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The Mass is the primary way we join ourselves to the dying and rising of the Lord. We gather through, with, and in Christ to offer thanks and praise to the Father and to eat and drink of Christ's Body and Blood. In the Mass we are transformed by the Holy Spirit so that we can be Christ in our world—part of the body of Christ that we are and are always more deeply becoming.

Eucharistic Adoration, on the other hand, is a wonderful way to pause in our busy lives, to step into the presence of God, to marvel at the great mystery of love celebrated in the Eucharist, to thank God for it, and to pray about what it means to share in Christ's Body and Blood and be his disciples in the world around us.

I hope these short prayers will help you focus on the heart of Adoration, inspire your own prayer in the presence of the Lord, and lead you back to participate ever more deeply in the celebration of the Eucharist.

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I am no longer dust and ashes

Jesus, I am in your presence...

Help me to remember what St. John Chrysostom
said so long ago:

“Because of your body, I am no longer
dust and ashes.

I am no more a captive but free,
and because of this I hope to obtain heaven
and the good things that are there in store for me:
Eternal life, the heritage of the angels,
companionship with you.”

Your body, now, here, so quiet and serene,
was pierced with nails and scourged and
given up to death,
for me, for everyone, for the whole world.

You are the living presence of God's
overwhelming love,
a love that led you to the cross,
a love that raised you to life,
a love that offers freedom and life to all,
a love that feeds us at every Eucharist
through your life-giving Body and Blood.

I praise you for the wonder of it all. *Amen.*

How can I make sense of it?

Jesus, I am in your presence...

How can I make sense of it?

I am in the presence of the Living God,
you whose love once so overflowed
that it created a universe so vast
that we cannot even begin to imagine it all.

I am in the presence of the Living God,
you who formed the Earth
and nurtured it until it teemed with life;
you who created human beings and loved them
so much
that you became one of us and shared our life,
and our death,
so that we could follow you beyond death to the
fullness of life.

I am in the presence of the Living God,
you who loved us so much that you shared
with us your face, your mind, your life,
all now under the appearance of a small
piece of bread.

Help me to be silent and to drink in the miracle,
the mystery. *Amen.*

The miracle of my life

Jesus, I am in your presence...

Jesus, I praise you for the miracle of my life.
When I look at the universe you created,
there is so much more nothing than something.
And of the something,
most is energy, or clouds of gas and dust that
sometimes turn into stars or planets,
and to only a fraction of it all do you give
the gift of life,
and only a very small fraction of life
are the higher animals,
and only a small fraction of them are human,
and only a small fraction of humans live
as well as I do.

Lord Jesus, I have won the cosmic lottery
through no effort of my own.
Let me never forget that you said
to whom much is given, much is expected,
and let me never forget that you do not leave me
alone with this challenge, but you feed me
with your very self, the Bread of Life.

Lord Jesus, I am in your presence.
Please help me to make the most of it. *Amen.*

I am not sure I should be here

Jesus, I am in your presence...

But I am not sure I should be here, Lord.

I know I should be praising you

and telling you how much I believe in you

and how I love you above all things.

But in the honesty of this meeting, face to face,

I wonder if it's true.

I am not sure what I believe,

I am not sure I have a right to call you Lord,

or friend.

Part of me doesn't even want to be here.

But I *am* here, I've shown up,

weak faith and all,

and I ask that you take the poor offering

of my presence

and transform it through your presence,

and nurture it with your love,

so that I might leave here a stronger believer,

more ready and able to feel your presence

in my life,

and to be your presence to all I meet

and in all I do. *Amen.*

What a mysterious choice

Jesus, I am in your presence...

What a mysterious choice you made, Jesus,
to make bread and wine the ways
we would experience your presence.

You could have chosen thunder or lightning—
even the ancient Israelites saw God in them.

Scientists today can create thunder and lightning,
but neither needs human beings to exist.

Not so with bread and wine—
they do not exist without God and human beings.
Even the wheat and grapes they come from
do not occur naturally,
but are the product of human cultivation.

You are fully God and fully human.

How wise you were to choose to be present to us
in a form that cannot exist
without God and human beings
both doing their part.

Help me, Lord Jesus, to be bread and wine,
as you are bread and wine,

Help me cooperate in your plan,
and become part of your Bread of Life. *Amen.*

I am distracted today

Jesus, I am in your presence...

I know I am here to marvel at your
wondrous love;

I know I am here to praise you in the Eucharist,
and to sit quietly in the presence
of this mystery
and let it soak into my very soul...

But I am distracted today.

My mind is in a hundred pieces and places,
and I've got problems, lots of them.

But you know that.

You know everything about me.

You know I haven't got much silence
in me right now.

So I hope you won't mind if I sit here
and tell you my troubles.

I don't expect you to solve my problems,
though, if you could...

Well, whatever the outcome, help me, Lord,
to feel that you've listened and love me. *Amen.*