



## An Introduction for Children on Eucharistic Adoration

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We are about to begin an hour of Eucharistic Adoration. Let's take a couple of minutes to talk about what we are about to do.

### What is Eucharistic Adoration?

Jesus, in the form of the Consecrated Host, is placed inside the Monstrance in a clear window for us to see. Jesus is seen in the form of a white host, a white circle, in the clear window at the center of the Monstrance.

It is a special time of prayer before the Eucharistic presence of Jesus. Adoration is showing that we know God is truly God, our Savior, and the creator of everything that exists.

Since we are in the Lenten Season, we will use prayers and reflections to prepare our hearts for Easter.

### Is Jesus really present in the Blessed Sacrament?

Yes! Absolutely!

Jesus did not say the Eucharist would be a symbol, He didn't say that it represents Him, He says the Eucharist IS Him!

The Consecrated Host is the real Body, Blood, Soul, and Divinity of Jesus, His true Presence, in the form of bread.

What an awesome gift we have been given, to be able to be before the very presence of our Lord Jesus. He is very real and He is here!!

### **Now let's talk about: Behavior Expectations**

First and foremost: Reverence -- reverence for our King! Because Jesus will truly be present we need to be sure to show Jesus proper respect and reverence because He is our King.

We show Jesus respect and honor with our good behavior and our good posture when we sit and kneel. Be as quiet and still as possible before our Lord which includes avoiding talk -- even whispers. Only hold the worship aid (paper) when I tell you, otherwise set it down.

**Give Jesus your full attention.** If you are whispering to a neighbor or fiddling with your papers, you might miss something that Jesus wants to share with you.

Teachers, please, I need you to gently encourage and remind our children as needed to redirect their full attention to Jesus.

### **Wrap-up**

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.

In adoration, we spend time with our closest friend, our friend that will be with us every moment of everyday of our entire life, **Jesus**.

Be sure to take time to experience the Awe, amazement, of being in the presence of God!! Think about it -- when you go to Adoration, you are before the King of all Creation -- the Lord of Lords -- your Savior -- Christ. You are before the very Jesus who suffered greatly, giving his own life for us, thus opening for us the Gates of Heaven. Powerful and mighty yet appearing humble before us. What incredible Love!