

Day 2:
Good Shepherd
Adoration

Eucharistic Adoration in
Primary Schools
Lent – May 2023



Eucharistic Adoration with Children

Relationships can weigh heavily on our hearts and minds, especially when they are not going well. Making the time to spend with our Good Shepherd, Jesus, enables us to connect with the special peace and joy that can only come from God!

This year, we are strongly encouraging schools to bring their children (and staff) to Jesus through Adoration of the Blessed Sacrament – Jesus in the Eucharist. This is the resource to help you do just that.

Page 3: **What is Adoration?**

Page 4: **Key Teachings about Eucharistic Adoration**

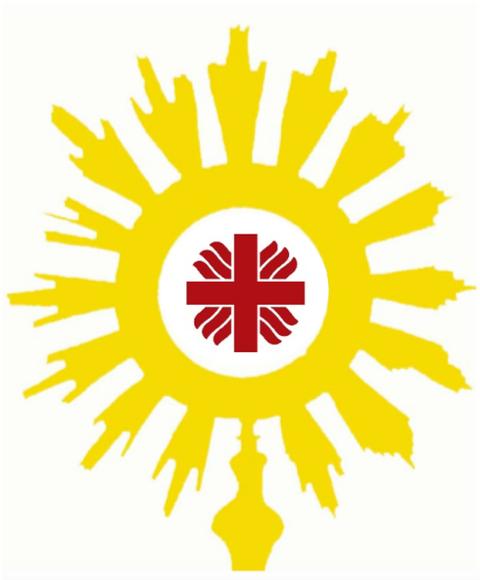
Page 5: **Useful YouTube video for primary children about Adoration**

Page 6: **Key things you may need**

Page 7: **Suggested Music for Adoration**

Page 8: **Suggested Prayers and Reflection – 3 options**





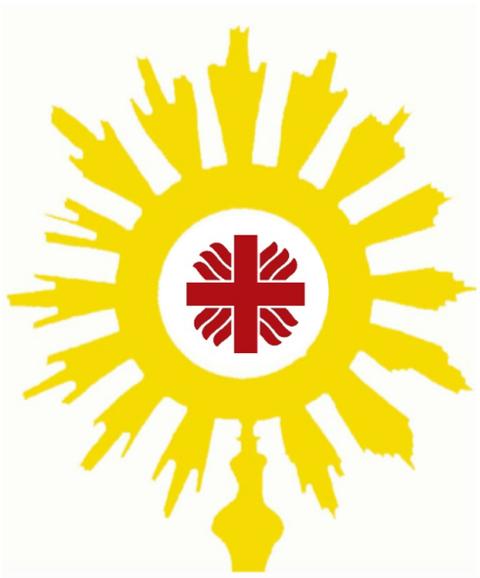
What is Adoration?

- Adoration of the Blessed Sacrament is a form of prayer that began centuries ago.
- The word 'adoration' means 'to pay honour or homage to someone or something'.
- The Blessed Sacrament is displayed in a 'monstrance', which comes from the Latin – *monstrare* – meaning 'to show'.
- The same Jesus, who we receive in the Eucharist at Mass, is who we worship in Adoration.
- Adoration is a time to sit face to face with Jesus and deepen and strengthen our relationship with him.

“In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church’s supreme act of adoration.”

Apostolic Exhortation of Pope Benedict XVI *Sacramentum Caritatis* †₃





Key Teachings about Eucharistic Adoration:

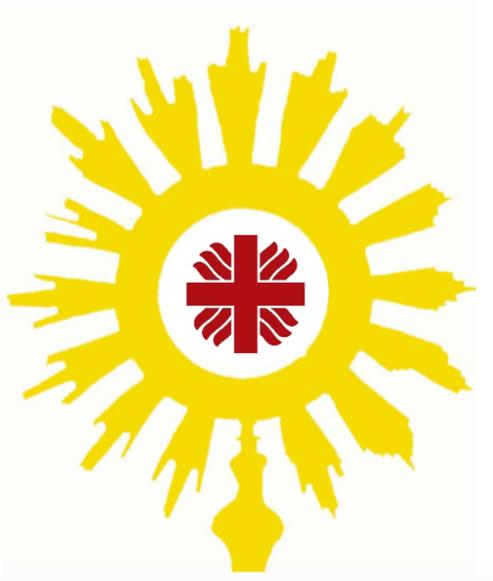
The Eucharist /Blessed Sacrament:

- The bread and wine are not merely symbols of Jesus' Body and Blood: they are truly and completely Jesus - Body, Blood, Soul and Divinity.
- The Eucharist is at the centre of the Catholic Church. The Eucharist is what it means to be Catholic.
- The word 'Eucharist' originates from a Greek word, meaning 'thanksgiving'.

Adoration and the Mass:

- Adoration is a prayer that flows from the Mass; it does not take the place of Mass.
- Adoration should always increase our desire to receive Jesus in the Eucharist at Mass.





Useful YouTube Video about Adoration for Primary Schools:



What is Adoration?

A 'how to' video presented by
St Ann's Launch Children's Ministry

<https://youtu.be/0enG2NHd0Ag>



Key things you will need:

Adoration gives Jesus the opportunity to speak to our hearts. By offering Adoration to children, we give them the opportunity to experience the Eucharist and encounter Jesus in a new and powerful way.

Our world is busy. It's noisy and chaotic. Adoration gives us all a chance to be silent - to just sit, be and contemplate. So:

- Choose an appropriate space.
- Arrange with a priest (or an authorised Eucharistic Minister) to bring along and expose the Blessed Sacrament at your school.
- Prepare an altar for the Blessed Sacrament, along with some candles
- Source your music (we've made suggestions) and a means of playing it (or you could opt for live music instead).
- Choose (and adapt) the teaching, reflection and prayers you wish to use.



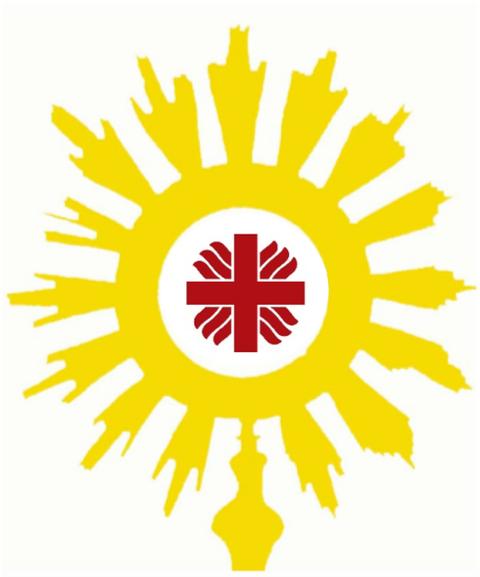


Suggested Music for Adoration:

Our Music Suggestions: We have suggested songs by One Hope Project. The songs are unlikely to be familiar to your children, but each has an important message, and the idea is to passively listen to them rather than to sing them.:



- **My Soul Rests**, by *One Hope Project*, creates majesty and awe - the atmosphere of Jesus' heavenly Throne Room.
<https://youtu.be/08w4Gk7PVeo>
- **Glorious Encounter**, by *One Hope Project*, speaks of a deep and personal relationship with Jesus – something we are all called to, but few (yet) have experienced.
<https://youtu.be/lpRofvGjgk>
- **Merciful Saviour**, by *One Hope Project*, is a very uplifting song. It beautifully portrays exactly what Jesus did for us personally, on the cross.
<https://youtu.be/915bhvKxres>



Suggested Reflections for Adoration:

We have 3 suggestions sets of reflections for Adoration that you can choose from:

- **Adoration for EYFS and KS1:** With opening and closing prayers, 1 song to set the right atmosphere, and 1 set of reflections.
- **Adoration for KS2 – 35 mins:** With opening and closing prayers, 3 songs and two sets of reflections. The focus of the entire session is on a having a personal relationship with Jesus.
- **Adoration for KS2 - 15 minute:** Alternatively, you can choose to do the 15 min format; this uses just the one song at the beginning.

These Reflections can be found separately here:

<https://hallam-diocese.com/caritas/good-shepherd/>

