

Seven Biblical Reasons for spending One Hour with JESUS in the Blessed Sacrament



1. He is really there!

"I am the living Bread which came down from heaven." (Jn. 6:51)

2. Day and night Jesus dwells in the Blessed Sacrament because of His infinite love for you!

"I am with you always, to the close of the age."

*"I have loved you with an everlasting love, therefore,
I have continued My faithfulness to you." (Mt. 28:20; Jer. 31:3)*

3. When you look upon the Sacred Host, you look upon Jesus, the Son of God.

*"For this is the will of my Father, that everyone who sees the Son and believes
in Him should have eternal life; and I will raise him up at the last day." (Jn. 6:40)*

4. Each hour you spend with Jesus will deepen His divine peace in your heart.

*"Come to me, all who labor and are heavy laden, and I will give you rest."
"Cast all your anxieties on Him, for He cares about you." (Mt. 11:28, 1 Pet. 5:7)*

5. For peace in our country!

*"If my people ... humble themselves, and pray, and seek my face, ...
I will heal their land." (2 Chr. 7:14)*

6. Jesus will give you all the graces you need to be happy!

*"For the Lamb on the throne will be their shepherd,
and He will guide them to springs of living water ..." (Rev. 7:17)*

7. Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven.

"He who humbles himself shall be exalted ..."

*"And we all, with unveiled faces, beholding the glory of the Lord, are being changed
into His likeness from one degree of glory to another." (Lk. 18:14; 2 Cor. 3:18)*