

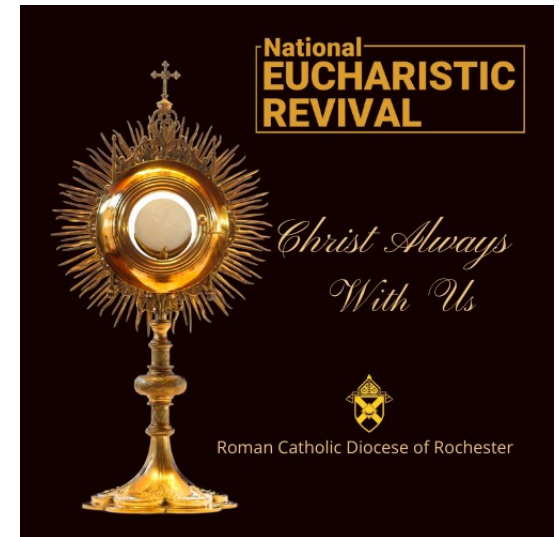
## Resources for Eucharistic Adoration in the Diocese

During the Eucharistic Revival, there are resources available from the Diocese of Rochester. Visit [eucharisticrevival.dor.org](http://eucharisticrevival.dor.org) (QR Code provided) for information and resources.



1150 Buffalo Road Phone: 585-328-3210  
Rochester, NY 14624 [eucharisticrevival.dor.org](http://eucharisticrevival.dor.org)

## 40-Hour Adoration



## Praying with the Blessed Sacrament

From the very beginning of the Christian story, the Eucharist has been central. It has been called the Source and Summit of the Christian Life. Through the celebration of the Mass, we come to a



d e e p e r union with Christ, our Lord and Savior.

But our prayer with the Real Presence of Jesus Christ in the Blessed Sacrament does not have to end with the Mass. One true gift of our Church is that this meal for the journey is also the companion on our journey.

As St. Alphonsus Liguori observed, “Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day.”

## 40-Hour Adoration

In the biblical tradition, the number forty is used to signify any great length of time. Thus it rained for forty days and forty nights during the flood, the Israelites were in the desert for forty years, and Jesus went into the desert for forty days. By Tradition, Jesus’ body also lay in the tomb for forty hours.

This last part is where an ancient custom of a forty-hour devotion comes from. St. Charles Borromeo speaks of it



as an ancient practice when he wrote of it. There are examples of these devotions including Eucharistic Adoration as early as the 1520s in Milan, Italy.

In 1592 Pope Clement VIII issued *Graves et diuturnae*, where the pope established this custom throughout Rome’s

churches. In 1731 Clement XII issued a code of how to carry out the devotion, and in 1866 the Plenary Council of Baltimore approved the Forty Hours Devotion for all Catholic dioceses in the United States.

During the Eucharistic Revival, several Churches have decided to host this devotion. Some are working together. You can learn more at our website:

[eucharisticrevival.dor.org](http://eucharisticrevival.dor.org)

