



*A spiritual and theological guide to rediscover the depth of Eucharistic adoration in the liturgy*

---

## INTRODUCTION: A MASS GAZING INTO THE EYES OF GOD

Imagine celebrating the Mass... not merely at the altar, but before the very Eucharistic Christ, solemnly exposed in the monstrance, radiating His real presence from the center of the world's tabernacle. This is the essence of the **"Coram Sanctissimo" Mass**, a profoundly reverent form of offering the Holy Sacrifice in the presence of the **Blessed Sacrament exposed**, once a common tradition and today—though rarely seen—a theological and spiritual treasure of the Catholic Tradition.

In this article, we will dive deeply—yet accessibly—into the meaning of this particular form of the Mass: its history, theological relevance, and above all, how it can help us today to live a more Eucharistic faith, more centered on the Heart of Christ.

---

## 1. WHAT DOES "CORAM SANCTISSIMO" MEAN?

The Latin phrase *Coram Sanctissimo* literally means "before the Most Holy." It refers to the celebration of Holy Mass **in the presence of the Blessed Sacrament exposed in the monstrance**, that is, **with Christ made visibly present and adored as the Holy Sacrifice unfolds**.

This modality doesn't change the content of the Mass, but it does underline it in a powerfully adoring key. It's as if the Church were saying: "Lord, we offer You Your own sacrifice... gazing into Your eyes!"

### Not just any Mass

This is not an ordinary Mass, nor simply another devotion. The Coram Sanctissimo Mass is, by its very nature, an expression of **maximum reverence, adoration, and solemnity**, reserved for extraordinary occasions, such as:

- **Corpus Christi** and its octave
- Votive Masses of the Blessed Sacrament
- Times of perpetual adoration or Forty Hours devotion



- Seasons of special penance or supplication

In this type of celebration, the monstrance remains exposed on the altar (or on a Eucharistic throne), flanked by burning candles and, ideally, enveloped in constant incense. The entire liturgical action takes place “before Him”—physically, theologically, and spiritually.

---

## 2. HISTORICAL ROOTS: A PRACTICE WITH DEEP FOOTPRINTS

Since the medieval centuries

The custom of exposing the Blessed Sacrament during Mass dates back to the Eucharistic fervor of the Middle Ages, particularly from the 13th century, when Pope Urban IV instituted the solemnity of **Corpus Christi** following the Eucharistic miracle of Bolsena.

Over time, forms of Eucharistic adoration such as the **Forty Hours Devotion** developed, during which the Blessed Sacrament was exposed for an extended period, and Mass was celebrated as the high point of adoration.

An act of faith in the face of unbelief

Many Popes encouraged prolonged Eucharistic exposition as an act of reparation against Eucharistic heresies—especially those of Protestantism—and as a cry for divine help in times of war, plague, or societal crisis. It was a public proclamation: “He is here, and to Him we want to speak, weep, give thanks, and plead!”

---

## 3. THE THEOLOGY OF THE REAL PRESENCE

Christ truly present

You cannot speak of the Coram Sanctissimo Mass without recalling this great truth of faith: **Christ is really, truly, and substantially present in the Eucharist.** As the Council of Trent teaches:



*“In the most holy sacrament of the Eucharist there is truly, really, and substantially contained the Body and Blood together with the soul and divinity of our Lord Jesus Christ” (Denzinger 1651).*

Therefore, exposing the monstrance during the Mass is not just a devotional gesture. It is to **make visible the One to whom the Sacrifice is offered**. It is to adore the same God who feeds us at the altar.

Liturgy becomes a face-to-face dialogue

Liturgy is always an act of encounter with God. But when that God is exposed, tangible, visible in the Host, everything intensifies: every word, every gesture, every silence takes on eternal weight.

The priest is no longer acting “before the people” alone, but **before the very King**, whom he looks upon and to whom he offers the redemptive sacrifice. The people, for their part, are not merely praying through concepts, but **in the very Presence**.

---

## 4. PASTORAL AND SPIRITUAL SIGNIFICANCE FOR TODAY

In a distracted world, look at Christ

We live in a hyper-connected culture, but one that is spiritually disconnected. The Coram Sanctissimo Mass offers us an **oasis of presence**, a moment to gaze upon Jesus in silence, to adore Him, plead with Him, and say, “Stay with us” (cf. Lk 24:29).

Today, more than ever, we need to recover a sense of the sacred. This form of the Mass, because of its solemnity and depth, can be a pastoral tool to:

- Revive **Eucharistic adoration**
- Promote **reverence in the liturgy**
- Teach by example that **God is truly present**
- Inspire priestly and religious vocations
- Form more contemplative and Eucharistic faithful



The Mass is not just a meal, it is a sacrifice

Celebrating the Mass before the Blessed Sacrament also helps counter modern errors that reduce the Eucharist to a mere symbol or fraternal meal. Seeing Christ in the monstrance while the consecrated Host is elevated is a visual teaching: **the Mass is the very sacrifice of Calvary made present.**

---

## 5. A PRACTICAL GUIDE TO LIVING THE “CORAM SANCTISSIMO” SPIRIT

Although the Coram Sanctissimo Mass is not celebrated every day, its spirit can permeate our daily spiritual life. Here are some concrete ways to live it:

### 1. Participate in Eucharistic adoration

Do it weekly. Stay in silence. Look at the Lord. Let Him look at you. Pray the Rosary before the Blessed Sacrament, read Scripture, or simply... be still.

### 2. Live every Mass “as if Jesus were exposed”

Even if you don't see Him in the monstrance, **Jesus is there at every Mass.** Be aware of His presence. Make loving genuflections, sing with your heart, dress with reverence, and keep interior silence.

### 3. Prepare your soul for Communion

Your soul is the “Eucharistic throne” where Jesus wants to dwell. Go to Confession frequently. Make spiritual Communions. Ask the Blessed Virgin to teach you how to receive Him as she received Him at the Annunciation.

### 4. Promote Eucharistic exposition in your parish

Talk to your pastor. Propose hours of adoration, especially on Thursdays (the day of the Eucharist). Invite others. Christ is never outdone in generosity.



---

## 6. A BIBLICAL QUOTE FOR THE HEART

Let us end with this powerful passage from Exodus, which spiritually illuminates what happens in the Coram Sanctissimo Mass:

*“The Lord used to speak to Moses face to face, as a man speaks to his friend” (Exodus 33:11).*

Such is the Mass before the Blessed Sacrament: **a face-to-face encounter, an intimate dialogue, an eternal friendship**. Not only the priest, but each one of us can look at Jesus and say: “Here I am, Lord, to adore You, to love You, to offer myself with You.”

---

## CONCLUSION: THE SACRED FACE OF LOVE

The Coram Sanctissimo Mass is more than an ancient liturgical tradition. It is a **school of adoration**, an invitation to place Christ at the center—not only of the liturgy but of our entire lives.

In a world that almost no longer knows how to kneel, this way of celebrating teaches us to return to what matters most: **God is here, He looks at you, He waits for you, and He loves you**.

**And you? Are you willing to look Him in the eyes too?**

---

If this article has touched your heart, share it. The Church needs worshippers in spirit and truth. And you can be one of them.

**O come, let us adore Him!**