



Spending Time with Jesus Truly Present in the Holy Eucharist

The Holy Eucharist is Jesus. Another name for the Holy Eucharist is the Blessed Sacrament. When we spend time in the presence of the Blessed Sacrament, it is a privileged place to encounter Jesus, whether the Blessed Sacrament is reserved in the tabernacle or the Blessed Sacrament is exposed in the monstrance on the altar.

Spending time in prayer with Jesus in a Catholic Church is different than praying prayers at home. The reason is that we are with Jesus in a more intimate and real way because He is truly present in the Holy Eucharist.

We can bring to Jesus our joys and our sorrows, something that is weighing heavy on our heart. And/or, we can have a conversation with Him about a difficulty in life or anything about which we want to speak with Him.

You will also find available “Information for the Catechetical Leader and Parish Catechist” that explains adoration of the Blessed Sacrament, why silence is needed, the effects of spending time in adoration etc.

A Suggested Schedule for Adoration of the Blessed Sacrament

Choose a Scripture reading for the time of meditation: Please consider using the upcoming Sunday Gospel, or from the Scriptures provided on page 2. The passage should be roughly 15 lines, or less.

While in the (class)room, before going to church.

- Pray a prayer to the Holy Spirit.
- Give each person a small piece of paper or index card and a pencil.
- Allow the young people to find the Scripture passage in their Bible and mark it.
- Provide (further) explanation about the importance of Adoration (See additional info)

Explain while still in the (class)room what the students will do while in adoration.

- The Scripture passage will be read two times, slowly.
- The priest may provide a brief meditation (such as 3 minutes) on the Reading. It is an incredible witness for a priest to join in the prayer time with the young people.
- After a few moments of silence, choose a word or phrase from the Scripture passage that stood out. Think about the reason why this word or phrase stood out for you. How is it related to something that happened in your life? Jot down a few notes.
- If there are people in the passage, what person can you relate to? Why? Jot down a few notes.

- After you are done writing, put down your paper - pencil and take a few minutes to sit as still as possible and listen. You may say something like this: “Lord, here I am. Is there anything You want to say to me?” (The first time, allow 2 minutes of silence. Gradually, more time for silence.
- To close our time of prayer, I will ask you to kneel and pray an *Our Father* prayer.

While in church

- Read the passage aloud, slowly, with the students following along in their Bible. Allow a time of silence. (The person who reads the passage should be the catechist or someone who has prepared the Reading ahead of time.)
- Read the passage again, slowly.
- The priest may provide a brief meditation (such as 3 minutes) on the Reading.

Returning to the (class)room

After the time of prayer in church, everyone can return to the group setting (classroom or parish hall...) and those who would like to, share what they experienced in prayer. The catechist needs to provide a simple but gentle and encouraging response to those who share, so they don't think what they said is wrong or dumb etc.

Suggested Scripture Passages for Meditation during Adoration

During Advent (pick one)

***Since the students have heard these passage many times, encourage the youth to receive the reading as if this is their first time hearing it.

Matthew 1:18-24 “This is how the birth of Jesus Christ came about...” (from the fourth Sunday of Advent)

Luke 2:6-12 “While they were there, the time came for Mary to have her Child...” (The Nativity of the Lord – Christmas – Vigil Mass)

Luke 2:15-20 “The shepherds said to one another, Let us go, then, to Bethlehem...” (The Nativity of the Lord – Christmas – Mass at Dawn)

After Easter

Matthew 28:1-10 “Mary Magdalene and the other Mary came to see the tomb...” (The Resurrection of the Lord – the Mass of Easter Day)

John 20:11-18 “Mary Magdalene stayed outside the tomb weeping...” (Tuesday in the Octave of Easter)

Luke 24: 13-35 “Two disciples were going to a village seven miles from Jerusalem called Emmaus...” (Wednesday in the Octave of Easter)