

## ***What's All This Talk About "Adoration" and the "Blessed Sacrament" I Am Hearing About?***

### **Part 6 – "But I don't have time", "I'm a good enough Christian", "It's Boring!"**

We have been discussing Eucharistic Adoration over these last few Sundays in this series. We learned about the dogma of the Real Presence, the development of Eucharistic Adoration, and the necessity of growing in the spiritual life.

The *Catechism of the Catholic Church*—which is a compendium of non-negotiables in matters of faith and morals—says: "All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity" (§ 2013). We also learned how spending time before the Lord in the Blessed Sacrament is an optimal way to grow in friendship with Him.

"But I don't have time!" To which I reply, *Not 'wasting time' in front of the Blessed Sacrament is a waste of time.* How many hours do we lose to television, trolling Facebook and Twitter, or being bored? All of these times are opportunities to spend in the presence of Jesus.

"I'm a good enough Catholic. Why do I need to pray more?" Because *being good enough is never good enough for God.* We are not called to mediocrity but to excellence. To be mediocre is to be neither fervent nor lethargic, neither cold nor hot, but lukewarm. But what does Jesus say to the lukewarm soul?—"I know your works: You are neither cold nor hot. Would that you were cold or hot! So, because you are lukewarm, and neither cold nor hot, I will spew you out of My mouth" (*Apoc 3:15-16*).

"It's boring!" To which I say that *boredom is a spiritual sickness* and a sign of the capital vice of acedia or sloth. Boredom comes from an addiction to entertainment, and going about life either being busy or being entertained is, in reality, to miss out on *living*. "To live is Christ!", St Paul wrote (*Phil 1:21*), and there is no greater life than to spend it for the Lord: "There is great gain in godliness with contentment" (*1 Tim 6:6*).

Most of us, I'm sure, love Mother Teresa of Calcutta, now known as 'St Teresa of the Poor.' But what was the secret of her happiness and of her holiness? Where did she get the strength to spend her life in heroic charity towards the poorest of the poor? Let Mother tell us in her own words: "When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength." She goes on to say, "I know I would not be able to work one week if it were not for that continual force coming from Jesus in the Blessed Sacrament (during my Holy Hour of Adoration). To be alone with Jesus in adoration and intimate union with Him is the Greatest Gift of Love - the tender love of Our Father in Heaven."

I earnestly implore every parishioner—if you have not done so yet—to sign up for just *one hour per week* to be with Jesus in prayer. I promise that you will see the hours of your day multiply so that you can finish your work. I promise that a life of mediocrity will evaporate, leaving you with a life of meaning and excellence. I promise you that your boredom will diminish, and that you will find yourself eager to be with Jesus, who has done so much for us.