



## List of Things to Do in Adoration

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### Ideas:

Prayers (Our Father, Glory Be, Act of Hope, Act of Love...)

Praise Jesus (Give Jesus glory for just being God, not for what He gives or does for us.)

Thanksgiving

Petitions/intercessions

Be silent and listen to Jesus (Try and put all thoughts out of your head and just be with Jesus)

The Rosary

Divine Mercy Chaplet



Read the Gospels

Read the Psalms

Read/reflect about Saints

Talk to Jesus in your own words

Read about Eucharistic Miracles



Litanies related to Jesus

Songs in your mind

Journaling

Simply saying slowly and prayerfully over and over for several minutes (or twenty times):

"Jesus, I love You" or "Jesus, I trust You"

Just Jesus and Me Prayer Cards



My Time with Jesus: a quiet self-guided time of Adoration



Prayer Webs



## Younger children:

Using a set of rosary beads, a child can slowly and prayerfully say "I love You, Jesus" on each bead.

Saying, "I love You, Jesus," can also be slowly and prayerfully said as the child puts one finger up till both hands have all their fingers up.


Using their fingers, younger children can thank Jesus for ten things.

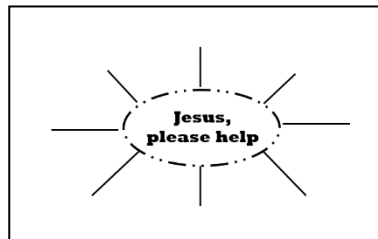
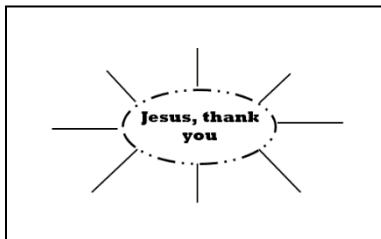
Prayer Based Color Sheets 

## Parental co-prayer with child:

Using a parent's closed fists, a child can pray 1 decade of the Divine Mercy Chaplet. The child can point to a parent's closed finger each time he says inside his head/heart, "For the sake of His sorrowful Passion, have mercy on us and on the whole world." The parent would then raise that finger up. (This would require some practice before entering the chapel.)

Using a parent's closed fists, a child can pray 1 decade of the Rosary in the manner listed above.

Prayer Webs: Take turn in different color pens writing/drawing a thanks or a petition in the format below. (From experience, ballpoint pens are quieter than markers.) 



\* \* No devotions in honor of the Saints or Blessed Virgin Mary during Eucharistic Adoration, except the Rosary which promotes meditation upon the mysteries of Jesus. \* \*