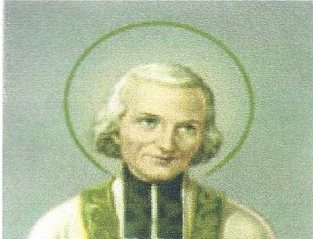


St. John Vianney (1786-1859)

He gives 11 reasons to sign up for a Holy Hour of Eucharistic Adoration!



St. John Vianney, the Patron Saint of all Priests, would spend long hours in prayer before the Blessed Sacrament. Below are some of his quotes about the importance of Eucharistic Adoration in our lives:

- Our Lord is hidden there in the Blessed Sacrament, waiting for us to come and visit Him, and make our requests to Him.
- If we really love the good God, we should make it our joy and happiness to come a few minutes to adore Him, and ask Him for the grace of forgiveness. We should regard those moments as the happiest in our lives.
- When we speak to Jesus during our adoration of the Blessed Sacrament with simplicity and with all our heart, He does like a mother who holds her child's head with her hands and covers it with kisses and caresses.
- What happiness do we not feel in the Presence of God, when we are alone at His feet... Redouble your fervor; you are alone to adore your God; His eyes rest upon you alone.
- When Our Lord sees pure souls coming to visit Him in the Blessed Sacrament He smiles on them. They come with the simplicity that pleases Him so much.
- Have a Holy Hour every week. Start praying. Pray for guidance and trust in God.
- What happiness do we not feel in the presence of God, when we find ourselves alone at his feet (in Adoration)! We should want to stay always at his feet; it would be a foretaste of heaven; everything else would become insipid to us.
- When we are before the Blessed Sacrament, instead of looking about us, let us shut our eyes and open our hearts; and the good God will open his. We will go to him, and he will come to us, the one to give, and the other to receive. It will be like a breath passing from one to the other. What delight we find in forgetting ourselves that we may seek God.
- When you awake in the night, transport yourself quickly in spirit before the Tabernacle, saying: 'Behold, my God, I come to adore You, to praise, thank, and love you, and to keep you company with all the Angels,'...
- How sweet and full of comfort are the moments spent before the Blessed Sacrament! Are you in trouble? Come and throw yourself at his feet.
- You will always find a friend in Jesus in the Holy Eucharist to console you in your moment of need. He will never fail to help you.