

## ***Reflections on Adoration***

1. To adore is to **“be with”, to dwell in His presence**. It is to **gaze** at God. We **search** for He who is **“Other”**. We see the One our heart loves. It is His face we seek. **“When will we see you face to face?”** Adoration is an act of love which comes from our hearts. **“You have made us for you, Lord, and our hearts are without rest until they rest in you.”** St. Augustin

**To adore is to love...and to let yourself be love!**

### **2. Obstacles In Adoration**

In adoration we face difficulties and distractions which we need to progressively overcome. We need to conquer our self-sufficiency, our need to organize our lives ourselves, to be in control, to depend on no one but ourselves, to realize ourselves by our own doing. In adoration we **accept to receive**, consent to rely on others, let God have the control and initiative in guiding our lives. **Only a heart emptied of self can see God**. In a material world, filled with excess, self-sufficiency and turned in on itself, what better witness than adoration of the Body of Christ in silence, poverty, at the heart of the Church.

### **3. Conversion**

**Adoration is the origin of all true conversion**. Adoration is not only looking at God but letting God gaze on us. **In adoration we let God look at us, at our hearts, at our lives... and allow Him to fill what needs filling, heal what needs healing, change what needs changing**. In difficult times the temptation is to turn in on ourselves. In adoration we turn away from our idols and turn to God, dwelling before him with our struggles, our hurt, our humiliations. In placing our needs before Him something changes in our lives. God never reveals His holiness without at the same time revealing His tenderness, His mercy, His proximity. We cannot remain in His presence without being touched by the **“rays of His Son”** and being healed by God’s great mercy, love and compassion.

### **4. Adoration and Mission**

**Adoration is the foundation and condition for mission**. In the burning bush God reveals His holiness to Moses. Moses reacts by covering his face, prostrating himself in respect and adoration. He is then given a mission. Isaiah encounters God who is Holy. The prophet recognizes himself as unclean. Cleansed by the burning coals he is given a mission. Ezekial in seeing the mysterious brilliance of God looks and falls to the ground. **“Get to your feet. I’m sending you”**. The more we grasp God’s holiness, the more we grasp our lowliness but also the call to serve our Master and Lord. **He sends us forth to share in His mission: to proclaim what we have seen and heard**.

5. **Jesus is the perfect adorer of the Father.** He is our model, our path, our guide. He recognizes God for who He is. He is entirely dependent on Him in love and obedience. Jesus learned obedience through his suffering in the passion and on the cross. **Adoration is doing God's will.** It is striving to efface ourselves before God and others. We must have in our hearts the words of John the Baptist; **"He must grow and I must diminish."**

## 6. Eucharist and Adoration

Though Jesus has returned to His Father He stays with us until the end of time through his Eucharist. The **great prayer of adoration is the Eucharist, "summit of the church's worship, source of all her life and all her action."** Adoration is the prolongation of the Holy Sacrifice of the Mass. **The Eucharist is the place par excellence where we unite ourselves to the perfect adoration of the Lord Jesus, to His self-offering for the salvation of the world.** Jesus adores the Father in us and we adore the Father in and through Jesus. In the Eucharist, mystery of faith, God comes to make of our lowly hearts, His holy dwelling of love and surrender.

## 7. Adoration and practice

Whoever spends long and frequent periods of time before the Host understands the Eucharistic Bread and experiences the compelling need to put it into practice, that is, to forget oneself completely and to give oneself to the other without limit. Purified and transfigured by this sacrament we can eventually say: **"I live now not with my own life but with the life of Christ who lives in me."**

## 8. Adoration and life

**Adoration becomes a permanent way of being and living:** a disposition to revere our Father and conform to His will. "The hour is coming, and is now, where the true adorers will adore the Father in Spirit and in Truth, for such are the adorers the Father seeks." Jn 4:23 To worship in spirit and in truth is to be truly sons and daughters in the Son and to be able to say like Him. "I have come... not to do my own will but to do the will of Him who sent me" Jn 6:38 Adoration is not simply to bend our knee and bow our heads. Our whole life must bend in adoration and humble submission, as a creature of the Creator who consents to her Maker. **To worship in spirit and truth is to delight in the will of God day by day, in sadness as in joy, in darkness as in light, always and everywhere. Amen.**