

What Is Adoration of the Blessed Sacrament?

Adoration of the Blessed Sacrament, also known as adoration of the Eucharist or adoration of the Holy Eucharist, is an *act of worship and thus given to God alone*. In adoration, Catholics worship and glorify Jesus Christ who is truly present in the Eucharist. Worship (*latria*) differs markedly from the veneration and honor (*dulia and hyperdulia*) given to the saints, [especially the Blessed Mother](#).

During exposition of the Blessed Sacrament, the consecrated Host is placed in a monstrance and set on the altar by either a priest or deacon. Traditionally, a hymn is sung at the beginning, typically *O Salutaris Hostia*, which St. Thomas Aquinas wrote at the behest of Urban IV for the first universal celebration of Corpus Christi in 1264. A period of meditative adoration follows, enabling the faithful to silently gaze upon Eucharistic Lord, so that they can better hear his “still, small voice” (1 Kings 19:11-13). It provides a solemn time read to Scripture, [pray the rosary](#), or otherwise prayerfully sit in God's presence, so that we can intimately encounter Jesus in the Eucharist.

The Healing Power of Eucharistic Adoration

The purpose of adoration is to adore Jesus Christ in the Eucharist—to give him *latria*, i.e., worship. Every moment spent before the Blessed Sacrament is a moment well spent, because it draws us closer to Christ's Sacred Heart.

As we kneel before the Eucharist, we kneel before the Creator of the universe. In adoration, we gaze upon the living Christ, for he is truly present in the Eucharist, longing to draw our hearts closer to his.