



THE PRESENCE



"YOUR EYE IS THE WINDOW OF YOUR SOUL. KEEP YOUR EYES PURE SO THAT YOUR HEART IS PURE"

Eucharistic Adoration and Chastity

The following excerpt is taken from a talk given by Father Nicholas Buttet, Moderator of the Eucharistein Community, St. Maurice, Switzerland at an event called **Adoratio 2011** that brought together an international array of prominent Cardinals, bishops, clergy, religious and laity to celebrate and explore the connection between Eucharistic Adoration and Evangelization. Fr. Buttet's article is entitled "The Eucharist, Adoration and Healing" and in the following section speaks of how Adoration fosters the virtue of chastity.

The Place to Acquire Chastity

"We live in an emotional world and therefore with deep emotional dependences and deficiencies which often manifest themselves in sexual deviancies. I believe that Adoration is the place to acquire the virtue of chastity First Jesus says, 'Your eye is the window of your soul. Keep your eyes pure so that your heart is pure.' Laying my eyes on the Eucharistic Body of Christ, I am called little by little to no longer gaze elsewhere, but to look at things, people, with a look purified by Eucharistic Adoration. This Body of Christ, this flesh of Christ compels me to look at the flesh of others and my own flesh differently. The way I look at and to touch the flesh of the Son of man, this Sacred Body of Jesus, will compel me to rethink my way of touching my body, of living my body, of looking at the body of another, of touching the body of another.

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Eucharistic Adoration and Chastity



Living the Body Through Adoration

There is a way of living the body through Eucharistic Adoration. There is a way to rediscover my radical dependence with respect to God. The human being is a being of a necessarily dependent relationship. If I do not depend dramatically on Christ in this intimacy lived in Adoration, I will be emotionally dependent on human beings. Thus Eucharistic Adoration is the place to acquire the virtue of chastity, of vulnerability experienced, of poverty lived, of the beggar who cries and of the one that will gradually be transfigured by gazing at this flesh, in this relationship with the Body of Christ, with the bodies of others.

“We want to see Him!”

What is providential about the Eucharist, is that the sense which at once makes us the most ecstatic and which also gives us the most attention, is vision. The Eucharist is first a gaze at the Host. If we began to expose the Most Blessed Sacrament from the twelfth to the thirteenth centuries it was to correct the heresy of Beranger of Tours who denied the Real Presence of Christ in the Most Blessed Sacrament. The People of God responded first by saying ‘We want to see him! Show us Jesus and we will demonstrate our faith by looking at the Host’. Adoration is a mystery of vision, a gazing upon me by Christ who heals me. My gaze is fixed upon Him in return. I look at the Host; otherwise there is no need to expose the Most Blessed Sacrament, go before the tabernacle - He is there. Even the largest armored door will never prevent the radiation of the Real Presence, because Eucharistic Adoration is a mystery of love. I want to see, because love is in the gaze.

The look is so important that St. Pius X gave a partial indulgence for anyone who looked at Jesus in the Most Blessed Sacrament, at the elevation during the Mass and said ‘My Lord and my God’. . . Jesus said to St. Gertrude: ‘As many times as man looks with love at the Host that contains the Body and Blood of Christ, as many times he increases his future merits.’ There will be delight in heaven for those who have laid their eyes of flesh on His Eucharistic Body.”

