

MEETING WITH JESUS IN EUCHARISTIC ADORATION



1

RECONGNIZE THE PRESENCE OF GOD

Cast your cares onto God so that you may approach Jesus with humility and reverence. Reflect on His work on the cross and adore Him for all He has done for you and humankind.

15 MINS ⌵

2

THANKSGIVING

Try writing in a prayer journal. You can make a list of blessings and situations in your life, and pray over them. You will have them forever to look back on and see how God answered you.

⌵ 15 MINS

ATONEMENT

Express sorrow for your mistakes or wrongdoings, take responsibility and make amends to compensate for any harm caused, and commit to do better in the future. It is important to approach atonement with sincerity. Ask Jesus for help.

15 MINS ⌵

3

PRAY AND PETITION

Pray the Rosary or simply let the Holy Spirit lead you. You can approach God in prayer without planning anything. You can listen to songs of worship or read religious books and guides. Talk to Jesus like you are in His presence — because you are.

⌵ 15 MINS

