

# How to Take Your Child to Adoration

## Talk in Advance about...

- ❖ the Eucharist
  - Bread and Wine *becomes* the Body and Blood of Christ
  - Why we eat God (so God can help us become God-like from the inside)
  - What does the Eucharist taste like?
  - How a host becomes Jesus's Body (Eucharistic celebration at Mass)
- ❖ why you (parent / guardian) love the Eucharist
- ❖ Jesus' Incarnation on Earth
- ❖ Things you can think about or do during Adoration



## Before You Go In...

- ❖ Go to the bathroom
- ❖ Eat a snack
- ❖ Get the wiggles out
- ❖ Plan something fun before / after: doughnuts, playground, play with friends, pizza, ice cream, movie, hike...

## Pack a Bag with...

- ❖ Eucharist-themed coloring sheets & crayons / markers
- ❖ Children's Bible / other spiritual reading
- ❖ Rosary (*and* a "How to pray the rosary" guide)
- ❖ Examination of conscience / questions to guide prayer

## While You Are There...

- ❖ On the way in and out, kneel with both knees, bow, and make the sign of the Cross
- ❖ Go right up to the monstrance to say hello to Jesus
- ❖ Start small: 5-10 minutes
- ❖ Offer guidance in prayer by leading a rosary, Divine Mercy chaplet, or asking questions (see back of paper)
- ❖ Sing hymns (if everyone in the chapel agrees)
- ❖ Spend a few moments smiling at Jesus like he's your best friend
- ❖ Look at and think about the artwork in the chapel
- ❖ Offer a prayer of adoration, contrition, thanksgiving, and petition



## After Adoration...

- ❖ Talk about what happened: how child / you felt, what you saw and did, etc
- ❖ Praise your child for coming to the Lord
- ❖ Do something fun

## Things to Do & Questions to Think about During Adoration



- ❖ Pray 1 of each type of prayer:
  - Adoration: tell God something you love about God and/or Creation
    - Ex: “Blessed are you, Lord God of all creation.”
  - Contrition: tell God about something you are sorry you did
    - Ex: “God, I am sorry I hit my brother.”
  - Thanksgiving: say “Thank you!” to God for something wonderful in your life
    - Ex: “Thank you, God, for my family, friends, *Last Kids on Earth*, lollipops, playgrounds, and potatoes.”
  - Petition: ask God for something for yourself or someone else.
    - Ex: “Please, Lord, protect those under attack, help me do well on my spelling test, and bring peace to someone who is angry or sad.”
- ❖ Tell Jesus 3 things you’re thankful for
- ❖ Enjoy God’s presence
- ❖ Color a coloring page based on the readings from Sunday or a favorite Bible story
- ❖ Color a coloring page based on the Eucharist
- ❖ Read the Bible
- ❖ Read other spiritual reading (saints stories are great for small children)
- ❖ Smile at Jesus
- ❖ Pray a decade of the rosary
- ❖ Try the Hallow App’s children’s content
- ❖ Say “Hi Jesus,” or “I love you Jesus”
- ❖ Speak to Jesus in your heart. Tell Him. . .
  - something you are really excited about this week
  - something making you nervous or worried
  - something about your family
  - all about someone who needs prayers/blessings and why
  - something that makes you very happy;
  - something that makes you scared;
  - something that is bothering you
- ❖ Think about questions relating to the Liturgical season: Advent, Christmas, Ordinary Time, Lent, Easter
- ❖ Do the Stations of the Cross with a reflection

