

## Adoration Etiquette

Adoration of the Blessed Sacrament involves your own personal behavior toward God and others, not with how you pray.

Basic adoration etiquette includes, but is not limited to:

- Do not leave the Blessed Sacrament alone.
- Maintain silence. Do not socialize with others. If you must talk to someone, speak in a whisper.
- Do not bring anything to adoration that will make noise. If you must bring a phone, set it to vibrate or turn it off. If the phone vibrates, decline or ignore the call.
- Do not bring food or drink to adoration. Under ordinary circumstances, if you need water then wait until someone else is present and then step outside the church for a drink.
- Quiet activities need not be devotional in nature. You can just sit quietly or pray (like the rosary, using the Bible for Lectio Divina, etc.) or read a spiritual book.
- When entering or leaving the church, if the Blessed Sacrament is exposed, kneeling on both knees and bowing is appropriate.
- Use the inside back cover of your missalette to follow along and participate with the exposition and / or benediction of the Blessed Sacrament.