

How do I pray in Eucharistic Adoration?

- If praying as a group or family, it would be good to start out with a common prayer like the Rosary or mercy chaplet. It is particularly encouraged to offer petitions out loud for friends and family, the parish, the Diocese and Universal Church, our country, and the world. But in addition to these vocal prayers, there should be a substantial time of silence where all are seeking an individual encounter with Jesus in the Eucharist.
- Don't feel bad if it takes some time to get used to the silence. It is normal to be distracted when you come to prayer, and can sometimes take the whole first half of the hour simply to calm your mind enough to hear God's voice or sense his presence.
- A helpful way of focusing prayer is to meditate on a particular scripture passage.
- Ideally, anything I read or recite in prayer should be a jump-start to a personal, free conversation with the Lord. I should be able to talk to Him the way I talk to a good friend, telling Him all that is on my heart. If my reading or reciting of prayers is preventing this kind of conversation, I should put it aside and try to speak with the Lord.
- If I sense the Lord's presence, or have a particular insight that jumps out at me, I should pause and continue to receive this moment of prayer from the Lord, letting it settle in my heart.
- At the conclusion of the time of prayer, it is always helpful to give thanks to God for the graces I received during this time of prayer. I might also want to write particular graces down in a journal or notebook, so that I can go back to them at another time. If it seems appropriate, I might share with my family or good friends certain graces from my prayer.