

ON THE IMPORTANCE OF EUCHARISTIC ADORATION IN OUR LIVES
by St. Alphonsus de Liguori

"Oh, how sweet a joy it is to remain with faith and tender devotion before the Eucharist, and converse familiarly with Jesus Christ, who is there for the express purpose of listening to and graciously hearing those who pray to him."

"In a quarter of an hour's prayer, spent in the presence of the Blessed Sacrament, you will perhaps gain more than in all the other spiritual exercises of the day."

"Our holy faith teaches us, and we are bound to believe, that in the consecrated Host, Jesus Christ is really present under the species of bread. But we must also understand that He is thus present on our altars as on a throne of love and mercy, to dispense graces and there to show us the love which He bears us, by being pleased to dwell night and day hidden in the midst of us."

"There it was (in Eucharistic Adoration) that St. Francis Xavier found refreshment in the midst of his many labours in India; for he employed his days in toiling for souls, and his nights in the presence of the Blessed Sacrament. "

"What shall we do, you sometimes ask, in the presence of Jesus in the Blessed Sacrament? Love him, praise him, thank him and ask him for things. What does a thirsty person do when he sees a pure clean fountain?"