



Conference 3 | The Value of Eucharistic Adoration

Questions for Personal Reflection

1. How can you make a concrete effort to spend time with God? In what ways can you create an environment that will nurture this habit?

2. During this time where we may not have the opportunity to receive the Eucharist, what creative opportunities has God provided you to encounter Him?

3. Bishop Wall mentions that when we make the Holy Hour, it becomes a “cherished meeting between friends”. How does this change the ambience of your time with Christ? How does your way of speaking change when talking with a friend, verses with your boss or a stranger?