



As Jesus said to Peter and his disciples, he asks us also today:
“Could you not keep watch with me for one hour?” (Matthew 26:40)

What is the difference between Eucharistic Adoration and Eucharistic Exposition?

Eucharistic adoration is prayer before the Blessed Sacrament housed or reserved within the tabernacle. *Eucharistic exposition* is the ritual by which the Blessed Sacrament is displayed outside the tabernacle in a monstrance or ciborium for public veneration by the clergy and/or faithful.

When the Blessed Sacrament is exposed, how many candles should be used?

For exposition of the Blessed Sacrament in the monstrance, four or six candles are normally lighted and present, as at Mass, and incense is used.

How is the Blessed Sacrament revered when it is exposed?

What distinguishes the reverence given to the exposed Blessed Sacrament, from adoration before the closed tabernacle, is the communal nature of reverence to the exposed Blessed Sacrament. In Eucharistic exposition, the Blessed Sacrament is revered by the common prayer of the people in silence, song, prayer and meditation, by incensing and by other prescribed liturgical acts, including genuflection. “A single genuflection is made in the presence of the Blessed Sacrament, whether reserved in the tabernacle or exposed for public adoration.”

[Do you recall ever seeing someone genuflect down on both knees before the exposed Blessed Sacrament? The Vatican issued the following clarification on genuflection during Adoration and Exposition of the Blessed Sacrament, several years ago: “*Genuflection in the presence of the blessed sacrament, whether reserved in the tabernacle or exposed for public adoration, is on one knee.*” In the past [before the Second Vatican Council (1963-1968) and its liturgical revisions], the popular custom was to genuflect on both knees during Eucharistic exposition, but the liturgical norms now instruct us to genuflect on only one knee, because Christ is no more or less present to us whether in a closed tabernacle or exposed in a monstrance (during Exposition of the Blessed Sacrament).]

***“Come. Sit with me. Be with me. I have loved you from the very beginning.
Let us relax and just be in each other’s presence.”***

(SR: 31 Questions on Adoration of the Blessed Sacrament, USCCB, @October 2004)