

WE STAND ON HOLY GROUND

In Holy Scripture we are told that as Moses approached the burning bush, God called to Him: "Come no nearer," he said. "Take off your sandals, for the place where you are standing is holy ground." (Exodus 3:5)

When we enter a Catholic Church, and especially as we draw near to the Sanctuary, we too are standing on holy ground. Our God is here! Jesus is with us! The Sacred hosts which we receive in Holy Communion and which we call the Blessed Sacrament, are reserved in the tabernacles of our Churches so that Holy Communion can be taken to the sick and housebound, and so that we can visit Jesus and spend time in Adoration. Even 'if the Church seems to be empty, we are not alone.'

We approach the Sanctuary with reverence and awe, but also with confidence because we know that Jesus loves us and has chosen to stay with us. He is our loving Saviour and dearest friend who joyfully welcomes our visits. Jesus never tires of us. He looks on us with tender love and listens attentively to all that we wish to share with Him.

Communal times of 'Eucharistic Adoration' ('Exposition of the Blessed Sacrament'), offer us a special opportunity to come close to Jesus in love and thanksgiving. 'Exposition does not make Jesus 'more present,' but He is in a way 'more visible' and given more public honour.' 'We adore Jesus as a community, in the name of the Church, bringing the praise, sorrow and intercession of the whole Church to Him, together with the needs of the whole world.' And we unite ourselves with Jesus, through the Holy Spirit, in His praise and thanksgiving to the Father.'

When the priest or deacon bless us with the Sacred Host in Benediction, we think of the hand of Jesus raised in a personal blessing to us. We are His beloved children. Jesus blesses the whole community, but He comes to each of us as individuals too. Inspired by Jesus' generosity, we choose to give ourselves to Him and to live lives that are pleasing to Him.

Prayer

Lord our God,
may we always give due honour
to the sacramental presence of the Lamb
who was slain for us.

May our faith be rewarded
by the vision of His glory,
who lives and reigns forever and ever.

Amen



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This reflection is with reference to and with quotations from: ‘Meeting Christ in the Eucharist’ by Father Stephen Wang