

A SENTINEL'S GUIDE FOR ADORATION

My soul looks for the Lord more than sentinels for daybreak. More than sentinels for daybreak, let Israel hope in the Lord, for with the Lord is mercy, with him is plenteous redemption, and he will redeem Israel from all its sins. Psalm 130

WHAT IS A SENTINEL'S COMMITMENT

Sentinels are those who feel called to “keep watch” with the Lord and commit to the following:

- Pray daily for a deeper understanding and love for the Lord in the Blessed Sacrament
- Commit to adoring one hour each week or organize a small group of adorers for that hour
- Seek personal conversion and purification of heart and mind
- Participate in Mass at least once during the week
- Participate regularly in the Sacrament of Reconciliation

WHY DO WE ADORE THE LORD IN THE BLESSED SACRAMENT?

From Unleash the Gospel Guidepost 3: The Word Made Flesh

“In our efforts to unleash the Gospel, we proceed with the firm conviction that the Holy Spirit brings about life-changing encounters with the Lord Jesus in his Mystical Body the Church, particularly in fellowship with one another, in Sacred Scripture, in the Sacrament of Reconciliation, and most especially in the Holy Eucharist.”

“Evangelization leads to the Eucharist, since the Eucharist is the fullness of communion with Jesus and his whole Church. On the other hand, the Eucharist leads to evangelization, since our ability to announce the Gospel springs from the passion and resurrection of Christ which is made present anew in the Eucharist.”

“Through the Eucharist we become stamped with the pattern of Christ's own self-giving love so that we can reproduce that pattern in our own lives. Thus the goal of the liturgy is never just to receive the sacrament and go home; it is to become a living tabernacle through which Christ is made present to others.”

HOW DO WE PRAY A HOLY HOUR?

A Holy Hour can be prayed and offered in a variety of ways. Common to all Holy Hours is the person's deep awareness and attentiveness to the being in the presence of the living God. It is being completely present to God in mind, heart, and body, allowing the Holy Spirit to assist us in praying, “for we do not know how to pray as we ought.” A Holy Hour is marked by a genuine ‘cor-ad-cor loquitur’, that is, ‘heart speaks to heart.’ Silent contemplation, as an integral part of a Holy Hour is not meant to be an end in itself but a means through which the person encounters Jesus in the Blessed Sacrament.

Visit olgcparish.net/adoration or scan the QR code for a full exploration of adoration.

