



10 QUOTES ON EUCHARISTIC ADORATION FROM THE SAINTS

“**T**he Eucharist,” the Catechism says, “is the source and summit of Christian life.” And rightfully so! For in the Blessed Sacrament, we encounter Christ himself.

While our schedules may impede us from attending daily Mass, he still waits for us in the tabernacle. Throughout the centuries, countless holy men and women have themselves experienced Christ in the Blessed Sacrament and related them through writing. Here’s what the Saints have to say about Eucharistic Adoration.

Ahead of World Day of Prayer for Vocations on 7 May, let us spend some time adoring the Lord and ask Him for the gift of vocations to the priesthood and religious life!

1 This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago is present today in the Eucharist.
-St John Paul II

2 Many people nowadays say, ‘I wish I could see his shape, his appearance, his clothes, his sandals.’ Only look! You see him! You touch him! You eat him!”
-St John Chrysostom

3 When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now.
-St Teresa of Calcutta

4 We must always have courage, and if some spiritual languor comes upon us, let us run to the feet of Jesus in the Blessed Sacrament, and let us place ourselves in the midst of the heavenly perfumes, and we will undoubtedly regain our strength.
-St Padre Pio

5 Heaven for me is hidden in a little Host Where Jesus, my Spouse, is veiled for love. I go to that Divine Furnace to draw out life, and there my Sweet Saviour listens to me night and day.”
-St Therese of Lisieux

6 Gaze upon him, consider him, contemplate him, as you desire to imitate him.
-St Clare of Assisi

7 We must visit Jesus in the Blessed Sacrament a hundred thousand times a day.
-St Francis de Sales

8 Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them.
-St Peter of Alcantara

Read: 48 things to do at Adoration

9 The soul hungers for God, and nothing but God can satiate it. Therefore He came to dwell on earth and assumed a Body in order that this Body might become the Food of our souls.
-St John Vianney

10 Good friends find pleasure in one another’s company. Let us know pleasure in the company of our best Friend, a Friend who can do everything for us, a friend who loves us beyond measure. Here in the Blessed Sacrament we can talk to him straight from the heart.
-St Alphonsus de Liguori