



COME ADORE

A TEEN GUIDE TO ADORATION

 LIFE TEEN

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"ADORATION MEANS ENTERING
THE DEPTHS OF OUR HEARTS
IN COMMUNION WITH THE
LORD, WHO MAKES HIMSELF
BODILY PRESENT IN THE
EUCHARIST.

IN THE MONSTRANCE, HE
ALWAYS ENTRUSTS HIMSELF
TO US AND ASKS US TO BE
UNITED WITH HIS PRESENCE,
WITH HIS RISEN BODY."

- POPE BENEDICT XVI



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The background features a faint, artistic illustration in shades of grey and brown. It depicts several figures in a landscape, possibly engaged in a religious or historical scene. The figures are rendered with soft, sketchy lines, giving the impression of a watercolor or light pencil drawing. The overall composition is vertical and centered.

THE BLESSED
SACRAMENT

PART 1

MORE THAN A SYMBOL

BY MARK HART

When God speaks, things happen.

God spoke and there was light. God spoke and there was sea and sky, land and plants, animals and man. The gospels tell us that when Christ spoke winds died down, plants died, demons were driven out, people came back to life, and sins were forgiven.

When God speaks – even if people don't listen – things always happen.

So, when Christ took bread into His hands and proclaimed it His Body or when He took wine and proclaimed it His Blood, ***something extraordinary happened***. In the same way, when a priest takes bread and wine and utters Christ's words of consecration, through the power of the Holy Spirit, *something miraculous happens*. Through the priesthood of Jesus Christ, at every single Catholic Mass what looks and (sort of) tastes like bread and wine is changed into Christ's actual Body and Blood. The bread and wine are not merely symbols of Christ's Flesh and Blood – they are truly and completely Jesus – Body, Blood, Soul and Divinity.

The term for this change is *transubstantiation*. Now, that's a big word but that's okay because it's a big deal. It means that while the bread and wine still look like those elements, they have been changed (through the Holy Spirit) on a *substantial* level into Christ's Flesh and Blood. The form (outward appearance) hasn't changed, but the substance (what it actually is) has changed.

While this is a difficult concept to completely comprehend, it is a vital truth to understand. The Eucharist is at the center of the Catholic Church. The Eucharist is what it means to be Catholic. The Catechism reminds us that the Eucharist is "the source and summit" of our faith (CCC 1324), meaning that everything we are and everything we do as a Church flows from the Eucharist (source) and moves us toward the Eucharist (summit).

This is simultaneously one of the greatest mysteries of the Catholic faith and one of our greatest gifts. Entire lives have been spent meditating upon this truth. Libraries could be filled with the books written about it. So while we can't go into everything about the Eucharist in this little book, we can give you some suggestions, insights, explanations, and tools for you to use the next time you are in Christ's true presence – before the Eucharist – in Adoration of the Blessed Sacrament.

Ask the Holy Spirit, now, to open your mind and your heart to the Lord. Ask to be given the eyes of faith and to see with your heart what so many saints before you have seen in the Eucharist. At the Last Supper, Jesus said, “This is my body” (Matthew 26:26). Before His ascension, Jesus promised to “be with us always” (Matthew 28:20). And when God speaks...**things happen.**