Eucharistic Adoration Quotes from Saints

"Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it." — St. Augustine

"To converse with You, O King of glory, no third person is needed, You are always ready in the Sacrament of the Altar to give audience to all. All who desire You always find You there, and converse with You face to face." —St. Teresa of Avila

"We adore Thee most holy Lord Jesus Christ, here in all Thy Churches, which are in the whole world, because by Thy holy cross, Thou hast redeemed the world." — St. Francis of Assisi

"The visit to the Blessed Sacrament is a great treasure of the Catholic faith. It nourishes social love and gives us opportunities for adoration and thanksgiving, for reparation and supplication. Benediction of the Blessed Sacrament, Exposition and Adoration of the Blessed Sacrament Holy Hours and Eucharistic processions are likewise precious element of your heritage—in full accord with the teaching of the Second Vatican Council. It is also my joy to reaffirm before Ireland and the whole world the wonderful teaching of the Catholic Church regarding Christ's consoling presence in the Blessed Sacrament: his Real Presence in the fullest sense: the substantial presence by which the whole and complete Christ, God and man, are present (cf. *Mysterium Fidei*, 39).  The Eucharist, in the Mass and outside of the Mass, is the Body and Blood of Jesus Christ, and is therefore deserving of the worship that is given to the living God, and to him alone (cf. *Mysterium Fidei*, 55; Paul VI, Address of 15 June 1978)." — Pope St. John Paul II, 1979

 "Each time we look upon Jesus in the Blessed Sacrament, He raises us up into deeper union with Himself, opens up the floodgates of His merciful love to the whole world, and brings us closer to the day of His final victory 'where every knee will bend and proclaim Jesus Christ as Lord.' 'The reign of God is already in your midst.' The coming of Jesus to us in the Eucharist is assurance of His promise of final victory: 'Behold, I come to make all things new.'" — Blessed Teresa of Calcutta

"Love cannot triumph unless it becomes the one passion of our life. Without such passion we may produce isolated acts of love; but our life is not really won over or consecrated to an ideal. Until we have a passionate love for our Lord in the Most Blessed Sacrament we shall accomplish nothing." — St. Peter Julian Eymard

"Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are proceeded by a personal encounter with Him. Theological insights are gained not only from between two covers of a book, but from two bent knees before an altar. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world." — Archbishop Fulton J. Sheen

"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." — Blessed Mother Teresa of Calcutta

"It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular, as well as prayer of adoration before Christ present under the Eucharistic species." — Pope St. John Paul II, *Ecclesia de Eucharistia*, §25