

# 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! (Blessed 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 – 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)

#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 – 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)

#9 – The future belongs to those who worship God in silence (St. John Paul II)

#10 – 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)

#11 – 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)

#12 – 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)

#13 – Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you a 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)

#14 – A Holy Hour in front of the Blessed Sacraments worth more than a thousand years of human glory. (St. Padre Pio)

#15 – 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)

#16 – During our Holy Hour we lift up to the Eucharistic Heart of Jesus those souls in the most need.

#17 – 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)

#18 – Jesus Himself is calling you to spend one special specific hour with Him each week. (Blessed John Paul II)

#19 – A Holy Hour brings Heaven's choicest blessings on those who are faithful to their Hour. (Pope Paul VI)

#20 – This is not merely a passing devotional practice. It is founded on divinely revealed truths. (Pope Pius X)

#21 – 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 XXII)