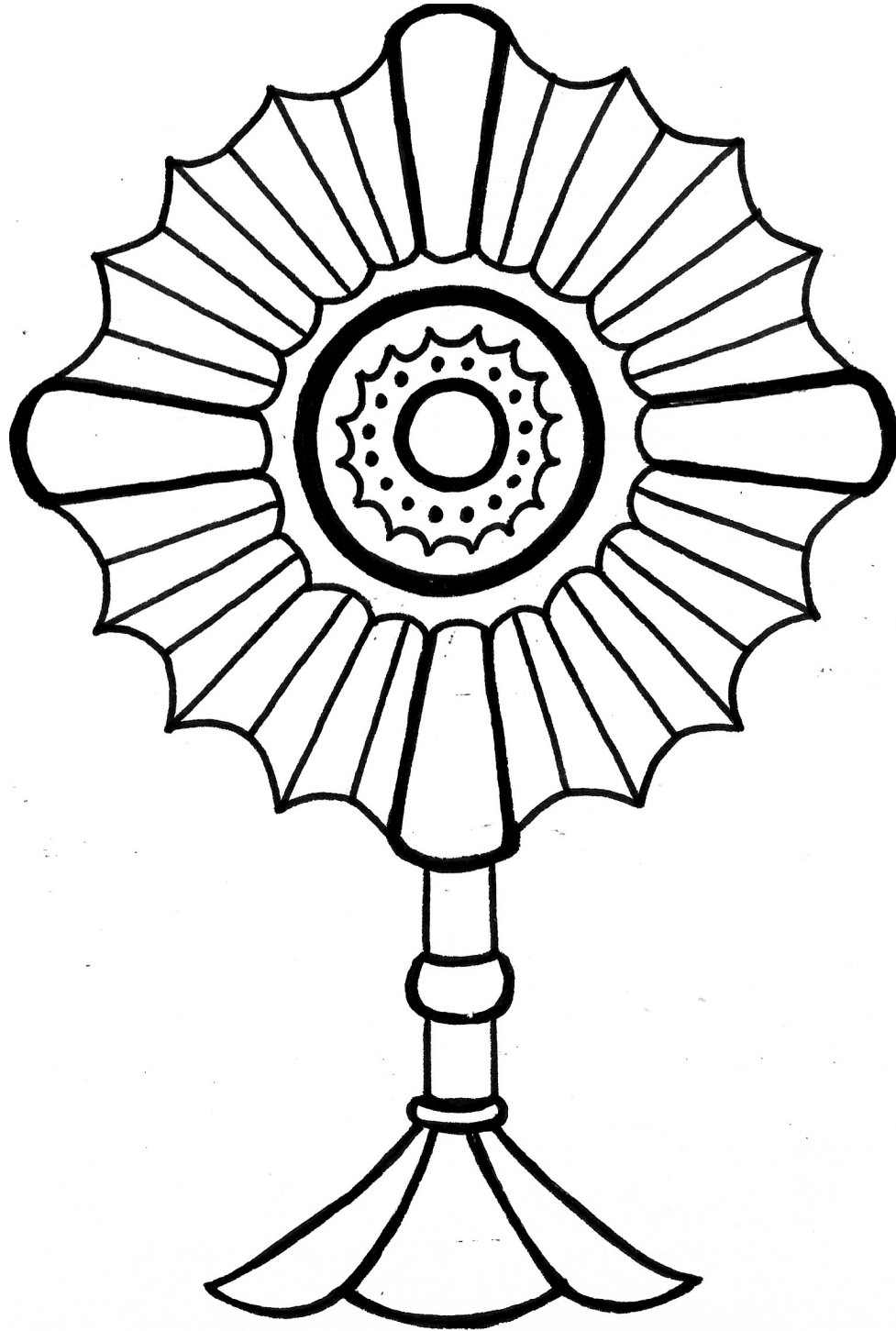


The Monstrance



A monstrance is a special stand that often looks like a golden sunburst. It holds the Eucharist up high so everyone can see Jesus. We use a monstrance at Eucharistic adoration. Adoration is when we spend time in prayer with Jesus, truly present in the Blessed Sacrament. At adoration, we can pray quietly alone or we might pray together as a group.

The beautiful radiant design of a monstrance is meant to catch our gaze and draw our eyes to the center, which holds the Eucharist. During our prayer we can talk to Jesus, the Word made flesh (John 1:14), while we look at him in the monstrance.