

Suggestions for Prayer and Reflection during Eucharistic Adoration

People come to Eucharistic Adoration with a variety of motives, intentions, and methods of prayer. Some people come who are experiencing turmoil in their lives and seek refuge in the love of the Jesus. Others come to give praise and thanksgiving to the Lord for His grace. Still others come to simply sit or kneel in His presence and find peace with God in the midst of their busy lives.

Here are some suggestions to help you focus your minds and hearts on the mystery of our salvation by Jesus Christ.

Pray the Rosary, Stations of the Cross, or the Divine Mercy Chaplet.

Pray in your own words; have a conversation with the Lord.

Read passages from the Bible. Here are some suggested passages:

Deuteronomy 8
Psalm 104
Isaiah 55
Matthew 5:1-16
Luke 11:1-13
John 4
John 6
Romans 8:14-39

Use a Missalette and read the scripture readings for the coming Sunday.

Open a Missalette and sing a favorite song or two to yourself.

Read a spiritual book.