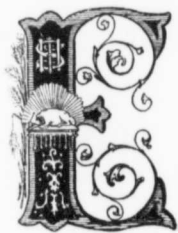




Adoration "in Spirit and in Truth."

BY PÈRE EYMARD.

The Father seeketh such to adore Him in spirit and in truth. (*John iv. 23.*)



EUCHARISTIC Adoration has for its object the Divine Person of Our Lord Jesus Christ present in the Most Blessed Sacrament.

In that Sacrament, He is living, and He wishes us to speak to Him, and He will speak to us.

Everyone may speak to Our Lord. Is He not there for all? Does He not say :
Come ye all to me?

This familiar converse between the soul and Our Lord is true Eucharistic meditation, it is adoration.

Everyone has grace for it.—But to succeed in it, and to shun routine and dryness of heart, the adorers should draw their inspiration from their own attraction of grace or from the different mysteries of Our Lord's life, from the Blessed Virgin or the virtues of the saints, in order to honor and glorify the God of the Eucharist by all the virtues of His moral life, as well as by those of the saints, of whom He was the grace and the end, and of whom He is to-day the crown and the glory.

Look upon the hour of adoration that has fallen to you as a heavenly hour, an hour in Paradise. Go to it as if you were going to heaven, to the Divine Banquet, and this