

Accompanying Jesus: Jesus loves you! Jesus has invited you! Could you come and adore Him?

I am neither a theologian nor a clergy, but I firmly believe that Jesus is hidden in the Blessed Sacrament. Jesus loves me and He loves you, too. He is thirsting for our love. I have the following 10 reasons to motivate myself to organize perpetual adoration of the Blessed Sacrament in the parish (it's my ideal). Every single reason is strong enough to enable this great event take place :-

(1) “Could you not watch just one hour with Me?” (Mt. 26:40) God gives us 24 hrs, can you return just 1 hour to God? Jesus dies for us on the cross, are we willing to be with Him for 1 hour? If each of us would be willing to spend just 1 hour to keep Jesus company, then each hour is covered so that Jesus is never left alone. This will make Him happy. To implement perpetual Eucharistic Adoration in parish is my ideal. We may not be possible to do it every day but at least we can start doing it every week.

(2) Scripture says that **Jesus was worried and prayed overnight (Mt 26:38)**. Between midnight to 6 a.m. are the most difficult hours to find parishioners accompany Jesus. Whoever is willing to take one of these difficult hours, will be blessed ten times as much for doing so because God cannot be outdone in generosity. When we are generous with God, He is ten times more generous with us.

(3) Jesus asked His disciples, **“Will you also go away?” (Jn 6:67)** Hope you can answer like Peter did, **“Lord, to whom shall we go?” (Jn 6:68)** Jesus is calling you in the Blessed Sacrament. Are you willing to stay for a while?

(4) “Come to Me all you who are weary and are burdened, and I will refresh you.” (Mt 11:28) To express your love for Jesus is to adore Him in the Blessed Sacrament. If you are stressed in life, come close to Jesus, He can make you feel better.

(5) When you are scared, worried, lonely or upset, there's no better solution than to be with Jesus.

“Cast all your anxiety upon the Lord who cares for you.” (1Pt. 5:7)

“Fear is useless. What is needed is trust.” (Mk 5:36)

“My peace is my Gift to you.” (Jn 14:17)

Just sit and relax and enjoy the sweet peace that come from simply being with the One who loves you the most. If you are deeply in love with someone, don't you want to be with him/her forever?

(6) “Let the children come to Me.” (Lk 18:16) I hope parents can come with their children so as to obtain blessings from Jesus and facilitate their spiritual growth.

(7) “Worthy is the Lamb that was slain to receive all glory, honour, and praise.” (Rev 5:12) Adoration is saying “thank you” to Jesus. Without doubt, Jesus deserves our adoration. Each holy hour you make with Jesus draws the whole world and everybody in the world closer to Jesus. **“If I am lifted up, I will draw all men to Myself.” (Jn 12:32)** Thus Pope John Paul II began perpetual adoration in his chapel at the Vatican on December 2nd 1981. His greatest prayer and desire for the whole Church was that every parish throughout the world establishes perpetual adoration of the Blessed Sacrament.

(8) A chapel of perpetual Eucharistic Adoration is an image of the outstretched arms and boundless mercy of the father in the parable of the Prodigal Son. It seems impossible to open the chapel for 24 hrs but if we are willingly to do so, with God, all things are possible. A parish should be a house of welcome to all. Where there is one or more of us in prayer at all times gives witness to the Real Presence of Jesus among us. **“My house shall be called a house of prayer for all people.” (Is 56:7)**

(9) During the Eucharistic Adoration, we could pray the Holy Rosary. In this way we unite with the perfect love of Mary to make Jesus happy. You could also read the Bible or simply look up to Him and speak to Him heart to heart. Jesus is our very best friend who dies for us. There is no love on earth greater than that. **“I have loved you with an everlasting love, and constant is My affection for you.” (Jer 31:3)**

(10) When the Holy Spirit descending upon Jesus like a dove and a voice from Heaven saying, **“This is My Beloved Son,” (Mt 3 :17)** Through perpetual Eucharistic Adoration, an unbroken chain of parishioners coming to be with Jesus tells the world that Jesus is truly here. This parish will be renewed because He fulfills His promise. **“See I make all things new!” (Rev 21:5)**

And so, brothers and sisters, can you think of the 11th reason? Let's adore Jesus together.

May God bless you!

“Do not be confirmed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.” (Romans 12:2)

President of Legion of Mary, Chinese Catholic Mission, Montreal

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陪伴耶穌——耶穌愛你，耶穌邀請你，你願意來嗎？

我不是神學家，也不是神職人員，但我深信耶穌在聖體內，耶穌愛我，也愛你，祂渴望我們來朝拜祂。我有以下十大理由，任何一個理由，都足以舉行朝拜聖體，我的理想是能在堂區內舉行恆久朝拜聖體。

一：「你們竟不能同我醒寤一個時辰嗎？」〔瑪 26:40〕

耶穌要求我們抽一小時陪伴祂一同祈禱。時間是天主給予，難到我們不肯為耶穌花一小時嗎？耶穌為我們犧牲，被釘死在十字架上，難到我們不能犧牲一小時陪伴耶穌嗎？只要每人能輪流抽出一小時，那麼二十四小時內也有人陪伴耶穌，令祂喜悅，所以【恆久朝拜聖體】是我的理想，希望能在堂區內實行，不能每天，也至少能每週做到。

二：經內提及耶穌內心憂悶恐慌，徹夜祈禱…〔瑪 26:38〕由半夜至凌晨六時，最難找到信友來陪伴耶穌。無論何時，你能慷慨奉獻給祂，必能得到百倍賞報。特別在耶穌最憂苦的時刻陪伴祂，耶穌必定特別賞報你。

三：「難到你們也願走嗎？」〔若 6:67〕願你都能像伯多祿答祂：「主！惟你有永生的話，我們去投奔誰呢？」耶穌就在聖體內呼喚我們，你願意為祂留步嗎？

四：「凡勞苦和負重擔的，你們到我跟前來，我要使你們安息。」〔瑪 11:28〕耶穌邀請我們來到祂的面前，朝拜聖體就是還愛的表現。若你感到生活迫人、透不過氣，惟有接近耶穌，才可得到安慰。

五：當你感到恐慌、憂愁、寂寞及沮喪時，沒有解決方法好得過來到耶穌面前了！「將你們的一切掛慮都託給他，因為他必關照你們。」〔伯前 5:27〕「不要怕，祇管信。」〔谷 5:36〕「我把平安留給你們，我將我的平安賜給你們。」〔若 14:27〕靜默、鬆弛下來、享受與耶穌獨處的甜蜜時刻！你若深愛一個人，不是希望能永遠和他/她在一起嗎？

六：主耶穌說：「讓小孩來到我跟前來。」〔路 18:16〕希望父母能帶小孩來朝拜聖體，培育小孩在成聖路上成長，領受耶穌特別的恩寵和祝福。

七：「被宰殺的羔羊堪享…尊威、光榮和讚頌！」〔默 5:12〕朝拜聖體就是以愛還愛，向耶穌表示感恩。毫無疑問，耶穌是值得我們讚頌和敬拜。已故教宗若望保祿二世說過，每一聖時和耶穌一起，就是把世上每個人帶到祂的面前來，改變世界，使成新天新地。耶穌答應過：「當我從地上被舉起時，便要吸引眾人來歸向我。」〔若 12:32〕因此之故，若望保祿二世在一九八一年十二月二日開始在他的小聖堂內恆久朝拜聖體，他渴望教會能推動這件事——在各地的教堂，都有信友恆久朝拜聖體。

八：教堂應是歡迎信友來朝拜耶穌的地方，最好能長期開放，方便有需要的人。看起來似乎很困難，只要我們願意，耶穌必定給我們恩寵完成祂的旨意。開放的堂區正如慈愛的天父，伸出雙手，擁抱浪子回歸。「我的殿宇將稱為萬民的祈禱所。」〔依 56:7〕

九：朝拜聖體時，你可以頌唸玫瑰經，聯合慈母之心，是耶穌所喜悅的；也可以閱讀聖經，或仰望耶穌聖體，向祂傾訴。耶穌是我們的摯友，世上沒有更偉大的愛情是為摯友而犧牲。「我愛你，我永遠愛你，因此我給你保留了你的仁慈…」〔耶 31:3〕

十：天主聖神，有如鴿子降下，來到耶穌上面，天上有聲音說：「這是我的愛子，我所喜悅的。」〔瑪 3:17〕堂區內若有信友不停地朝拜天父所喜愛的兒子，言行一致，向普世傳揚耶穌臨在聖體內，我深信該堂區必能得到上主特別祝福，趨向更新，成為新天新地！因為上主答應過：「看，我已更新了一切！」〔默 21:5〕

各位信友，你想到第十一個理由嗎？請和我們一同朝拜聖體。天主保佑！

「你們不可與這世界同化，但要以更新的心思改變自己，為使你們能辨別什麼是天主的旨意，什麼是善事，什麼是悅樂天主的事，什麼是成全的事」〔羅 12:2〕

滿地可中華天主堂 聖母軍團長
二零零八年三月八日