

# Inviting Someone to Eucharistic Adoration

## An Invitation to Experience God's Personal Love and Care

Everyone has the ability to reach someone that no one else can; a friend, family member, neighbor, or coworker who is suffering and has no one else who can bring them to God's healing presence.

Consider inviting them to Eucharistic Adoration. A person does not have to be Catholic, does not have to know anything about prayer, and does not have to make any personal commitment to come before Jesus in the Eucharist. The power of a few minutes of silence in the presence of Jesus is more powerful than anything else I can do to help someone who is hurting. Do I truly believe this?



### Questions to Consider:

**Do I know someone who has expressed curiosity about God or my faith?**

**Do I know someone who is hurting badly and does not believe in God?**

**Do I know someone who is lonely?**

**Do I know someone who has never said anything about faith or religion?**

**Do I know someone who annoys or irritates me? Will I share God's love with that person?**

### Ideas for Inviting Someone to Adoration:

#### #1 Invite them to come with you

A personal invitation is very effective and gives someone the security of accompaniment. They might never go by themselves, but if you suggest spending a few minutes of Adoration with you on the way to lunch or the movies, it could change a person's life.



#### #2 Share your personal experience

Has Eucharistic Adoration changed your life? Do you ever think about it? Was there a dramatic change? Can you see that there has been slow healing or spiritual fruit? Be brave and talk about it with someone else who needs this in their life!

#### #3 Pray before inviting someone

Not sure what to say? Worried about being embarrassed or rejected? Take a few minutes to pray before talking to someone. Ask God what the person needs to hear. You don't have to say much or say exactly the right thing for God to touch someone's heart.



#### #4 Follow up afterward

Ask about the experience. Does your friend have questions? Maybe there was a feeling of peace or hope that can't be explained. (And you don't have to explain it). Invite conversation and let them know that they are always welcome.



Young people in Adoration with Pope Francis at World Youth Day, Rio de Janeiro, 2016. Paul Haring, CNS photo.