

# Pope Benedict XVI

**Remaining in Silence before the Blessed Sacrament; Perpetual Eucharistic Adoration**



From  
"Sacramentum Caritatis,"  
by:  
Pope Benedict XVI  
March 13, 2007

The assembly of Bishops wanted to point out the intrinsic relationship between Eucharistic Celebration and Eucharistic Adoration... During the phases of the reform (of the Second Vatican Council), the inherent relationship between Mass and Adoration of the Blessed Sacrament was not always perceived with sufficient clarity.

For example, an objection that was widespread at the time argued that the eucharistic bread was given to us not to be looked at, but to be eaten. In the light of the Church's experience of prayer, however, this was seen to be a false dichotomy. **As Saint Augustine put it, "no one eats that flesh without first adoring it; we should sin were we not to adore it."**

In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic Adoration is simply the natural consequence of the Eucharistic Celebration. **Receiving the Eucharist means Adoring Him**

**Adoration** has been reborn everywhere in the Church.

March 9, 2006

**Adoration** is the act that follows receiving Communion.

March 9, 2006

**Communion** only reaches its true depths when it is supported and surrounded by **Adoration**

Spirit of the Liturgy

**He Gives Himself to us; and we Respond by Giving Ourselves to Him.**

March 9, 2006

On March 9, 2006, Pope Benedict XVI, confidently placed in the hands of Cardinal Ruini, the proposal to **create five places of Perpetual Adoration in the Diocese of Rome.**

**Homage to the King of Glory, Respectful Silence.**

Catechism 2628

**Spend time in spiritual converse, in Silent Adoration... before Christ present in the Most Holy Sacrament.**

Ecclesia de Eucharistia 25.

**'Woman of the Eucharist'**

**Renew our Eucharistic Wonder**

March 13, 2007  
Sacramentum Caritatis,  
96, 97.

**whom we receive.** The Act of Adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself. Indeed,, **'only in Adoration can a profound and genuine reception mature.'**

With the Synod Assembly, **I heartily recommend to the Church's pastors and to the People of God the practice of Eucharistic Adoration.** Great benefit would ensue from a suitable catechesis explaining the importance of this act of worship...

**Wherever possible, it would be appropriate, especially in densely populated areas, to set aside specific churches or oratories for Perpetual Adoration.** I also recommend that, in their catechetical training, and especially in their preparation for First Holy Communion children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before His Presence in the Eucharist.

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No. 66, 67.

**1981 - Perpetual Eucharistic Adoration began in a small chapel at St. Peter's Basilica at the Vatican.  
1991 - Decree, Statutes, Guidelines issued by Pontifical Council for the Laity erecting and approving The Association of Perpetual Eucharistic Adoration as a universal and international public association of the faithful, with juridic personality, in accordance with Book II, Part I, Title V of the Code of Canon Law.**