

# Over 100 Benefits of Eucharistic Adoration



1. Every Holy Hour we make so pleases the Heart of Jesus that it is recorded in Heaven and retold for all eternity! (St. Mother Teresa of Calcutta)
2. The spiritual lives of our families are strengthened through our Holy Hour. (Blessed John Paul II)
3. A Holy Hour of prayer before the Blessed Sacrament is so important to Jesus that a multitude of souls go to Heaven who otherwise would have gone to hell. (Jesus revelation to Blessed Dina Belanger)
4. All the angels of heaven gaze in ecstasy at the image left on your soul after each holy hour you make in the presence of Jesus in the Blessed Sacrament. ("Letters to a Brother Priest")
5. Perpetual Adoration extends its influence far beyond the individual adorers, touching their homes and families and reaching out to the parish community and beyond. (Pope Paul VI)
6. Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you. (St. Josemaria Escriva)
7. A Holy Hour of Eucharistic Adoration is a sharing in the work of Redemption. (Archbishop Fulton Sheen)
8. The grace of adoration of Jesus in the Most Blessed Sacrament is given to everybody. (St. Peter Julian Eymard)
9. Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace. (St. Alphonsus Ligouri)
10. The future belongs to those who worship God in silence. (St. John Paul II)
11. It is impossible in human terms to exaggerate the importance of being in adoration before the Eucharist as often and for as long as our duties and state of life allow. (Fr. John Hardon)
12. St. Vincent de Paul would make a Holy Hour asking the Lord blessings on important business transactions and, afterwards, returned to thank the Lord. (St. Vincent de Paul)
13. During our Holy Hour our souls are fed in two faculties of the spirit – the Mind and the Will. In the Mind we need light; in the Will we need strength. (Fr. John Hardon)
14. By being faithful to a Holy Hour of Adoration you can teach by example. "The young should be taught the value of Eucharistic Adoration." (St. John Paul II)
15. I strongly recommend that each of us make a resolution, no matter how much the decision may cost us, to make a holy hour before the Blessed Sacrament once a week. (Fr. John Hardon)
16. The love of God and neighbor, the greatest commandment, is expressed in, and the fruit of, Eucharistic worship. (St. John Paul II)
17. Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often! (St. John Bosco)
18. Our Lord in the Blessed Sacrament has His hands full of graces and He is ready to bestow them on anyone who asks for them. (St. Peter of Alcantara)

19. A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory. (St. Padre Pio)
20. It is our duty to adore the Blessed Sacrament. No one receives the Blessed Sacrament unless he adores it...and not only do we not sin by adoring, we do sin by not adoring. (St. Augustine)
21. The faithful are to hold the Eucharist in highest honor... worshiping it with supreme adoration. (Code of Canon Law - #898)
22. During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need of His mercy. ("Letters to a Brother Priest")
23. You must propagate veneration of the Most Blessed Sacrament with all your might, for the devotion to the Holy Eucharist is the queen of all devotions. (Pope Benedict XV)
24. I ask everyone to intensify in coming months love and devotion to the Eucharistic Jesus. (Pope Benedict XVI)
25. A Holy Hour brings Heavens choicest blessings on those who are faithful to their Hour. (Pope Paul VI)
26. This is not merely a passing devotional practice. It is founded on divinely revealed truths. (Pope Pius XII)
27. A "Holy Hour" of adoration has been approved by the Church and enriched with copious indulgences. (Pope Pius XI)
28. I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God. (St. John Paul II)
29. Adoration of the Blessed Sacrament consoles a soul far beyond what the world can offer. (St. Alphonsus Ligouri)
30. There is no doubt that a flood of graces will descend upon your family and the world if more souls would become docile pupils of adoration. (Blessed Pope John XXIII)
31. A Holy Hour of adoration testifies to the fact that the Jesus who died on the cross, is present in the Eucharist, and reigns in Heaven, are identical. (Pope Pius XII)
32. Perpetual Adoration of the Most Blessed Sacrament is the devotion which surpasses all others. (St. Pope Pius X)
33. Our Lord is hidden there in the Blessed Sacrament, waiting for us to come and visit Him, and make our requests to Him. (St. John Vianney)
34. Jesus Himself is calling you to spend one special specific hour with Him each week. (St. John Paul II)
35. I understand that, each time we contemplate with desire and devotion the Host in which is hidden Christ's Eucharistic Body, we increase our merits in heaven and secure special joys to be ours later in the beatific vision of God. (St. Gertrude)
36. The Eucharist bathes the tormented soul in light and love. Then the soul appreciates these words, 'Come all you who are sick, I will restore your health. (St. Bernadette Soubirous)
37. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world. (Archbishop Fulton Sheen)
38. In order to convert America and save the World what we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer. (St. Mother Teresa)
39. "I have a burning thirst to be honored by men in the Blessed Sacrament". (Jesus speaking to St. Margaret Mary Alacoque)

40. A Holy Hour will give you more strength during life and more consolation at the hour of your death and eternity. (St. Alphonsus Ligouri)
41. Come to Me, all of you...Behold, for you I have established a throne of mercy on earth and from this throne I desire to enter into your heart! (Jesus to St. Faustina)
42. "You can come to me (in Eucharistic Adoration) at any moment, at any time; I want to speak to you and I desire to grant you grace!" (Jesus to St. Faustina)
43. When Our Lord sees pure souls coming to visit Him in the Blessed Sacrament He smiles on them. They come with the simplicity that pleases Him so much. (St. John Vianney)
44. If souls but understood the treasure they possess in the Divine Eucharist the Churches would overflow with adorers no less by night than by day. (Blessed Dina Belanger)
45. Restoration, sanctification, transformation, reparation and salvation are the graces being poured out graciously upon us with each Holy Hour we make." ("Letters to a Brother Priest")
46. Jesus revealed to St. Faustina at Adoration that "beneath these rays (from the Eucharist) a heart will be warmed even if it were like a block of ice; or hard as rock..." (St. Faustina)
47. Eucharistic Adoration is the most necessary mission to the Church, which has even more need of prayerful souls than of powerful preachers or men of eloquence. (St. Peter Julian Eymard)
48. We should build the whole edifice of our spiritual life around Adoration. We should not hesitate to ask Him to work miracles, now, as He did in Palestine. (Fr. John Hardon)
49. For Jesus to 'work miracles' is available in our day on one condition. That we come to him in Adoration and confidently beg him to give us the graces that we so desperately need! (Fr. Hardon)
50. We represent those in the world who do not know Jesus during our Holy Hour of Adoration. (St. John Paul II)
51. In the course of the day the faithful should not omit to visit the Blessed Sacrament! (Pope Paul VI)
52. No less than His contemporaries in Palestine adored and implored Him for the favors they needed, so we should praise, thank Him, and implore Him at Adoration. (Pope Pius XII)
53. Christians should make expiatory supplications and prayers, prolonged for a whole hour, which is rightly called a "Holy Hour". (Pope Pius XI)
54. Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace. (St. Pope Pius X)
55. The devotion which God sends to the succor of His Church and of the nations at the present time is the devotion to the Holy Eucharist. It is the highest of all devotions. (Pope Leo XIII)
56. We are not called to great penances...but the Holy Hour is a sacrifice in union with Christ. (Archbishop Fulton Sheen)
57. A Holy Hour of Eucharistic Adoration helps to bring everlasting peace to earth. (St. Mother Teresa of Calcutta)
58. Let us never forget that an age prospers or dwindles in proportion to its devotion to the Eucharist. This is the measure of its spiritual life, faith, charity, and virtue. (St. Peter Julian Eymard)

59. During a Holy Hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate. (St. Mother Teresa of Calcutta)
60. The same piety that moves the faithful to Eucharistic Adoration attracts them to a deeper participation in the Mass. (Congregation of Divine Worship – 2001)
61. You will find visits to the Most Blessed Sacrament very conducive to increase in you Divine Love. (St. Mary Magdalene of Pazzi)
62. You should take up as your own cause a Holy Hour of Adoration so that peace and unity can be brought about in the Church. (Pope Paul VI)
63. Priestly, religious, and missionary vocations will stem from your Holy Hour. (St. John Paul II)
64. A Holy Hour of Eucharistic Adoration is the best way to grow spiritually (outside of Mass). (Pope Paul VI)
65. The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works. (St. Pope Pius X)
66. The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship. (Archbishop Fulton Sheen)
67. A Holy Hour of adoration before the Most Blessed Sacrament opens up the floodgates of God's merciful Love upon the world. (St. Mother Teresa of Calcutta)
68. Society will again someday become Christian won to Jesus Christ by the apostolate of Eucharistic Prayer. (St. Peter Julian Eymard)
69. Even a quarter of an hour's prayer in front of the Eucharist perhaps gains more graces than all the other spiritual exercises of the day (outside of Mass). (St. Alphonsus Ligouri)
70. "Visit the Blessed Sacrament of some church at least once a day." (Pope John XXIII)
71. One of the by-products of a Holy Hour of Eucharistic Adoration is the sensitiveness to the Eucharistic Presence of Our Divine Lord. (Archbishop Fulton Sheen)
72. Eucharistic Adoration is an invaluable converse with Christ where we learn more deeply of the mysteries of His Divine and human life. (St. John Paul II)
73. Do you realize that Jesus is there in the Blessed Sacrament expressly for you, for you alone? He burns with the desire to come into your heart! (St. Therese of Lisieux)
74. Offering their entire lives with Christ (at Eucharistic Adoration) to the Father in the Holy Spirit, they derive from this an increase of faith, hope, and charity. (Congregation of Divine Worship – 2001)
75. Thru Perpetual Adoration a Parish gives the King all the love He truly deserves. Perpetual Adoration is the Divine romance between Jesus and His people. (Fr. Martin Lucia)
76. I beg you to show the greatest possible reverence for the Eucharist through whom all things have been brought to peace and reconciled with Almighty God. (St. Francis of Assisi)
77. During our Holy Hour, those in most need of His Mercy are stamped and marked with the Precious Blood of Jesus. This includes those who are to die that day. ("Letters to a Brother Priest")
78. If we only knew the value of a Holy Hour we would never miss a single day without making one. Because the Cross is infinite in merit, there is no limit to the value of a Holy Hour! ("Letters to a Brother Priest")

79. The Blessed Virgin is eager to make Jesus in the Eucharist known to all and to group them into a Eucharistic Guard of Honor, a court of devoted adorers! (St. Peter Julian Eymard)
80. During a Holy Hour our Lord gives us the courage to cope with our natural fears, the ability to undertake great things for the sake of His name, and the power to undergo great trials. (Fr. Hardon)
81. Let us take time, in the course of the week, in passing, to go in and spend a moment with the Lord who is so near. (Pope Benedict XVI)
82. A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God's graces. (St. Faustina)
83. As we would expect, an outstanding spiritual growth and impetus tend to spring from Perpetual Adoration of the Most Blessed Sacrament. (Pope Paul VI)
84. A Holy Hour helps the one in the world in most need of God's Mercy. (St. John Paul II)
85. The worship paid to the Eucharist strongly impels the soul to cultivate a "social" love, by which the common good is given preference over the good of the individual. (Pope Paul VI)
86. A Holy Hour before the Most Blessed Sacrament repairs for evils of the world. (St. John Paul II)
87. Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him in Adoration. (Bishop Fulton Sheen)
88. Adoration of the Blessed Sacrament is the best time you will spend on earth! (St. Mother Teresa of Calcutta)
89. Adoration of the Blessed Sacrament is the end of the Church Militant just as adoration of God in His glory is the end of the Church Triumphant. (St. Peter Julian Eymard)
90. We contribute to the radical transformation of the world during our Holy Hour of Eucharistic Adoration. (St. John Paul II)
91. During our Holy Hour before the Most Blessed Sacrament of the altar we contribute to the sowing of the Gospel. (St. John Paul II)
92. Our Holy Hour of Eucharistic adoration acknowledges Christ as the spiritual center of our community. (Pope Paul VI)
93. During our Holy Hour we grow more and more into His likeness. (Archbishop Fulton Sheen)
94. Eucharistic Adoration will make your soul everlastingly more glorious and beautiful in Heaven. (St. Mother Teresa of Calcutta)
95. Adoration of the Most Blessed Sacrament, outside of Mass, should go together with worship in Mass so that our love may be complete! (St. John Paul II)
96. A Holy Hour of Adoration in our modern rat race is necessary for authentic prayer. (Archbishop Fulton Sheen)
97. By being faithful to our Holy Hour, and letting nothing interfere with it, we use it as the sign and symbol of our victimhood with Christ. (Archbishop Fulton Sheen)
98. Our Holy Hours of Eucharistic Adoration makes us more sensitive to the needs of our fellow man. (St. John Paul II)
99. A Holy Hour becomes a magister and teacher. Theological insights are gained not only from the covers of a treatise, but on two knees before the Blessed Sacrament. (Bishop Fulton Sheen)



100. We have rediscovered that the ability to celebrate His sacrifice...loses its profundity and human richness if adoration is lacking, adoration as the act that follows receiving Communion. (Pope Benedict XVI)
101. Adoration is to enter into profound heartfelt communion with the Lord, who makes Himself bodily present in the Eucharist! (Pope Benedict XVI)
102. Take refuge often at the feet of Jesus...My dear ones, the Visit to the Blessed Sacrament is an extremely necessary way to conquer the devil. Therefore, go often to visit Jesus and the devil will not come out victorious against you."! (St. John Bosco)
103. The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the Eucharistic veils, is ready to receive anyone. (St. Alphonsus Liguori)
104. A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament. (St. Padre Pio)
105. Trust all things to Jesus in the Blessed Sacrament and to Mary Help of Christians and you will see what miracles are. (St. John Bosco)
106. Our hours of adoration will be special hours of reparation for sins, and intercession for the needs of the whole world, exposing the sin-sick and suffering humanity to the healing, sustaining and transforming rays of Jesus, radiating from the Eucharist. (St. Mother Teresa of Calcutta)
107. Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace. (St. Alphonsus Liguori)
108. The greatest love story of all time is contained in a tiny white Host. (Archbishop Fulton J. Sheen)
109. What happiness do we not feel in the presence of God, when we find ourselves alone at his feet, before the holy tabernacle! ... 'Come, my soul, redouble your ardor! You are here alone to adore your God! His look rests on you alone!' Ah! if we only had the angels' eyes! Seeing our Lord Jesus Christ here, on that altar, and looking at us, how we should love him! We should want to stay always at his feet; it would be a foretaste of heaven; everything else would become insipid to us. (St. John Vianney)
110. From the Eucharist comes strength to live the Christian life and zeal to share that life with others. (St. John Paul II)
111. Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us. (St. Alphonsus Liguori)