



BACKGROUND

Adoration before the Blessed Sacrament is a quiet time of prayer and worship before the consecrated host. During Adoration, the host is placed in a special vessel called a monstrance for all to see, and believers spend time in gentle prayer. Our Catholic faith teaches us that the Eucharist is the 'real presence' of Jesus Christ so spending time in Adoration is spending time in the real presence of Jesus - what a wonderful place to be!

While the practice of Adoration before the Blessed Sacrament had lessened somewhat in past decades, it is once again gaining popularity particularly among young Catholics. For children who are preparing to receive the Eucharist for the first time, this experience of prayer can provide a rich moment of encounter with God.

The following offers some guidelines for providing an opportunity for Adoration before the Blessed Sacrament for child.

PREPARATION

Always liaise with your parish priest or deacon about why and when you want to make Adoration available and discuss any considerations specific to your parish circumstances.

YOU WILL NEED:

- Altar
- Consecrated host
- Monstrance
- Corporeal
- Candles
- Matches/lighter



Prepare by creating an environment that is prayerful. The altar is prepared with an opened corporal and candles on the altar. You may have quiet music playing and have a song or two prepared to sing throughout.

Then, in an age-appropriate way, give the children a rundown of what to expect during the order of Eucharistic Adoration such as what song we will sing, how long we will be quiet, when to kneel etc. As a leader, assure the children that they can follow your example.

Let them know that this is an ancient way Catholics have prayer for many years. You may share the story of St John Vianney and the farmer to illustrate how to approach this time of Adoration:

A priest, noticed a poor farmer who regularly spent long periods of time in the church, just looking at the tabernacle where the Blessed Sacrament was kept.

Out of curiosity, the priest asked the farmer what he did during those quiet times.

The farmer's answer was simple but very special, "I look at Him, and He looks at me".

When you are ready, prepare your group to enter the space.



You may want to have them prepare something to bring with them such as a picture or letter to Jesus that can be placed before the altar. Alternatively, you may invite the children to write their own prayer during their time of Adoration.

When you are ready, prepare your group to enter the space.

Order for Worship of the Eucharist Outside of Mass

- Everyone gathers.
- Exposition - The priest, deacon, instituted acolyte or approved extraordinary minister exposes the Holy Eucharist in the monstrance (which is on the open corporal on the altar). At this time everyone kneels.
- Then there is a time of Adoration when people pray and spend time in Jesus' presence (the length of time is determined by the age and capacity of the children or young people).
- Then there is a time of Benediction when songs and prayers are prayed. If a priest or deacon is presiding, he may pray a prayer of blessing over those gathered.
- Reposition - Finally, the Blessed Sacrament is replaced in the tabernacle. A song of praise is usually sung at this time.
- *Occasionally, the space will have the Blessed Sacrament already exposed and the children or young people will enter.
- In that case, as the children enter, encourage them to put on a reverent disposition, to move gently, to genuflect.
- Guide them as they find a place to kneel or sit.
- Encourage them in a time of quiet prayer and then to voice any prayers they have.
- As they leave, encourage them to genuflect.
- After the children or young people have experienced the time of Eucharistic Adoration, give them a chance to talk about what they might have experienced. You might ask them to share any thoughts, feelings, words, or memories that came to them during their time. This may alternatively be a time to invite them to write or draw.



Example

- The children prepare by writing their own prayer
- Quiet music is playing and everyone enters and kneels
- The Blessed Sacrament is exposed
- Everyone prays quietly for a few minutes
- The quiet music is replaced with a song
- During the song, the children can place their letter before the altar
- The priest prays a blessing for the children
- The Blessed Sacrament is re-placed in the tabernacle
- There is a joyful song to finish



Dear Jesus,

