*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

**Message for December 2019**

Dear Friends in Christ:

The “Ideal-Catholic-Life” is within reach. Cooperating with His grace, being intentional about our thoughts, words and actions, will surely lead to greater union with God as one of His children. Let’s be more specific this month in our Upper Rooms and begin to consider, certain very practical aspects of our faith. This time: **The Ideal Catholic Adorer.**

In Christ;

Fr. David

*Open with Sign of Cross and pray:*

**Prayer to the Holy Spirit**

L: **Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

L: **Let us pray – God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

L: **You, O lord, will open my lips.**

R: And my tongue shall announce Your praise.

L: **Incline unto my aid, O God.**

R: O Lord, make haste to help me.

L: **Glory be to the Father and to the Son and to the Holy Spirit**.

R: As it was in the beginning is now and ever shall be world without end. Amen

**Discuss your understanding of Adoration of the Blessed Sacrament.**

I If you participate in adoration please share what it is you do during that hour?

II What are the fruits (one might expect) from being a regular adorer of the Blessed Sacrament. What graces would you receive?  
  
III Please read MT 26:36-46… is the question from Jesus to the Apostles for you as well? Does it relate particularly to adoration (in your opinion) or just to prayer in general. Why or why not?

IV What does it mean in the tradition to make “a visit” to the Blessed Sacrament?  
  
V Why do we genuflect on both knees before Jesus’ presence in the Monstrance?

VI Do you know what the Luna is?  
  
VII Monstrance relates to what word?  
  
VIII Put the two words together and the meaning is....? *(Ans: To* ***show*** *the* ***light*** *of the world, that is Jesus)*

IX The heart of the matter in adoration is summed up by this:

*Once I read a story about* [***St. Jean-Marie-Baptiste Vianney***](http://en.wikipedia.org/wiki/Jean_Vianney) *(The cure' of Ars) a 19th century French priest who once noticed a peasant come in to the church and stay for hours in front of Jesus in the Blessed Sacrament. The Saint asked this man what do you say during all that time before Jesus in the Eucharist? The Peasant replied, "Nothing, I look at Him and He looks at me."*  
 It seems counterintuitive but friendship is **not** rooted in the doing for but in the presence with. The best friend stands by you, is always there, they never leave you. Discuss how this is the ultimate expression in the prayer of adoration. Now reflect back on question I.

X Finally do the math. How many adorers would it take to support a 24 hour 7 day a week adoration chapel? Do you think this would be possible at St James? (Be honest now) Why or why not? How well attended is our Thursday Adoration hours from 9am to 8pm? Why is this? How can the parish change this?

**Please Pray a decade of the rosary together meditating on the first Sorrowful Mystery… The Agony in the Garden**

**Next month’s Upper Room is a continuation on the Ideal Catholic theme…**