

# Eucharistic Adoration for Lent

Could you  
not watch  
one hour  
with  
Me?

Mark 14:34



Monday  
7am-7pm

Wednesday  
7am-7pm

Fri - Sat  
7am-9am

God is not forcing us to be there, to spend an hour with Him. We choose to be there. Do we want to spend time with Jesus? Ask God for the grace to sit there with Him, in silence, peacefully.

Gaze upon the monstrance, containing Jesus — body, soul, blood, and divinity. Be filled with joy— not because you have fulfilled a requirement, but because God has stilled your heart. Leave the church filled with a peace, contentment, and joy unlike anything you have ever felt before.

Choose your Hour, take an Hour as a family together or taking turns, share an Hour with a friend alternating weeks. Sign Up today to fulfill the prayer in your Lent!

Website: <https://holyspirtchurch.us/eucharisticadoration/>  
Use the Signup Genius for your day/hour of choice.  
or Email: [adoration@holyspirtchurch.us](mailto:adoration@holyspirtchurch.us)  
to request YOUR HOUR.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Monday Hour: \_\_\_\_\_ Wednesday Hour: \_\_\_\_\_ Fri-Sat Hour: \_\_\_\_\_

Substitute Availability: \_\_\_\_\_

