

Day 2:
Good Shepherd
Adoration

Eucharistic Adoration in
Primary & Secondary Schools
Lent – May 2024





Eucharistic Adoration with Children

**“Let the little children come to me;
do not hinder them, for to such belongs the kingdom of God.”**

Mark 10:14

The Eucharist is the central pillar of the Catholic Faith, and yet so many children have never experienced Eucharistic Adoration! Let us make every effort to bring them to Jesus; time spent in Eucharistic Adoration is *never* wasted time... In His presence, amazing things can happen.

This resource has been developed to help you do just that:

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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.”



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'.

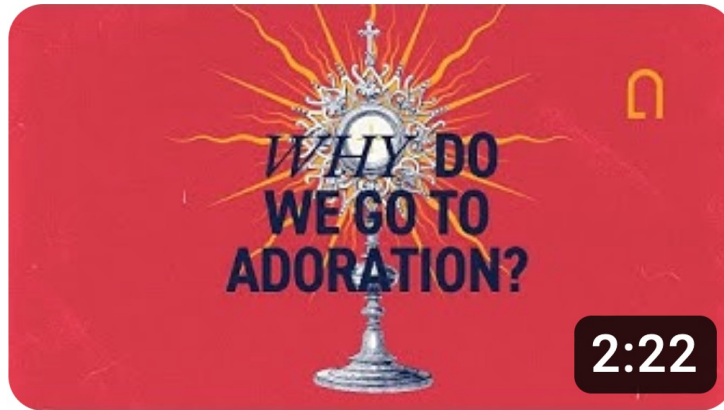
Adoration and the Mass:

- 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 Videos about Adoration for All Schools:



Why Go To Adoration?

UTGDetroit. An engaging and very short video, suitable for all age groups:

<https://youtu.be/vplt2OpBT0A?si=qMwwfbCiXZThYnMw>



What Really Happens In Eucharistic Adoration:

Ascension Presents, with Fr Mike Schmitz – suitable for all ages. (It includes a little clip from their First Holy Communion Programme):

<https://youtu.be/Y6hXG43Fflw?si=CjvKl9pM4T7Yi6gJ>



Key things you will need:

Adoration gives Jesus the opportunity to speak to our hearts.

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

Things you will need:

- 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
- Choose your music (keep it simple – use something appropriate the the children will know)
- Embrace the 'Prayer of Quiet' – and give your children a chance to experience stillness and silence – just as Saint Teresa of Ávila suggests!





O Sacrament Most Holy...

You may want to use this opportunity to teach your students this traditional Catholic song (for Exposition and Deposition of the Blessed Sacrament):

O Sacrament Most Holy,

O Sacrament Divine!

All praise and thanksgiving

Be every moment Thine



Unfamiliar with the tune? You can find it here... But know that it can be sung with real joy too!

<https://youtu.be/3W4E8Zlzf0?si=jfKusaAiRsNlppJJ>