

Scripture Readings for Eucharistic Adoration

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During Eucharistic Adoration, reflecting on Scripture can deepen your connection with Jesus in the Blessed Sacrament. Here are some powerful passages to meditate on, focusing on the Eucharist, adoration, and the presence of God:

1. John 6:53-58 – The Bread of Life Discourse

"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him."

This passage emphasizes the real presence of Christ in the Eucharist and is central to Eucharistic Adoration.

2. Matthew 15:37 – The Feeding of the Multitude

"And they all ate and were satisfied." This miracle prefigures the Holy Eucharist, showing how Jesus nourishes His people abundantly. Even the smallest portion of the Eucharist contains the fullness of Christ's Body, Blood, Soul, and Divinity.

3. Exodus 16:4 – The Manna in the Desert

"Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.'" The manna in the desert is a foreshadowing of the Eucharist, the true Bread from Heaven that sustains us spiritually.

4. Isaiah 6:3 – Adoration of God's Holiness

"Holy, Holy, Holy, is the Lord of hosts, the whole earth is full of His glory." This verse reminds us of the holiness of God and invites us to join in the heavenly adoration of His majesty.

5. Luke 24:30-31 – The Road to Emmaus

"When he was at the table with them, he took bread, gave thanks, broke it, and began to give it to them. Then their eyes were opened, and they recognized him, and he

disappeared from their sight." This passage highlights how Jesus reveals Himself in the breaking of the bread, a powerful reminder of His presence in the Eucharist.

6. Psalm 63:1-2 – Longing for God

"O God, you are my God—earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory." This psalm expresses a deep longing for God, which resonates with the purpose of Adoration.

7. 1 Corinthians 11:23-26 – Institution of the Eucharist

"For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.' In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." This passage is a direct reminder of the Eucharist's significance and Christ's command to remember Him.

8. Psalm 46:10 – Be Still in His Presence

"Be still and know that I am God." This verse encourages silence and contemplation, which are key aspects of Eucharistic Adoration.

9. Revelation 21:3 – God Dwelling Among Us

"Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God." This verse reflects the reality of God's presence with us in the Eucharist.

10. Acts 2:42 – Devotion to the Breaking of Bread

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." This verse highlights the early Church's devotion to the Eucharist and prayer, a model for our own Adoration.

These Scripture passages can guide your meditation during Adoration, helping you reflect on the mystery of the Eucharist and deepen your relationship with Christ.