

St. Aloysius Religious Education
5th Grade
Adoration

4:00pm Welcome (*To ensure accuracy, **class attendance must be accurately recorded by a catechist and not another student** - class attendance is an official document retained by the parish and the diocese*)

1. What is Adoration?

Catechist read the following to explain what Adoration and Exposition is in classroom.

The Blessed Virgin Mary, the Mother of God, appeared six times to three shepherd children (Lucia, Jacinta and Francisco) near the town of Fatima, Portugal between May 13th and October 13th, 1917. Appearing to the children, the Blessed Virgin told them that She had been sent by God with a message for every man, woman and child living in our century. Before Our Lady appeared to Lucia, Jacinta and Francisco at Fatima, an angel, holding a chalice and the Eucharist, visited the three children. The angel placed the Body and Blood of Our Lord suspended in air and then knelt down by the children. The angel showed the children how to prostrate or bow before Jesus, humbling themselves before the amazing and true presence of Our Lord in the Eucharist.

<http://www.ourladyoffatima.org/fatima/fatima.htm>

Reverence is shown to The Blessed Sacrament (the Eucharist) by our posture and gestures in the course of the Mass, and in countless other ways outside of Mass -- the genuflection toward the Tabernacle (in which the Sacrament is kept) upon entering a Church, by crossing oneself, the kneeling in the presence of the exposed Sacrament.

You start by promising to give Jesus your hearts and your minds and tell Him that you truly believe He is present with you – not just in spirit, but truly here just as you are and tell Jesus that you love him! Bring your hearts and minds to Jesus. The simplest, least formal, and most common way that Catholics honor Christ in the Eucharist outside of the Mass is by making simple visits to a Church to be near the Blessed Sacrament. They may go to pray, to sit quietly, and to meditate - focus for a period of time, in silence.

8:55am *On Sunday, all 3rd, 4th and 5th grade classes will meet in the Maple Street Dining of Stapleton Hall and sit on the floor for Adoration and Exposition of The Blessed Sacrament.*

4:10pm *On Monday – Wednesday, all 3rd, 4th and 5th grade classes will meet in the main Church Sanctuary and sit in the pews for Adoration and Exposition of The Blessed Sacrament.*

The following is an abbreviated version of Adoration, Exposition and Benediction and can be used as a review in the classroom after Adoration or in your next class.

2. A priest or deacon puts on a humeral veil, genuflects, and processes The Blessed Sacrament in the luna from the Chapel to the Main Sanctuary (Nave) with 2 candle bearers. In silence, he makes the sign of the cross over those assembled. On Sunday, we will process from the Chapel to Maple Street Dining Room with 2 candle bearers.

3. The priest will lead in Adoration – silently all kneel as clergy goes to the altar and genuflects and removes the Luna from the tabernacle and puts it in the monstrance or leaves with the large pyx, which is then placed on the altar. The clergy incenses the Blessed Sacrament.

Make the sign of the cross as you bow down before Jesus.

As Catholics, our bodies reflect what we are doing.

When we sit; we listen,

When we kneel: we are repenting or adoring,

When we bow down: we make ourselves very small and humble before Our God in Adoration.

4. All will remain seated on the floor or in the pews. Expose Jesus in the monstrance and have the children Adore Jesus, who is exposed in the Monstrance on the table and surrounded by 4 candles.

“Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.”

Bring your hearts and minds to Jesus. The simplest, least formal, and most common way that Catholics honor Christ in the Eucharist outside of the Mass is by making simple visits to a Church to be near the Blessed Sacrament. They may go to pray, to sit quietly, and to meditate.

Become very quiet in your heart and in your mind.

Jesus is truly present in the monstrance.

Even though He looks like bread, this is the same Jesus who walked the earth, was crucified and resurrected.

Say silently: “Hello, Jesus! I love you!” or some act of love.

Your heart is like a little cup, we bring this to Jesus to fill us with His grace. Jesus, fill my heart with your love, your peace.

Ask the Holy Spirit to help you pray during this time.

You can think of the wind as a symbol of the Holy Spirit. Although unseen, the Holy Spirit moves in our lives and in the world. Like a gentle breeze, the Holy Spirit comforts us in times of difficulty.

Like a mighty wind, the Holy Spirit empowers us to bravely confront evil. Just as air is essential to physical life, so prayer is essential to spiritual life.

Remember what we have learned previously in Religious Education about prayer:

ADORATION (Praise) (bright yellow strip): We show Jesus that we love and respect the awesome gift of His true presence in the Eucharist by kneeling or sitting reverently, praying and listening in silence.

I can say "I love you, Jesus"

CONTRITION (Petition) (pink strip) We kneel or sit in silence to examine our conscience, acknowledge the abundance of Jesus' mercy, and pray for the poor souls in purgatory.

I can say "I'm sorry, Jesus"

THANKSGIVING (green strip): We express gratitude for our many blessings.

I can say "Thank You, Jesus"

SUPPLICATION (Intercession) (purple strip): We kneel or sit reverently and humble ourselves as we offer intentions silently.

I ask Jesus for the needs of myself, my family, friends or sick people.

5. Benediction – Clergy with humeral veil raises Monstrance and Jesus in the Blessed Sacrament blesses children!

6. All pray the Divine Praises.

"Blessed be God

Blessed be his Holy Name

Blessed be Jesus Christ, true God and true Man

Blessed be the Name of Jesus

Blessed be His Most Sacred Heart

Blessed be His Most Precious Blood

Blessed be Jesus in the Most Holy Sacrament of the altar

Blessed be the Holy Spirit, the Paraclete

Blessed be the great Mother of God, Mary Most Holy

Blessed be Her holy and Immaculate Conception

Blessed be Her Glorious Assumption

Blessed be the name of Mary, Virgin and Mother

Blessed be Saint Joseph Her most chaste spouse

Blessed be God in His Angels and in His Saints."

6. The Blessed Sacrament is immediately processed back to and repositioned in the tabernacle. *The clergy genuflects and departs with 2 candle bearers.*

7. Have children pray "Our Father" and "Hail Mary" to end Adoration.

8. The students will be dismissed back to class by grade IN SILENCE *(the RE staff will point to the catechist and motion for them to rise and return to the classroom with their class).*

Twelve Biblical Reasons for Wanting to Spend One Hour with Jesus In the Blessed Sacrament

1. He is really there!

"Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (John 6:35)

2. Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!

"And behold, I am with you always, until the end of the age." (Matthew 28:20)

3. The specific way that Jesus asks you to love Him in return is to spend one quiet hour with Him in the Blessed Sacrament.

"For where your treasure is, there also will your heart be." "Watch and pray that you may not undergo the test. (Matthew 6:21; 26:40)

4. When you look upon the Sacred Host, you look upon Jesus, the Son of God.

"For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day." (John 6:40)

5. Each moment that you spend in His Eucharistic Presence will increase His Divine Life within you and deepen your personal relationship and friendship with Him.

"I am the Vine and you are the branches. Whoever remains in Me and I in Him shall bear much fruit because without Me, you can do nothing." (John 15:5)

6. Each hour you spend with Jesus will deepen His Divine Peace in your heart.

"Come to me, all you who labor and are burdened, and I will give you rest." "Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid." (Matthew 11:28; John 14:17)

7. Jesus will give you all the Graces you need to be happy!

"For the Lamb who is in the center of the throne will shepherd them and lead them to springs of life-giving water, and God will wipe away every tear from their eyes." (Revelation 7:17)

8. Jesus is infinitely deserving of our unceasing thanksgiving and adoration for all He has done for our salvation.

"Worthy is the Lamb that was slain to receive power and riches, wisdom and strength, honor and glory and blessing." (Revelation 5:12)

9. For Peace in our country!

"if then my people, upon whom my name has been pronounced, humble themselves and pray, and seek my face and turn from their evil ways, I will hear them from heaven and pardon their sins..." (2Chronicles 7:14)

10. Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven!

"for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted." "All of us, gazing with unveiled face on the glory of the Lord, are being transformed into the same image from glory to glory, as from the Lord who is the Spirit." (Luke 18:14; 2 Corinthians 3:18)

11. Jesus will bless you, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament.

"Blessed are those who have not seen and have believed." "all that you ask for in prayer, believe that you will receive it and it shall be yours." "Do not be afraid; just have faith." "Behold, I make all things new. (John 20:29; Mark 11:24; Mark 5:36; Revelation 21:5)

12. Each moment you spend with Jesus in the Blessed Sacrament brings joy, pleasure, and delight to His Sacred Heart!

"For the LORD takes delight in his people ..." (Psalm 149:4)