Accompanying Jesus even in busy life
http://www.catholicworld.info/eucharist/

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I do not possess anything. All I have is only borrowed from God so that I may serve others.

Accompanying Jesus

♦ 1. Why so essential today? (20 min)
♦ 2. Intimate relationship with Jesus. (10 min)
♦ 3. Commitment of love. (20 min)
♦ 4. Sweetness vs. dryness (10 min)
   ➢ 5. St. Therese, teach me love Jesus (15 min)
   ➢ 6. Eucharist experience (15 min)
   ➢ 7. Could you not watch an hour with me (10 min)
   ➢ 8. Accompanying Mary to adore Jesus (10 min)
♦ 9. Open questions (10 min)

Anima Christi (Soul of Christ)

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from Christ's side, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Your wounds hide me. Suffer me not to be separated from You. From the malicious enemy defend me. In the Hour of my death, call me and bid me come to You. That, with You Saints, I may praise You forever and ever. Amen

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The world today

- Having spent the majority of my career in science and technology, I am most thankful to God,
- who has entrusted us with talents to participate in God’s work to continue to buildup the world and the society.
- The work of God in creating the world is continuing today through our participation.

Today, God has gifted human beings with information technology, with hi-tech, with …,
- This generation has far more material wealth than all our ancestors throughout the history
- In return God receives from the greater number nothing but ingratitude
- They have rejected God to follow the idols of wealth, fame, power, sex for pleasure

In this generation that has rejected God

- At work: economy, fear, cannot trust
  - Many people are working long hours
  - Economy problem, jobless rate, contaminate environment and food
  - How to live out faith in profession?

Spreading the errors to the world

- At work: economy, fear, cannot trust
  - The gift to build the society is misused in seeking the falseness of the world.
- At home: disintegration of family
  - The gift to build family has been largely misused. The gift of medicine is misused as a tool of death and is used to downgrade sex to a mere lust of the flesh without commitment and without children.
- The culture of death is spreading throughout the world.
In this generation that has rejected God

♦ Even in our Church:
  ♦ 80-90% Catholics in advanced countries do not practice
  ♦ Out of the 10-20% practicing Catholics, only 10% are performing 90% of the services

What I have is only borrowed from God so that I may serve others. H Anthony Chan


Hiroshima before A-bomb

Atomic bomb on Aug 6 1945 in Hiroshima

♦ Blast, heat, radiation:
  ➢ Within 2 km from hypocenter: leveled
  ♦ Within 25 km: black, radioactive rain
  ♦ 100,000 deaths by end of 1945
  ♦ Many more injured and with lifelong suffering

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♦ Many more injured and with lifelong suffering
♦ Damage of the Atomic bomb, which kills people so discriminately and without warning, has shown people how much evil can be caused when misusing the gift of science and technology from God.

Memorial Cathedral for World Peace

♦ The priest of the former parish building which is 1.6 km from the hypocenter at this site was critically injured. In 1950 he started the project to build this memorial cathedral to pray for peace and to heal the wound of the people. It had taken 4 years to complete. Today, people come to this Cathedral to pray, and it is joined by other churches too.

Other ignorance and misuse of technology

♦ Worldwide, 50 million innocent lives yearly (140,000 daily) are being killed in abortion.
♦ We are killing more each day than the atomic bomb in Hiroshima!
♦ Life as usual?
  ➢ one A-bomb is dropped on Earth each day!
  ➢ Would the entire world: government, army, navy, air-force, police not sleep until it is stopped
  ➢ Yet with our blind eyes not visually seeing these babies and in our ignorance, the world let the errors continue.
Ignorant people drinking black (radioactive) raindrops

So stubborn in the errors of rejecting morality

♦ In all the countries in southern Africa, an estimated 1/3 of the population have HIV.
♦ It is already spreading fast in Asia
♦ HIV was originally transmitted through sex among gays, but have later transmitted to women, and to their children through pregnancy – many are innocent. In particular, many innocent children have lost their parents through HIV and these orphans are also infected.
♦ Yet the primary response from United Nation is to distribute condoms to all school children!

wander through the world for the ruin of souls

♦ Besides the physical deaths caused by ignorance and abstinence,
♦ Many more souls perishes every day.
♦ … although many are unaware of the danger when evil is disguised

wander through the world for the ruin of souls

♦ Besides the physical deaths caused by ignorance and abstinence,
♦ Many more souls perish every day.
♦ … many are unaware of the danger when evil is disguised
♦ Our children are growing up in a world that has no room for Jesus. They promote the idolatry of life for worldly pleasure and have lost the sense of sin – difficult to raise children today.
Be not afraid!
Bl. Pope John Paul II, Crossing the Threshold of Hope

♦ “Peoples of the entire world need to hear these words. Their conscience needs to grow in the certainty that Someone exists who holds in His Hands the destiny of this passing world...
♦ And this Someone is Love—
♦ Love that became Man,
♦ Love crucified and risen,
♦ Love unceasingly present among men.
♦ It is Eucharistic Love.”

Go to see Jesus

♦ As much as the blind, the lame, and the lepers, who has no hope in their life, go to see Jesus, speak to Jesus, touch Jesus,
♦ don’t we in this valley of tears need to go to Jesus, see Jesus, speak to Jesus?

The Eucharistic Miracle of Lanciano, Italy around the year 700

♦ Many times in history when church is being tested, Eucharist came to rescue and strengthen the faithful

Blessed Pope John Paul II

♦ Has there ever been a time in human history when we have needed God's Divine Mercy, love and guidance more? Blessed Pope John Paul II said, “Anyone who prays to our Savior (in the Blessed Sacrament) draws the whole world with him and raises it to God . . . . Through adoration, the Christian mysteriously contributes to the radical transformation of the world” (letter to the Bishop of Liege, 1996). “Especially from the Eucharist, grace is poured forth upon us as from a fountain” (Constitution on the Sacred Liturgy, 10).
Many who attend Eucharistic adoration report miracles and healings, for themselves and their loved ones, such as: the strengthening of marriages and families, personal peace and spiritual growth. Parishes experience increased mass attendance, service, unity, conversions, the return of fallen away Catholics as well as vocations to the priesthood and religious life, and many blessings. “Jesus waits for us in this sacrament of love.”

“People ask me: ‘What will convert America and save the world?’ My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer.” - Mother Teresa of Calcutta

“Adoration will heal our Church and thus our nation and thus our world... Adoration is more powerful for construction than nuclear bombs are for destruction” - Peter Kreeft, philosopher at Boston College

When St. Faustina was praying before Jesus in the Holy Eucharist He showed her a vision. Each time a person entered the chapel and visited Jesus exposed in a monstrance, she saw His Divine Rays of Love and Mercy burst forth and encircle the whole world and everyone in it with graces and blessings! Through Perpetual Eucharistic Adoration Jesus unleashes His rays of healing upon us, our families and the whole world!
What else can save the world?

♦ In this gravely sinful world, so capable of destroying itself with its soul, the grace of Jesus in the Eucharist continues to flow.

♦ If everyone will come to Jesus in the Eucharist, the world will be healed.

♦ “The Eucharist is the heart of the Church. Where Eucharistic life flourishes, there the life of the church will blossom.”

Evangelization

♦ “Evangelization for the Eucharist, in the Eucharist and from the Eucharist ...” (Blessed Pope John Paul II, Seville, Spain, 1993)

Fatima prayer taught to the children by an angel

♦ My God, I believe, I adore, I hope, and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope, and do not love You.

♦ O most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly and offer You the most Precious Body, Blood, Soul, and Divinity of Jesus Christ, present in all the tabernacles of the earth, in reparation for the outrages, sacrileges, and indifferences with which He Himself is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. Amen
Accompanying Jesus

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St. John Vianney

♦ One day in spring, I was going to see a sick person; the bushes were full of little birds that were singing with all their might. I took pleasure in listening to them, and I said to myself, ‘Poor little birds, you know not what you are doing! What a pity that is! You are singing the praises of God.’

♦ Does the fish seek the trees and the fields? No; it darts through the water. Does the bird remain on the earth? No; it flies in the air. . . . And man, who is created to love God, to possess God, to contain God, what will he do with all the powers that have been given to him for that end?

Commitment

♦ The problem today is that people are reluctant to make commitments. Examples are:
   ➢ Families are having fewer children.
   ➢ Co-habitation rather than marriage

♦ It is not possible to love without willingness to commit. This world is lacking most in love.

For where your treasure is, there also will your heart be. (Matthew 6:21)

♦ Marriage comes with commitment, and true love is found in a family through commitments.

♦ I, N, take you, N, to be my wife/husband. I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honor you all the days of my life.
For where your treasure is, there also will your heart be. (Matthew 6:21)

- I decide
- I, N, (decide to) take you, N, to be my wife/husband. I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honor you all the days of my life.
- The commitment, i.e., the decision to love, is love, and has enabled me to deeply experience love.

- Intimate friend
- The commitment of Jesus is never broken, is unconditional, and sees no bound – even when we sin.
- Intimate relationship with Jesus needs my commitment

Visiting the Most Sacred Sacrament
(St. Alphonsus Liguori)

My Lord Jesus Christ, who, for the love you bear to mankind, do remain night and day in this Sacrament, full of pity and love, awaiting, calling, and receiving all who come to visit you; I believe that you are present in the Sacrament of the Altar; I adore You from the depths of my own nothingness; I thank You for the many graces you have given me, and especially for having given me Yourself in this Sacrament; for having given me Mary your Mother as my advocate, and for having called me to visit you in this church. Amen.

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Commitment

♦ When inviting people to adoration, the most common answer I am so tired of hearing is:
 ♦ only if convenient, only if I have spare time, only if I have nothing else to do, only if I feel like it, and only if … !

♦ What I have is only borrowed from God so that I may serve others. H Anthony Chan


Commitment

♦ Then tell your loved one and see what happens!
 ♦ only if convenient, only if I have spare time, only if I have nothing else to do, only if I feel like it, and only if … !

♦ Many people only knows to behave properly in the Church before God who is far high up, but would not want to spend an hour with Jesus in the Eucharist.

♦ Will you tell your family that everyday:
 ♦ Honey, I will prepare dinner
 ♦ only if convenient, only if I have spare time, only if I have nothing else to do, only if I feel like it, and only if … !

♦ I would worry more not on how we honor Jesus as God but rather that we do not even treat Jesus as a human friend.

♦ Will you tell your loved one that everyday:
 ♦ Honey, I will come home after work
 ♦ only if convenient, only if I have spare time, only if I have nothing else to do, only if I feel like it, and only if … !

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May we come to share in the divinity of Christ, who humbled himself to share in our humanity, then treat Jesus first as an intimate human friend, talk/listen to him this way, care about him this way!

Please sign up for an hour per week or per month to accompany Jesus. What I have is only borrowed from God so that I may serve others. H Anthony Chan

Diary of St. Faustina

♦ "The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: Come to Me, all of you..."

♦ "Behold, for you I have established a throne of mercy on earth — the tabernacle — and from this throne I desire to enter into your heart. I am not surrounded by a retinue of guards. You can come to me at any moment, at any time; I want to speak to you and I desire to grant you grace.

Sign up

♦ It is customary in some churches to ask people to sign up for one hour per week.

♦ The choice is either
  ➢ Yes (once a week), or
  ➢ No

♦ Many have already signed up, but very many people have not.
Sharing: Even for Busy People

♦ Ordinary, and with the weaknesses that many people may have.
♦ I had a very demanding profession. My wife and I both had busy full time job, and our children were small at that time.
♦ I could not imagine how I could spent an additional hour each week.

♦ I was also too weak to make the commitment but the love of Jesus continued to invite me.

Blessed Pope John Paul II

at the 45th International Eucharistic Congress, Seville, Spain, June 1993.

♦ "I hope that this form of Adoration, with permanent exposition of the Blessed Sacrament, will continue into the future. Specifically, I hope that the fruit of this Congress results in the establishment of Perpetual Eucharistic Adoration in all parishes and Christian communities throughout the world,"

An ordinary experience

♦ Yet I read
♦ about Venerable Bishop Fulton Sheen,
♦ about Bl. Pope John Paul II
♦ about Bl. Mother Teresa,

♦ They all make daily adoration out of their extremely busy schedule.

Blessed Mother Teresa of Calcutta

♦ In our congregation, we used to have adoration once a week for one hour, and then in 1973, we decided to have adoration one hour every day. We have much work to do. Our homes for the sick and dying destitute are full everywhere. And from the time we started having adoration every day, our love for Jesus became more intimate, our love for each other more understanding, our love for the poor more compassionate, and we have double the number of vocations. God has blessed us with many wonderful vocations.
An ordinary experience

♦ I fully understood the need for commitment but I continued to be weak.

♦ The love of Jesus continued to invite me.

♦ Then I decided to start with a very small commitment: only one hour per month, so insignificant that I had no reason not to keep this commitment at that time no matter how busy my schedule was.

♦ Even such a small and insignificant commitment at that time had attracted me to taste of the irresistible love of Jesus so that I later had the strength to make more commitments.

♦ It has changed the way I go to mass.
♦ It has changed my love in my family.
♦ It has changed the way I serve the church.

Sign up sheet

♦ The choices have been either
  ➢ Yes, once a week: -- only about 10%
  ➢ No: -- the large majority

♦ Change the choices to
  ➢ Yes, once a week, or
  ➢ Not yet, but begin with only once a month

♦ I had proved that everyone can make a commitment.

♦ Let everyone commit and save the world!

Barriers

♦ Today many people always work overtime.

♦ Some friends may miss the appointment when they are too tired.

♦ I too have a heavy burden at work and often lack sleep.

♦ It is still important for me to keep the appointment even though I may fall asleep.
Barriers

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Prayer before Eucharist

(Bl. Angela of Foligno)

“O Jesus Christ true God and true Man! My soul rejoices to find You in the Blessed Sacrament, You the uncreated God who became man, a creature! In this sacrament, O Christ, I find both Your humanity and Your divinity; from Your humanity I rise to Your divinity; and from it I go back to Your humanity. I see Your ineffable divinity which contains all the treasures of wisdom, of knowledge, of incorruptible riches. I see the inexhaustible fountain of delights which alone can satisfy our intelligence. I see Your most precious soul, O Jesus, with all the virtues and gifts of the Holy Spirit, a holy and unsotted oblation; I see Your sacred Body, the price of our redemption; I see Your Blood, which purifies and vivifies us; in brief, I find treasures which are so precious and so great that I cannot comprehend them.”
Accompanying Jesus

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Initial barriers

♦ some people don’t know how to pray before Jesus!
♦ some people feel dry.
♦ some people ...
♦ So some discontinued,
♦ Only those who persist will then taste the sweetness.
♦ It is for those who may discontinue that I share my experience.

Initial barriers

♦ At first I too did not know what to do. It seemed dry and merely 10-20 minutes already seemed so long.

♦ It is then important to persist while continuing to search.

To learn

♦ I had asked many people to learn from them, especially those who had experience with Eucharist. I had learned from both religious and lay people.
♦ I had also learned from our elder brothers and sisters who are now eternally adoring Jesus in heaven. They have left with us many writings to learn from them. They include St. Therese, St. Faustina, and many others.
♦ They also taught me how to receive Eucharist at mass.
A Short Visit to the Blessed Sacrament
(St. John Henry Newman)

♦ I place myself in the presence of Him, in whose Incarnate Presence I am before. I place myself there.
♦ I adore You, O my Savior, present here as God and man, in soul and body, in true flesh and blood.
♦ I acknowledge and confess that I kneel before that Sacred Humanity, which was conceived in Mary’s womb and lay in Mary’s bosom; which grew up to man’s estate, and by the Sea of Galilee called the Twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the cross, lay in the tomb, rose from the dead, and now reigns in heaven.
♦ I praise, and bless, and give myself wholly to Him, Who is the true Bread of my soul, and my everlasting joy.

Dear St. Therese, teach me love Jesus

♦ I feel that my mission is about to begin, my mission of making God loved as I love Him.

Yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me. (Galatians 2:20)
Start Adoration from young age

Blessed Pope John Paul II 1996 letter to the Bishop of Liege: "Eucharist: Sacrament to be Adored"

- I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of his presence?

Eucharistic Prayer III (Corinthians 11:23-25)

- For on the night he was betrayed he himself took bread, and giving you thanks he said the blessing, broke the bread and gave it to his disciples, saying:
- Take this, all of you, and eat of it, for this is my body, which will be given up for you.
- In a similar way, when supper was ended, he took the chalice, and giving you thanks he said the blessing and gave the chalice to his disciples, saying,
- Take this, all of you, and drink from it, for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins.
- Do this in memory of me.

My vocation is love!

- Preacher, apostle, missionary, martyr, …
- In the heart of the Church, my Mother, I shall be love; thus I shall be everything.
Adoration at German House of Beatitudes

St. Therese, teach me to love Jesus

♦ Remember that this sweet Jesus is there in the Tabernacle expressly for you and you alone. Remember that He burns with the desire to enter your heart.
♦ He gave Himself to me in Holy Communion.
♦ He does not come down from Heaven each day in order to remain in a golden ciborium, but to find another Heaven — the Heaven of our souls in which He takes such delight.

Act of Oblation as a Victim of Divine Love in the Gospels which St. Therese carried night and day close to her heart.

♦ O my God, O Most Blessed Trinity, I desire to love You and to make You loved.
♦ In order that my life may be one Act of perfect Love, I offer myself as a Victim of Holocaust to Your Merciful Love, imploring You to consume me unceasingly, and to allow the floods of infinite tenderness gathered up in You to overflow into my soul, that so I may become a very martyr of Your Love, O my God! May this martyrdom, after having prepared me to appear in Your Presence, free me from this life at the last, and may my soul take its flight—without delay—into the eternal embrace of Your Merciful Love!
♦ O my Beloved, I desire at every beat of my heart to renew this Oblation an infinite number of times, “till the shadows retire,” and everlasting I can tell You my love face to face.

♦ I had the unspeakable consolation of receiving Holy Communion every day. How sweet it was!
♦ What can I tell you about my thanksgivings after Communion? There is no time when I taste less consolation. But this is what I should expect. I desire to receive Our Lord, not for my own satisfaction, but simply to give Him pleasure.
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Jesus told St. Faustina Kowalska

♦ My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the souls. But souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love! They treat Me as a dead object. (1385)

Jesus told St. Faustina Kowalska

♦ Oh, how painful it is to Me that souls so seldom unite themselves to Me in Holy Communion. I wait for souls, and they are indifferent toward Me. I love them tenderly and sincerely, and they distrust Me. I want to lavish My graces on them, and they do not want to accept them. They treat Me as a dead object, whereas My Heart is full of love and mercy. (1447)

“Souls so seldom unite themselves to Me in Holy Communion”

♦ I read these words from Jesus in the Diary of St. Faustina again and again trying to understand. I then realized that in the past I only spent may be 2 or 3 minutes after communion to state my petitions, and will then be busy with other things after mass.
♦ Yet when my close friends come to visit me, I don’t just allow them to stay for 3 minutes and then tell them to leave. Had I been treating Jesus worse than a friend?
“How painful it is to Me that souls …”

♦ I read these words again and again. Then I made a small promise. That is, from that time on, my dear Jesus, every time I receive Communion, I will not … ever … hurt Jesus … again.

♦ It is only a simple commitment. I understand I had hurt Jesus before when I received Communion, and I decided not to do that again. It is that simple. It is only a small commitment that is doable, and it is a promise that I beg Mother help me keep it till eternity.

♦ Then I learn how to receive Jesus from St. Faustina and memorize the following words:

“Today, I prepare for the Coming of the King. What am I, and who are You, O Lord, King of eternal glory? O my heart, are you aware of who is coming to you today? Yes, I know, but – strangely – I am not able to grasp it. Oh, if He were just a king, but He is the King of kings, the Lord of lords. Before Him, all power and dominion tremble. He is coming to my heart today. (1810)”

“St. Faustina with the Blessed Sacrament”

♦ The most solemn moment of my life is the moment when I receive Holy Communion. I long for each Holy Communion, and for every Holy Communion I give thanks to the Most Holy Trinity. (1804)

But I hear Him approaching. I go out to meet Him and invite Him. When He entered the dwelling of my heart, it was filled with such reverence that it fainted with fear, falling at His feet. Jesus gave her his hand and graciously permits her to take her place beside Him. He reassures her saying, See, I have left My heavenly throne to become united with you. What you see is just a tiny part and already your soul swoons with love. How amazed will your heart be when you see Me in all My glory. (1810)

♦ But I want to tell you that eternal life must begin already here on earth through Holy Communion. Each Holy Communion makes you more capable of communing with God throughout eternity. (1811)
Adoration Prayer (St. Faustina)

♦ I adore You, Lord and Creator, hidden in the Most Blessed Sacrament. I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord. You have spread so much beauty over the earth and it tells me about Your beauty, even though these beautiful things are but a faint reflection of You, incomprehensible Beauty. And although You have hidden Yourself and concealed Your beauty, my eye, enlightened by faith, reaches You and my soul recognizes its Creator, its Highest Good, and my heart is completely immersed in prayer of adoration.

♦ My Lord and Creator, Your goodness encourages me to converse with You. Your mercy abolishes the chasm which separates the Creator from the creature. To converse with You, O Lord, is the delight of my heart. In You I find everything that my heart could desire. Here, Your light illumines my mind, enabling it to know You more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws eternal life.

Adoration Prayer (St. Faustina)

♦ O my Lord and Creator, You alone, beyond all these gifts, give Your own self to me and unite Yourself intimately with Your miserable creature. Here, without searching for words, our hearts understand each other. Here, no one is able to interrupt our conversation. What I talk to You about, Jesus, is our secret, which creatures shall not know ... . These are secret acts of forgiveness, known only to Jesus and me; this is the mystery of His mercy, which embraces each soul separately. For this incomprehensible goodness of Yours, I adore You, O Lord and Creator, with all my heart and all my soul. And, although my worship is so little and poor, I am at peace because I know that You know it is sincere, however inadequate ... .

Please sign up for an hour per week or per month to accompany Jesus.

Oh Sacrament Most Holy
Oh Sacrament Divine
All praise and all thanksgiving be every moment Thine.
Adoration Prayer (St. Faustina)

♦ O Christ, let my greatest delight be to see
You loved and Your praise and glory
proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen.

Accompanying Jesus

♦ 1. Why so essential today? (20 min)
♦ 2. Intimate relationship with Jesus. (10 min)
♦ 3. Commitment of love. (20 min)
♦ 4. Sweetness vs. dryness (10 min)
  ➢ 5. St. Therese, teach me love Jesus (15 min)
  ➢ 6. Eucharist experience (15 min)
  ➢ 7. Could you not watch an hour with me (10 min)
  ➢ 8. Accompanying Mary to adore Jesus (10 min)
♦ 9. Open questions (10 min)

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“My soul is sorrowful even unto death.”
“Could you not watch one hour with me?”
(Mathew 26:38,40)

2nd sorrowful mystery: The scourging at the pillar

♦ like wheat which is beaten, broken, and crushed before it becomes bread,
♦ Jesus, our Divine Wheat, was willing to be beaten at the pillar, broken in Heart, and crushed in humiliation that He might become for us “the Living Bread come down from Heaven.”
♦ For He said: “The Bread I will give is my flesh for the life of the world.”
1st sorrowful mystery: The agony in the Garden

♦ On this Holy Thursday night Jesus showed us the very ‘depth of His love’ by giving us the complete gift of Himself and His total love in the Holy Eucharist. Then He appealed to His apostles for the first holy hour of prayer when He took them into the garden in the middle of the night, and asked them to watch and pray with Him.

He saw down through the ages how He would be left alone, spurned and avoided by men in so many tabernacles of the world, while He comes to bring so much love and so many blessings. How few would believe in His Real Presence; and fewer will respond to His appeal to be loved in the Blessed Sacrament! And His Heart was “filled with sorrow to the point of death.” The blood He sweated was grief poured out from a broken Heart caused by the sorrow of His Eucharistic love being so rejected.

As He started to pray, He began to sweat blood. The agony He suffered was the realization that the Holy Eucharist would be rejected by so many and appreciated by so few.

Then an angel brought Jesus indescribable strength and consolation by showing Him every holy hour that you would ever make. At that moment in the garden, Jesus saw you praying before Him now and He knew that His love would be returned. This is why your visit today is so important to Him. Your holy hour consoles Him for those who do not love Him and wins countless graces for many to be converted to Him.
The soul hungers for God, and nothing but God can satiate it.

- “If we really loved the good God, we should make it our joy and happiness to come and spend a few moments to adore Him, and ask Him for the grace of forgiveness; and we should regard those moments as the happiest of our lives.” – St. John Vianney

Adoration

- The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time so to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and sins of the world. Let our adoration never cease. (Pope John Paul II in Dominicae Cenae)
"I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (John 6:35)

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Mary sat beside the Lord at his feet

♦ Martha had a sister named Mary (who) sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." (Luke 10:40-42)
Oh Sacrament Most Holy
Oh Sacrament Divine
All praise and all thanksgiving
be every moment Thine.

What I have is only borrowed from God so
that I may serve others. H Anthony Chan

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Mother, may I borrow your Immaculate Heart

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Rosary Meditations from Mother Teresa of Calcutta,
Loving Jesus With the Heart of Mary

♦ “Mary, mother of Jesus, give us your heart, so beautiful, so pure, so immaculate, so full of love and humility, that we may be able to receive Jesus in the bread of life, love him as you love him, and serve him in the distressing disguise of the poor.” Blessed Mother Teresa of Calcutta

Adoration at German House of Beatitudes

Epilogue

♦ Dear Jesus, there will be no need to implore my friends to accompany You when You return in glory. At that time, many people will want to accompany You. Yet I pray that we do not wait till that time. I pray that we desire to accompany You now when the world is rejecting You.
Thank you for Accompanying Jesus

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http://www.catholicworld.info/eucharist/