



## An Introduction for Children on Eucharistic Adoration

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Let's take a couple of minutes to talk about what we are about to do.

We are about to begin an hour of Eucharistic Adoration. We are being offered something wonderful here - time with our Lord. For those of you unfamiliar with Eucharistic Adoration, a consecrated host, Jesus, is placed inside the monstrance in a clear window for us to see, thus, Jesus will be truly present with us in the Church. You will be able to see Jesus in the form of the white host in the clear center of the monstrance. How wonderful for us to be able to be in the same room as our Lord - sitting and praying with Him, loving Him, and feeling Him love us!

As you know, the Eucharist, which we are able to receive during Mass, was given to the Apostles by Jesus during the Last Supper. After Jesus changed the bread and wine into His body and blood, He gave it to His Apostles to eat and drink. The bread and wine was changed, **actually transformed**, into the **real** Body, Blood, Soul and Divinity of Jesus, the Son of God.

"Although the consecrated host does not look like the body and blood of Jesus we see on a crucifix, His Real Presence is hidden within the appearance of a small white consecrated host (altar bread). This is a great miracle, a mystery, something we cannot fully understand. Yet we have the words of **Jesus** Himself who said in the Gospel of John: **"My flesh is real food and my blood is real drink"** (John 6: 55)."<sup>1</sup> He did not say this will be a symbol, He didn't say this represents me, He says the Eucharist IS Him!

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<sup>1</sup> [www.therealpresence.org](http://www.therealpresence.org), The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist by Lee Ann Schoofs, Eternal Life. <http://therealpresence.org/eucharst/pea/element.htm>

Jesus is just as present, just as real, right now in the Eucharist, the Consecrated Host, as He was when He stood among the twelve apostles. He is every bit as real. To me, that is amazing! This is Jesus who performed so many miracles 2000 years ago and continues to do so now. This is Jesus who taught the way to heaven. This is Jesus who saved us from our sins by dying on the cross. Jesus said He would be with us always and He has done this with His Presence in the Blessed Sacrament -- the Eucharist. How blessed we are!

If you could see Jesus, standing before you in the physical form of a man . . . like when He walked on the earth with His apostles, you would be in awe. What an awesome gift we have been given, to be before the very Presence of our Lord Jesus. Take time to feel the awe - the amazement - of being in His Presence. He is real and He is here!

Now for some of the logistics. If you were to come to a traditional Adoration in the Church, it is normally done in silence. This hour will be a little different, we will adore Jesus with a mixture of songs, prayers, scripture, and times of silence. During this hour you will learn many things that can be done in Adoration, our hope is that you take these things - prayers, scripture, songs - and know that you can do these very same things in the quiet of your hearts when you spend time with Jesus by yourself in Adoration.

My voice will be your guide during Adoration and I will stay behind you so that I don't come between you and Jesus. Do not worry about where I am -- just listen. We will be adoring Jesus as He is right before us in the monstrance. Everything we do is directed towards Jesus. Look at Jesus, the consecrated host, in his throne, the monstrance, or you can close your eyes to focus on Him.

We need to touch base on a few guidelines for behavior during Adoration. Think about what your behavior would be if you took a trip to the Vatican in Rome and had the privilege to be in the same room as the pope. You would be on your absolute best behavior.

Because Jesus will truly be present with us, **right here** in this church, we need to be sure to be on our absolute best behavior as if you could see Jesus standing in front of you. Jesus will be just as present with us in the Blessed Sacrament as He would be if He was actually standing there looking at you. We want to show Jesus proper respect and reverence because He is our King. Everything we do reflects this reverence for Jesus. We sit and kneel with good posture. Please no talking to your neighbor, this will distract both of you from this precious time with our Lord.

You received a booklet to help you during this time. When we are not using it, please put

it on the pew next to you so that you can focus on Jesus. You will be told when you need it.

For future reference, if you come into Eucharistic Adoration and Jesus is already exposed in the monstrance, the proper respect to pay Jesus is to kneel down on both knees and make the Sign of the Cross as soon you come in - even before you get to your pew.

I want to show you what prostration looks like so you know for tonight. You kneel on the kneeler, put your bottom on your seat behind you, place your hands on your face, and bring your face to the back of the pew in front of you. "When we prostrate, we make ourselves very small and humble before Jesus."<sup>2</sup>

When we sing, we are not singing alone - we have the saints and angels singing with us in heaven to give glory to God. So don't worry about your singing voice, but when it is time join with all the saints and angels in singing to God. Jesus loves hearing you sing.

One more guide for your time tonight so you don't get confused, I will be pausing sometimes for times of silence. Sometimes the pause will be a minute or two and sometimes longer. Sometimes I will tell you and sometimes I won't. During this quiet time, think, reflect, feel, or listen to Jesus.

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<sup>2</sup> pg. 16: Children of Hope Leader's Manual (third edition), Brothers & Oblates of St. John, [www.childrenofhope.org](http://www.childrenofhope.org).