Explanations and Reasons to Go to Adoration for the Catechetical Leader & Catechist

The following formational material may be used when preparing children and young people to go to church for a time of adoration. Provide what is needed at the time, based upon their prior experience of adoration. Keep explanations brief and reverential, reminding students that they will be in the presence of Jesus.

Explanation of the True Presence of Jesus in the Eucharist

As Catholics, we know that when a priest prays during Mass, using the words of Jesus from the Last Supper and invoking the Holy Spirit, the bread and wine truly become the body and blood of Christ. The holy Eucharist is not merely a symbol; it is Jesus Himself—both God and man— Who makes Himself truly and substantially present to us.

The profound Mystery of Jesus' real presence in the Eucharist is a matter of faith, and the reason we can place our faith in this truth is because Jesus is a Divine Person, and what God says, truly **is**. Therefore, Jesus has the authority and power to change the bread and wine into His Sacred Body and Precious Blood. This miracle proceeds from God's love.

Explanation of Adoration of the Blessed Sacrament

Eucharistic Adoration is when we spend time with Jesus truly present in the Blessed Sacrament. The priest or deacon reverently places the Holy Eucharist in a vessel referred to as a monstrance and places the monstrance on the altar.

Why Go to Adoration?

Eucharistic Adoration is a privileged place of encountering Jesus. Adoration is transformative. Here's why it's worth your time:

- **Encounter Christ Personally**

Eucharistic Adoration gives you a chance to quiet your mind and heart to experience Jesus' love more deeply. The peace you'll find in His presence often carries over into your daily life. Bring Him your joys, sorrows, and everything in between. Adoration is a space where you can unburden your heart to the One who loves you unconditionally.

- **Deepen Your Worship**

Spending time before the Eucharist strengthens your faith in Jesus' real presence and brings you closer to Him. This act of reverence reminds us of God's greatness and His intimate care for each of us.

- **Grow Spiritually**

Regular Eucharistic Adoration cultivates virtues like patience, humility, and gratitude. It fosters a deeper love for the Mass and a greater awareness of God's grace in everyday life.

- **Quiet Time**

Meditation is important because everyone needs time to be still, reflect, and refocus. Eucharistic Adoration offers even more because we are sitting in the presence of Christ. Even if you can't seem to find the words or energy to pray, sitting in silence is beneficial.

How To Approach Adoration

1) Prepare to enter the church
   Reverence: Upon entering, genuflect (kneel and make the Sign of the Cross) to acknowledge the presence of Jesus in the Eucharist.

2) Come with an Open Heart
   Jesus welcomes you as you are. Come with a heart open to encountering Him.

3) When You Don't Know What to Do
   - Be Still: Simply sit or kneel before the Eucharist. Gaze at Him in the monstrance and let His presence fill you with peace.
   - Repeat a Simple Prayer: Use phrases like "Jesus, I trust in You," or "Lord, help me" to focus your mind and heart.
   - Offer Intercessions: Pray for your family, friends, Church leaders, and the world.
   - Remember: Eucharistic Adoration is less about "doing" and more about "being" in His presence.

5. Leave Distractions Behind
   - Silence your phone and try to clear your mind of outside concerns.
   - Adoration is about returning to Jesus, who lovingly waits for you in the Eucharist. Find a chapel, step into the quiet, and let Him renew your heart and soul. As you

spend time in His presence, you'll discover that He gives you peace, strength, and clarity to carry His love into the world.

The Importance of Silence:

St. John Paul II once encouraged the Church to start "a specific education in silence." Silence and stillness are not simply the absence of noise and activity: rather, they create a space for God to fill. Adoration may be the only place throughout the week where silence and stillness exist.. Ask the students to spread out in church, sitting close to the front so they can see the monstrance and come to know, through the grace of God, that Jesus is truly present.

Silence and stillness are in short supply these days. Therefore, it is necessary to take youth to church for short periods of time of silence, and then slowly build up. After entering the silence that adoration affords, demonstrate how to talk to God. God desires a heart-to-heart dialogue with us. In openness and sincerity, we can say anything to Jesus.

Making Short Visits to Church: How is This Different from Praying at Home?

Spending time in prayer with Jesus, Who is present in the tabernacle 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.

A great way to begin this practice of spending time with Jesus in church is by stopping in to "make a visit" and spending 5 to 10 minutes just as we would stop by to see a family member. Being in the presence of Jesus Himself is an incredible opportunity and gift. When making a visit to the Blessed Sacrament, we can bring to Jesus our struggles, sorrows and joys. The Eucharist is Jesus; He is right there. The experience of being with Christ brings peace as He helps to calm any state of preoccupation, worries or discouragement and gives us a new perspective. When we walk out of church, it is amazing to realize how we leave with a quieted heart.

We want to thank Him for listening to us, helping us to "work things out", giving us His peace, for His presence there and to know that He really wants us to spend time with Him.

Most people feel that they don't have time to make such a visit even for a short duration. However, once we make the effort to spend time with the God of the Universe we will find that the Lord begins to "free up time" from what appeared to be a full schedule. Gradually, we will start to see how He arranges things, guiding us in our lives to resolve problems. It will also become noticeable that with our responsibilities of life, time is saved rather than lost as different possibilities are opened. Eventually we will grow in our desire to spend

time with Him even if there is no pressing problem. We value Him for Himself and not just as a problem-solver for us, although He is always there to help us. As our friendship grows, we want to be in His presence more often.
What do you think will be the effects of spending time with your Savior – Jesus Christ?

To ward off distractions, suggested reading resources to use during your visit are *The Divine Encounter* by Mark Hart or *Searching for and Maintaining Peace* by Fr. Jacques Phillip.

Exposition of the Blessed Sacrament and Benediction
To start Eucharistic Adoration, the priest will place a consecrated host in a monstrance and pray the prayers for Exposition of the Blessed Sacrament followed by O Saving Victim.
Note: The Prayers and Hymns for Exposition and the closing Benediction are found in the parish missalette. Adoration of the Blessed Sacrament officially ends with Benediction. Wearing the humeral veil, the priest steps up and genuflects. He blesses the people using the monstrance and then prays with the people **The Divine Praises**.

Other suggestions for "Making Visits" - Resources for use in Adoration

- Invite the youth to be still in the presence of Jesus for a brief period. Then encourage them to speak with Jesus in the silence of their heart by completing these statements. Then they may listen to what Jesus wants to say to them.

  "Thank You, Jesus, for…"
  "Please help…"
  "I love You because…"

- Praying with Scripture (*lectio divina*) prayer worksheet is very simple and can be used with children who don't yet read. Download the page and simple directions by clicking here: diolc.org/catechesis/catechist-training-resources-for-teaching/praying-with-scripture

- The Divine Encounter: Meeting Jesus in Eucharistic Adoration by Mark Hart is available for $2 each from the Office for Catechesis & Evangelization. This booklet provides 6 brief chapters on spending time with Jesus