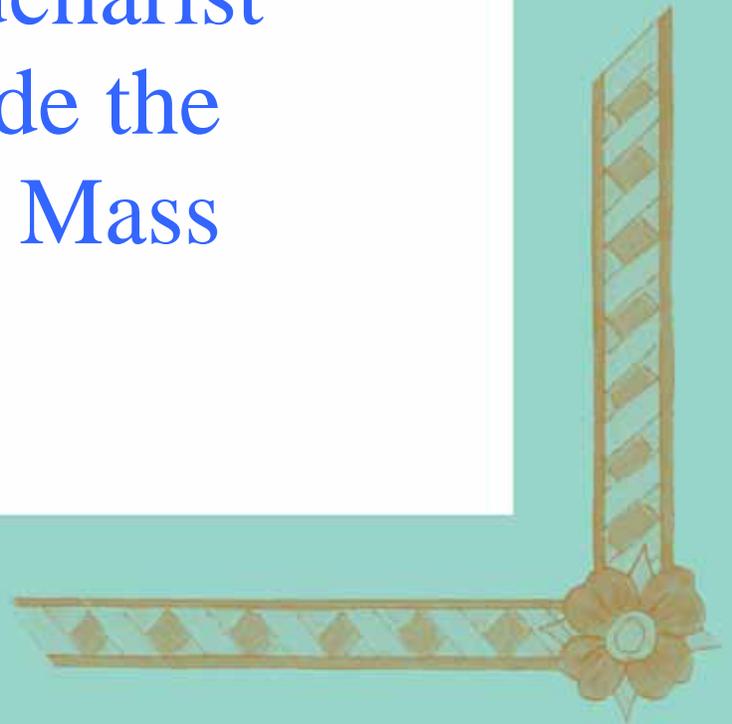




## Chapter VIII

# Devotion to the Eucharist outside the Holy Mass



**70** What do we call devotion to Christ the Lord during the Holy Mass and after the celebration of the Holy Mass.

This devotion is called adoration (or *di latria*—a Greek word that means adoration), because it is reserved God alone.

**71** From where does Eucharistic devotion outside the Holy Mass originate?

It comes from:

**1** The Celebration of the Eucharist: the

Sacrifice of the Holy Mass is truly the source and the goal of worship given to the Eucharist when it occurs outside the Holy Mass. This devotion is intimately linked to the Eucharistic Celebration. It is a natural extension of Holy Mass as well as being a devotion that is ordered to the Holy Mass.

**2** From faith in the Real Presence of the Lord:

this necessarily leads to an external and public manifestation of this same faith.

**3** From the certainty that the Lord is with us always:

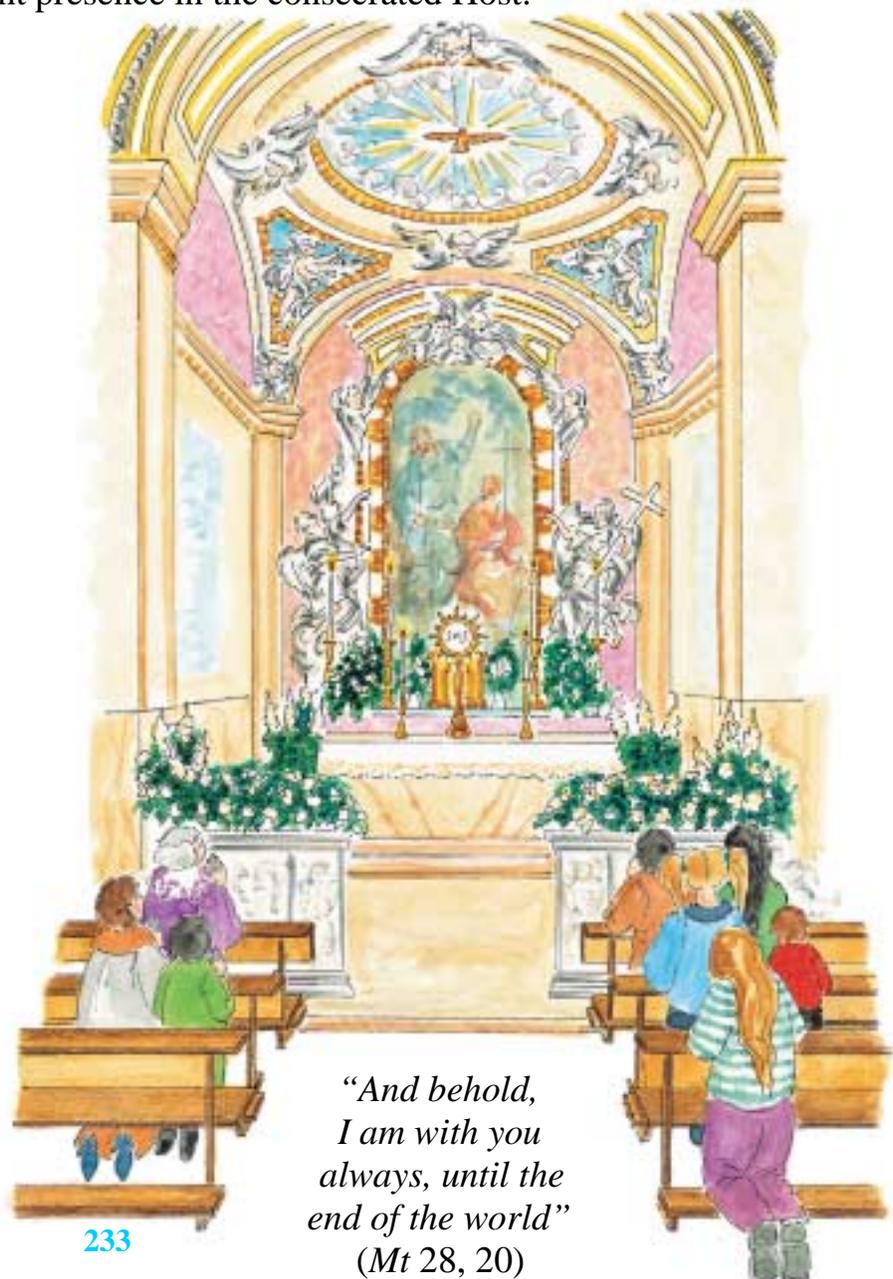
“And behold, I am with you always, until the end of the world” (*Mt 28, 20*).



**72** In what way does devotion to the Eucharist take place outside Mass?

**This occurs in many different and complementary ways:**

First of all there is the *Adoration* of the Most Blessed Sacrament, either individually or together with the community. There are various ways in which this can be done: exposing the Most Blessed Sacrament in a monstrance or in a ciborium, over an extended period of time (as is done, for example, during the Forty Hours Adoration) or for a brief time. This devotion is recommended by the Church to Pastors and the faithful as it is highly expressive of the link that exists between the Celebration of the Sacrifice of the Holy Mass (which in itself is the Church's greatest act of adoration) and his permanent presence in the consecrated Host.



*“And behold,  
I am with you  
always, until the  
end of the world”  
(Mt 28, 20)*



### Adoring Jesus Christ present in the Eucharist outside Mass is:



A sign of our faith in the Mystery of the Eucharist.



An act of thanksgiving to the Lord for this exceptional and wonderful gift.



A way of making reparation for the many offenses that are perpetrated in the world.



### Spending time in prayer before the Lord Jesus who is really present in the Blessed Sacrament:



Deepens our union with him and helps us to become holy.



Increases our sense of awe and wonder at the great gift of the Real Presence of Christ.



Prepares us for a fruitful Celebration of the Eucharist.



Helps us to have a greater sense of devotion and to reflect on this increasingly in our lives.



### During this time of Adoration the faithful may find it helpful to:



Read a passage from Sacred Scripture which is an incomparable source of prayer.



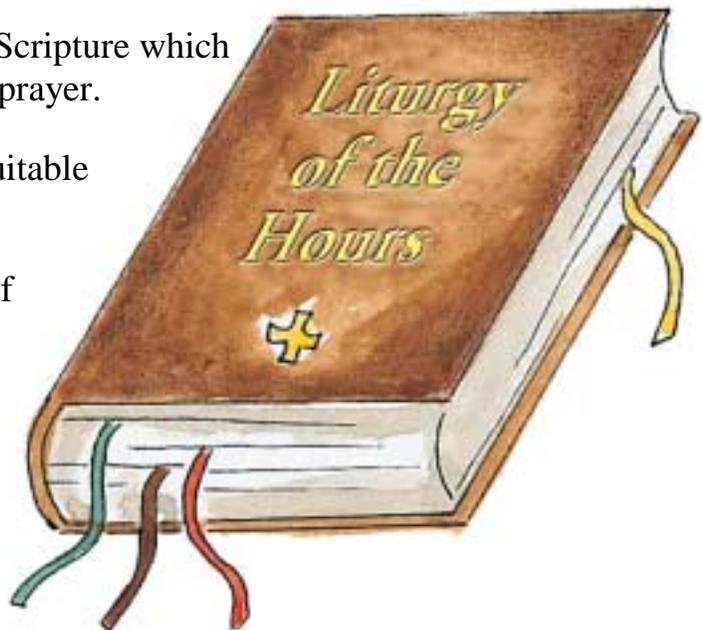
Sing hymns and read other suitable prayers.

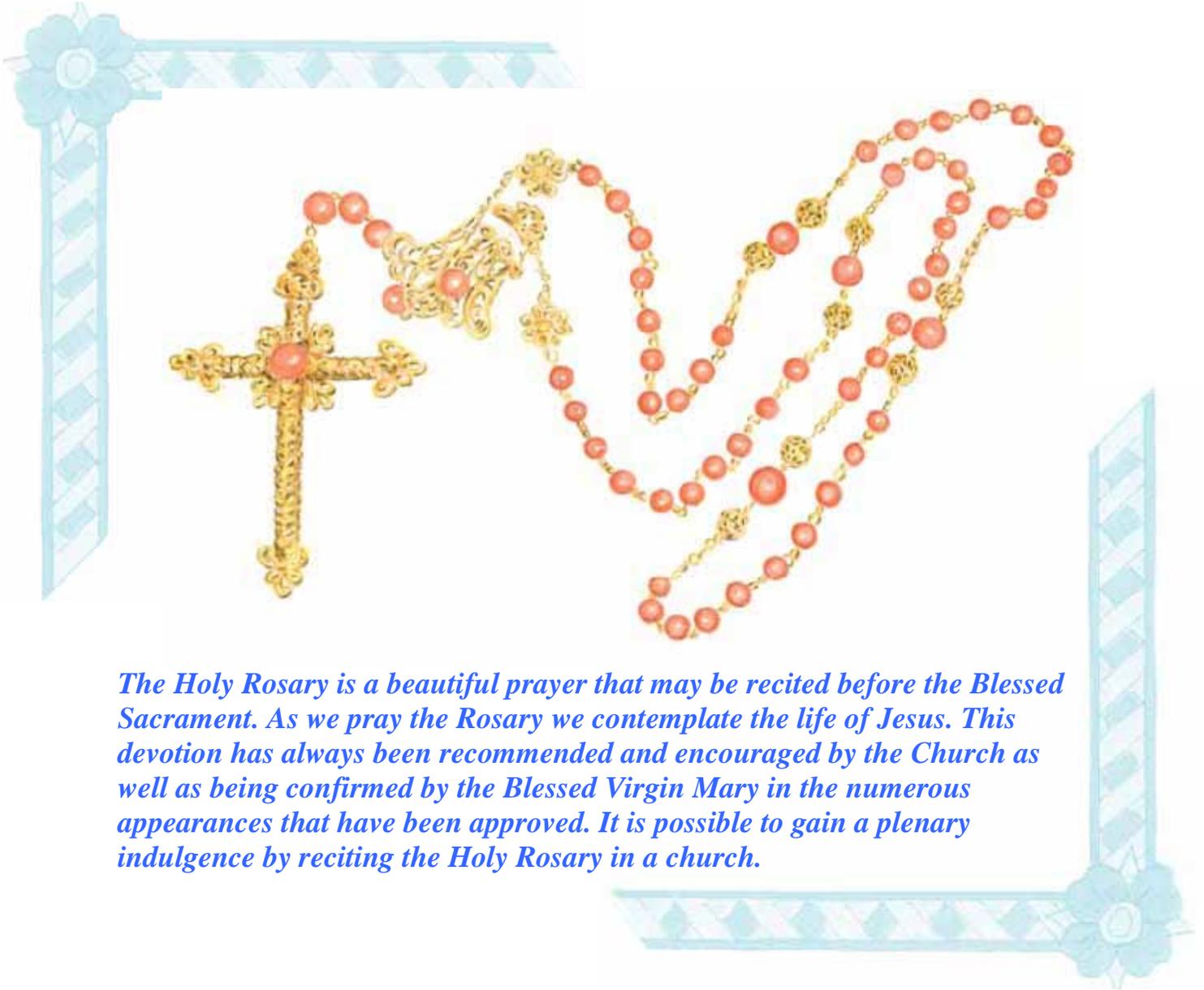


Become familiar with some of the prayers from the **Liturgy of the Hours**, that is to say the “official” prayer of the Catholic Church which follows the various liturgical seasons throughout the year.



Remain in silent prayer and contemplation.





*The Holy Rosary is a beautiful prayer that may be recited before the Blessed Sacrament. As we pray the Rosary we contemplate the life of Jesus. This devotion has always been recommended and encouraged by the Church as well as being confirmed by the Blessed Virgin Mary in the numerous appearances that have been approved. It is possible to gain a plenary indulgence by reciting the Holy Rosary in a church.*

It is both important for us and very pleasing to the Lord if we make a simple *visit to the Blessed Sacrament* reposed in the tabernacle: this brief encounter with Christ is inspired by our belief in his presence. This is usually an occasion to spend some time in silent *prayer*.





Jesus is continuously inviting us to come to him. As we accept his invitation each one of us has the chance to encounter the Lord Jesus. This can occur in a particular way if we spend some time before the tabernacle as soon as we enter a church. It is in the tabernacle that Jesus is truly present in the Most Blessed Sacrament. It is there that he is waiting to welcome everyone and to offer them his teaching and example for their lives.





The sanctuary lamp indicates the presence of Jesus in the Eucharist present in the tabernacle. This lamp is located in front of the tabernacle where it burns day and night. The burning sanctuary lamp invites us all to bow before and to adore Christ truly present in the consecrated Host.



## Other ways of offering devotion to the Eucharist outside Mass are:

***Eucharistic Benediction*** is usually the way in which Eucharistic processions and the adoration of the Blessed Sacrament are concluded. The Eucharistic Benediction is performed by a priest or a deacon. Since the blessing with the Most Holy Sacrament is not a form of Eucharistic devotion by itself, it must be preceded by a brief period of exposition which allows for a period of prayer and silence. It is not permitted to expose the Blessed Sacrament for the sole purpose of imparting a blessing.





***Eucharistic Processions*** through the streets: these help the faithful to deepen their sense of being God's people who are called to journey with their Lord and to proclaim their faith in the ***God who is with us and for us***. This is especially the case when we are speaking about the Eucharistic Procession par excellence, namely, the ***Corpus Christi Procession*** (the Feast of the Body and Blood of the Lord). During these processions everything must be done to highlight and respect the dignity and reverence for the Most Blessed Sacrament: the way in which those who partake, to the decoration of the streets, the floral arrangements, the hymns and the prayers must all be a manifestation of praise and of faith in the Lord who is really present in the Most Blessed Sacrament.





***Eucharistic Congresses***: are a sign of faith of charity and may be considered as a “station” that is to say a period of personal pledging and prayer during which the universal Church or a particular Church is invited to deepen some aspect of the Eucharistic Mystery and participate in a gesture of public veneration in a bond of charity and unity.

