

Week One

- **(Sun)** Love in adoration is entirely directed toward the Living God: Father, Son and Holy Spirit.

- **(Mon)** Love in Adoration is an act of pure love...an impulse which rushes out from all our being in order to align itself, like the needle on a compass, with the living Person of Christ ... the meeting of the soul with Jesus.

- **(Tue)** There is a delicacy of love, which keeps silence, but which is lived. There is a mysterious link connecting the two hearts together, enabling them to reach each other and penetrate far into the most intimate depths of each..

- **(Wed)** This is the nature of Love in Adoration: it is the love which we bring to a living God. This love carries us along with it until we find His Person, propelling us right to the heart of His mystery, to the most intimate part of His being.

- **(Thu / Fri)** Adoration of the Eucharist requires that we approach His Presence and remain there: we must dedicate enough time to enter into a state of silence and remain there [for] the heart to heart encounter He wishes to draw us into.
(He takes the initiative.)

- **(Sat)** In true silence, the humble heart has nothing to say for itself, has nothing in it to give. It is a meek and apt vessel, simply drinking in grace until it is full.

Week Two

- **(Sun)** To adore Jesus in the Eucharist is to love Him, giving thanks for His Person, for His Presence in the Eucharist ...
in a pure impulse of love.
- **(Mon)** Adoring Jesus is looking at Him lovingly. There is no need to talk at length about adoration: just live it.
- **(Tue)** The gaze of adoration, which draws us towards the Person of Christ, is only a response to God's loving gaze upon us. This response requires us to be fully aware that God gazes upon us first.
- **(Wed)** There is no approved method, no recipe for success allowing automatic entrance into adoration. Adoration is a commitment to live every moment of our lives with God's gaze resting upon us.
- **(Thu)** There is no set procedure to enter into adoration: this life of adoration is a desire of love in which the entire being, body and soul, allows itself to be taken over by God.
- **(Fri /Sat)** In this present stage in the history of the Church we cannot see Jesus walking along the roads of Palestine. But we can see Him in the Eucharist: thanks to Christ, all is present in His Living Presence.

Week Three

- **(Sun)** Adoration is letting our gaze rest upon Him, while we love Him, and it is only a response to His gaze upon us.

- **(Mon)** During Love in Adoration, we rest our gaze upon the Living Jesus in the Eucharist and all of our being turns towards Him. When our gaze turns to Jesus, our hearts and minds are drawn along in the same direction. A conversion takes place in the deepest parts of our being, allowing Christ to effect a transformation of our beings in Him, until we are transfigured.

- **(Tue)** Always there for us in the Blessed Sacrament, Jesus reshapes us in his own image when we adore Him, and especially when we adore Him visibly there before our very eyes.

- **(Wed)** Love in adoration is distinguished precisely by the delicate accomplishment of loving and adoring Christ at one and the same time in His human and in His divine nature.

- **(Thu)** Consecration to the Living Jesus in the Eucharist is an act of self-abandon.

- **(Fri)** Adoration of Jesus-Eucharist is an interior life based on the loving gaze directed towards Jesus in the Eucharist; a conversion of the heart, drawn from the Heart of Christ, beating with love in the Eucharist.

- **(Sat)** Adoring Christ means adoring Him in His humanity and in His divinity at one and the same time. By taking on our flesh, Christ made God accessible to our mortal eyes. He lets us see ...the mystery of God, like a crystal which sends out flashes of light from all its surfaces.

Week Four

- **(Sun)** Love in Adoration is love of the Father, the Son and the Holy Spirit.

- **(Mon)**

“Lord, show us the Father, and we will be satisfied ...

Whoever has seen Me has seen the Father.”

(John 14: 8-9)

- **(Tue)** If only we could see the living Jesus with our own eyes, present in the Eucharist!

- **(Wed)** If only we knew how to look at Him!

- **(Thu)** May His Real Presence be offered to us, for our gaze to rest upon!

- **(Fri)** Through Him, we will find the Father: He will show us the Father ...

- **(Sat)** The Holy Spirit, which is the Spirit of adoration, will unite in us this love of the Father, through the Son, this love, which is one single love:

**The love of the living God,
Father, Son and Holy Spirit.**

Half-Week

- Adoration of the Eucharist requires that we approach His Presence and remain there:
we must dedicate enough
time to enter into a state of silence and
remain there for the heart to heart encounter
He wishes to draw us into.

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But we can see Him in the Eucharist:
thanks to Christ,
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- During Love in Adoration, we rest our gaze upon the Living Jesus in the Eucharist and all of our being turns towards Him.
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a conversion takes place in the deepest parts
our being, allowing Christ to effect
a transformation of our beings in Him,
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- If only we could see the Living Jesus with our own eyes, present in the Eucharist!
If only we knew how to look at Him!