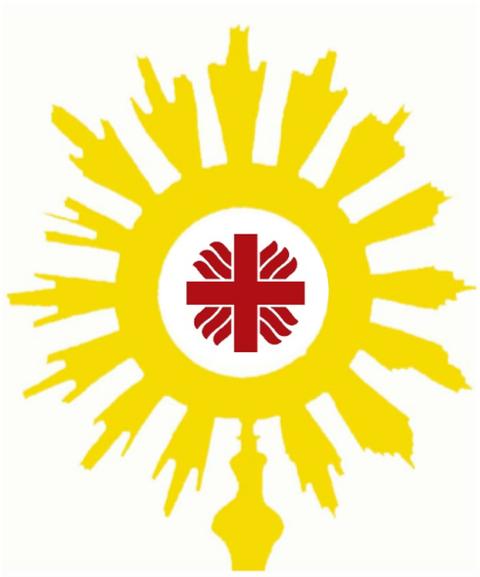


Day 2:
Good Shepherd
Adoration

Eucharistic Adoration in
Secondary Schools
Lent – May 2023





Eucharistic Adoration with Teenagers

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.



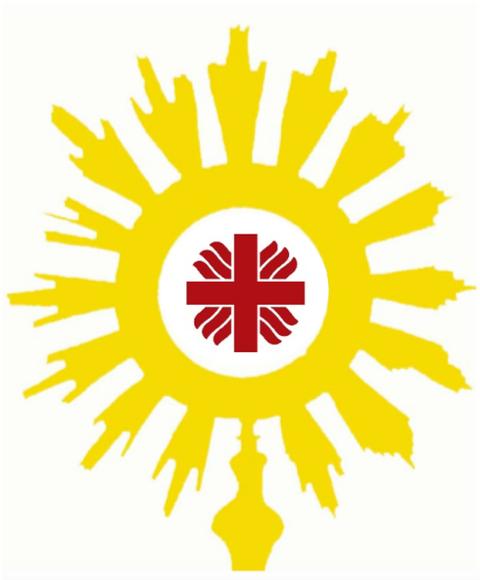
Page 3: **What is Adoration?**

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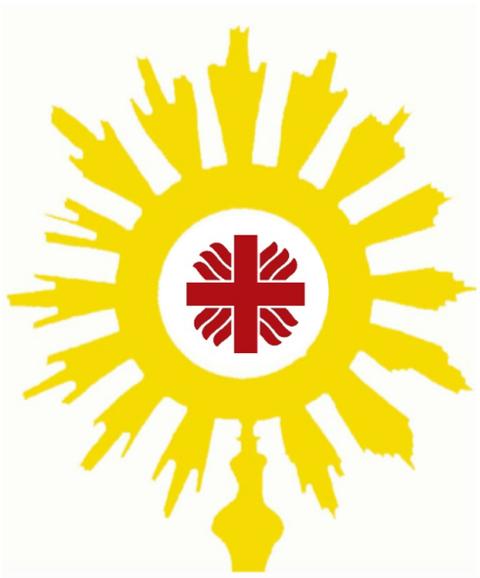
What is Adoration?

- 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 Christ's Flesh 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 Christ in the Eucharist at Mass.



Useful YouTube Videos about Adoration:

Eucharistic Adoration: Reverse Momentum: <https://youtu.be/oNEBJokFlm4>

What are you doing to move forwards? By Spirit Juice

- A short video with a powerful message, just 2 mins 10 seconds long.

What do we do in Adoration? <https://youtu.be/mbyMeNPddBs>

With Fr Josh, by Ascension Presents

- 5 mins 19seconds long.

Jesus in the Eucharist – *no greater love* <https://youtu.be/7ronwh2QHpc>

With our very own Fr Henry Woodhouse (then Deacon Henry), at St Marie's Cathedral.

- This video includes Adoration, an excellent Talk, and further Adoration.
- The talk begins at 16:30 mins into the video, and finishes at 35:45 (it's just under 20 minutes long). Fr Henry positions the Eucharist in the context of our Salvation History as well as the Sacraments.





Key things you will need:

The whole reason for offering Adoration to your students is so that Jesus has the opportunity to speak to their hearts. By offering Adoration, 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. For that reason, we suggest you run it as a passive experience for students – allowing them to enjoy the silence (rather than asking them to lead elements of it).



- 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. (You could opt for live music instead).
- Choose the teaching, reflection and prayers you wish to use.

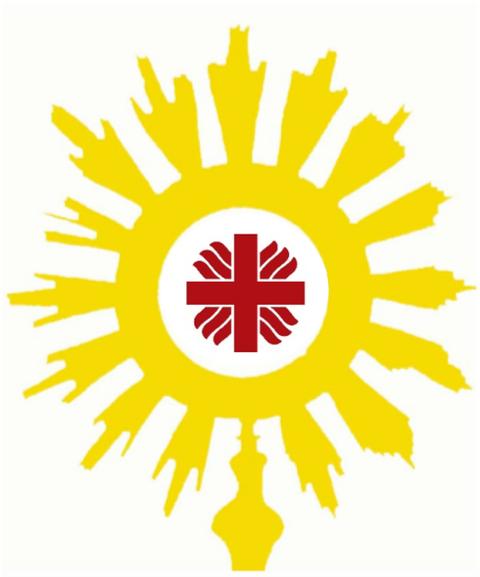


Suggested Music for Adoration:

Our Music Suggestions: We have suggested songs by One Hope Project. The songs are unlikely to be familiar to your students, but each has an important message, and are particularly beautiful songs to sit and listen to:



- **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/lpRofvGjgkxk>
- **Merciful Saviour**, by *One Hope Project*, is a very moving, 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:

- **A 35minute Format:** With opening and closing prayers, all 3 songs and two sets of reflections. The focus of the entire session is on a having a personal relationship with Jesus. It's available as a Word document, so that you can adapt it as you wish.
- **A 20 minute Format:** You can adapt the 35 minute format to create your own 20 minute session, with: opening and closing prayers, only 2 songs (one at the beginning and the other at the end), and 1 reflection.
- **A 15 minute Format:** Alternatively, you can choose to do the 15 min format, with a special focus on forgiveness. This uses just the one song at the beginning, and is also available as an adaptable Word document.



These Reflections can be found separately here:

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