

Adoration Time by Paul Roelant

Shortly after my trip to Medjugorje in June of 1991, I felt the call to do a holy hour daily before the Most Blessed Sacrament. I promised God that I will do my best to answer His call when He makes it clear to me. Thus, since that time, a daily 1-2 hours before the Most Blessed Sacrament has been my routine and an awesome gift from God. To try and not interfere with work and family life, I do my holy time before the Most Blessed Sacrament early in the morning. Sometimes this leaves me on the tired side, but I figure I will catch up on my rest when I pass from this life to eternal rest. Some people are surprised at such a commitment, but I must say that it truly is a gift from God and pure joy. I can't imagine trying to start a day without the extreme grace that comes from this intimate time with my Savior. Part of my routine before the Most Blessed Sacrament includes complete quiet time and just being with God. This quiet time fills my soul with peace and gives me a good spiritual focus to start the day. If you don't presently do at least a weekly holy hour before the Most Blessed Sacrament, I strongly encourage you to give it a try. God can't be outdone in generosity. If you make this small commitment to Him, the graces that come from it will amaze you. God Bless!