



SUBJECT OF ADORATION

An Hour of Adoration before the
Blessed Sacrament.

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**Give us this Day our Daily Bread.**  
**Our Corporeal Bread.**  
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I. — Adoration.

I should humbly ask Thee, dear Jesus, for the Bread that sustains my corporal life as I ask Thee for the spiritual bread that sustains my soul's, since without nutriment neither soul nor body can subsist. Were I deeply penetrated with this truth, it would notably increase my spirit of adoration as there is no more irrefutable proof of my powerlessness, my nothingness, my absolute dependence on Thy sovereign domain than this necessity compelling me to have daily recourse to strengthening food under penalty of weakening and dying.

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We cannot gainsay it, our life is but a continual decline. We do not live, we die slowly. Nourishment is only a remedy against death that torments and pursues us. Yes, our life's lamps consumes and burns itself out and incessantly requires re-lighting and re-kindling. Every time we partake of food we try to ward off death and combat a malady that finally will be victorious. All flesh is but as grass and man, whosoever he may be, has only a borrowed strength. Daily, nay, many times a day, we are obliged to extend our hands to inferior creatures to beg for alms. The running stream,