



# My Hour with Jesus! Eucharistic Adoration

Jesus is truly present in the Blessed Sacrament. Eucharistic Adoration is an awesome way to get close to God, and to let Jesus heal us! A priest once said *“the sin in our lives is like a cancer to our soul...and sitting before Jesus in the Blessed Sacrament is the radiation for the soul.”* The Eucharist is the center of what separates Catholics from all other Christians, & it is the “source & summit” of our faith.

**You are to join your candidate for 1 hour (minimum) of Eucharistic Adoration.**

Immaculate Heart of Mary has Adoration in the chapel. The *Chapel of the Holy Eucharist*, located on the west side of the parish office building, is open 24 hours a day, 7 days a week throughout the year! (*The code to enter the chapel is 5412*).

More information can be found here: <https://ihmparish.com/faith-formation/adoration/>.

Please have your candidate fill out the following prayer exercise & turn it in **BY June 4th**. You may also hand this in with the Sponsor letter.

Name: \_\_\_\_\_

I attended Adoration with my Sponsor on \_\_\_\_\_

**Scripture Reading:** Acts 2: 1-12 (read 2x)

Candidate: Answer the following questions.

Sponsor: Please take time to review the questions with your candidate.

1. What word or phrase jumped out at you? Why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
  
2. How does that word or phrase apply to you in your life?  
 \_\_\_\_\_  
 \_\_\_\_\_
  
3. How can you apply this to your life right now & into the future?  
 \_\_\_\_\_  
 \_\_\_\_\_