Previous to the lesson:

* If you haven’t yet, begin to introduce the idea of sitting, listening, and being with God –“be still and know that I am God” (Psalm 46:10) by having a few moments of silent prayer time during each religion class
* Another way to do this (and this will help the students become familiarized with the songs used in adoration) is to play one of the songs that will be used, and ask the students to sit quietly, close their eyes, and listen to the words. Once the song is done, continue on with the silence for 30 seconds to a minute (depending on the class) so that the students may continue to pray. You may decide to extend the silent prayer time as the students become more comfortable with the idea.

# Lesson: What is Adoration, and what do we do during Adoration?

**Length: 30 minutes**

**Grades: K-3**

**Materials Needed:**

* Introduction song (your choice; suggested song can be found at <http://www.youtube.com/watch?v=_DDgO9Eambo>
* *What is Adoration* PowerPoint

Introduction (8 minutes)

Introduce the class to the idea of prayer through song, and listening to God through song.

* Explain to the class that during this time you will play a song, and that you would like the students to close their eyes and just listen to the words. Once the song is done, they should keep their eyes closed and there will be a few moments of silence for them to talk to God about anything that the song may have made them think about. During this time of listening you are being obedient to God’s call to “be still and know that I am God.” (Psalm 46:10)
	+ You may, at this time, want to dim the lights a bit, to set an atmosphere of silence and peace.
* Song suggestion: Come, Now is the Time to Worship
* Debrief: how did the song make you feel? Was it easy or hard to sit and listen? (It is just fine if they say it was difficult, because just like any sport, listening takes time and practice to be able to do it well)

Body (20 minutes)

* Explain to the students that your class will be taking part in a special prayer time called adoration, where you will be able to listen to other songs, as well as sing songs of prayer and praise, listen to God, and talk to God, altogether as a big group, and individually. It will be a very special time of prayer that can leave us feeling peaceful and joyful because Jesus will be there to give us that peace and joy!
* At this time, you may choose to use the PowerPoint provided (*What is Adoration?)* with the notes below, or explain in your own words what Adoration is. The main points to get across are:
	+ The root word of Adoration is adore: to adore someone is to show great love for them. During Eucharistic Adoration we come to adore (to show love to) Jesus
	+ During mass, at a time called the consecration, the priest holds up the host (the circular piece of bread) and says the words which Jesus said: "...He took bread and gave you thanks. He broke the bread, gave it to his disciples, and said: Take this all of you, and eat it: this is my body which will be given up for you." At this time, we believe that that piece of bread becomes Jesus—every part of him! It is not just a symbol of Jesus, it IS Him and so we should show Him every bit of respect and love that we have. That host is now called the Eucharist.
		- I do not know how many students at a younger age will challenge this idea, but if any do, just remind them that we believe this through FAITH. It may not make sense in our heads, and it may be confusing how it could happen, but God asks us to trust that this happens through the power of the Holy Spirit and faith. The Eucharist will not look like Jesus through our eyes, but in our hearts we believe we are looking right at Jesus when we look at the Eucharist.
	+ When the host has become Jesus, if people want to take part in Adoration, the Eucharist will be put in something called a monstrance, which looks like a shining, golden sun. It is a special holder for the Eucharist so that people may look at Jesus, and adore Him. This is a very special honor.
	+ During Adoration, people will pray in different ways. Some people read the bible, some people will pray a rosary, some people will sing songs of praise and worship, others will do large group prayers, some will do silent individual prayer, and others will simply sit in silence and enjoy time with God. When we have Adoration we will be doing prayer as a class, and we will sing songs, and hear different stories from the bible, and have a little bit of time to be silent and pray to God.
	+ Why do we have Adoration? We are very blessed to have the real presences of Jesus with us in Eucharistic adoration. Every moment we spend with Jesus in Adoration will give us peace, and joy, and it will delight God! God can speak to us during this time and help us with anything that might be bothering us.
		- "Come to Me all of you who are weary and find life burdensome and I will refresh you..." "Cast all of you anxieties upon the One who cares for you..." "My Peace is My Gift to you." (Mt 11:28; 5:7; Jn 14:17)
		- "My joy, My pleasure, My delight is to be with you." (Prov 8:31)
* Begin the movie: *Children’s Eucharistic Adoration in the Third Millennium*... (you will probably only get through about 10 of the 33 minutes, so you will need another class to finish it) OR watch the following movie, which has a priest giving answers to why Adoration is important: <http://loveundefiled.blogspot.com/2009/07/eucharistic-adoration-for-children.html#!/2009/07/eucharistic-adoration-for-children.html>

Closure (2 minutes)

* Ask if the students have any questions. You may not be able to answer them all, but you can at least try to find the answer after.
* Close the class in prayer. You may use the one below, or use one of your own.
	+ Lord, we thank you for the gift of you in the Eucharist. Help us to truly understand this gift and the importance of adoration. Thank you for your love, peace, and joy. We ask this in your name…*Our Father…*

# Lesson 2: Adoration continued

Length: 30 minutes

Grades: K-3

**Materials Needed:**

* Introduction song (suggested song found at <http://www.youtube.com/watch?v=JU4U8_wMdRs&feature=related>)
* Materials for crafts listed at <http://catholicicing.com/2011/01/catholic-abcs-week-18-letter-of-week-m/>

Introduction (5 minutes)

* Ask students to calm their minds, hearts, and bodies as you play a song; after the song is finished there will be a few moments of silent individual prayer (if you did this in the previous lesson remind them of that experience and what helped them to listen and be still)
* Song suggestion: In the Secret

Body (23 minutes)

* Review some of the key ideas from the previous lesson:
	+ What is Adoration?
		- When the Eucharist (a host that has been changed, or consecrated, to become Jesus) is placed in a monstrance to be viewed. It is a special time for us to spend with Jesus, adoring and worshiping Him. We, as Catholics, believe Jesus is truly there in a special way.
	+ What is a monstrance?
		- A special holder for the Eucharist used during adoration. It looks similar to a shining golden sun.
	+ Why would we go to adoration?
		- Jesus is there in a special way, and it is a great opportunity to pray and be with Him. We can gain peace, joy, and a greater love for God and others by spending time in front of the Blessed Sacrament (another name for Eucharist you may want to introduce).
* Once you have reviewed some of the key ideas, you may take some time for the students to create their own imitation monstrance. Please follow the instructions in this link: <http://catholicicing.com/2011/01/catholic-abcs-week-18-letter-of-week-m/>
* After this has been done, and if you have time, introduce some more of the specifics needed during adoration.
* Discuss and demonstrate that students will need to bless themselves with holy water, and genuflect as they enter the sanctuary.
	+ When we bless ourselves we are reminding ourselves of baptism and being made clean, so we dip our fingers in the holy water and make the sign of the cross
	+ We genuflect as a sign of respect and reverence to God—we are saying with our body, how special God is to us, and how we deeply respect Him. So we kneel down like a knight would in front of a king—some people make the sign of the cross then as well.
		- Have the students then practice genuflecting (you may want to put up one of the monstrance’s made to show the students that they genuflect towards the monstrance/altar)
* Once we have done that we will be seated and a leader (priest, and/or teacher) will lead us through different songs, prayers, and bible stories.
* Explain to the students that during this time, it is VERY important that we be on our best behaviour—it is unacceptable to be chatting with friends, playing with toys, etc. It is their job to be listening to everything that the leader has to say, and participating as actively as possible.

Closure (2 minutes)

* Close the class in prayer, asking the Lord to help them understand what they have learned, and as well giving praise for all of God’s goodness