

SCENIC VIEW

Why Do We Stare at a White Host?

GETTING STARTED

This Teaching Guide is a starting point for crafting a talk relevant to middle school youth. It provides bullet points of information and writing areas for presenter notes.

Going Deeper call-out boxes offer further insights to consider, and the Hispanic Inculturation call-out boxes provide suggestions that highlight cultural context.

The presenter's preparation, prayer, and personalization of this outline will add the elements essential to delivering an impactful Proclaim.

TEACHING GUIDE

I Adore You

Begin the Proclaim in silence for approximately one minute. Gauge the youths' reactions. Do not respond if they attempt to speak to you.

After about a minute, ask the youth to share how they felt during that moment of silence.

- Sitting in silence is something we do not often do. Silence can even make us feel awkward or uncomfortable.
- Our modern world is filled with noise and movement. We rarely get opportunities to experience silence and stillness.
- Yet, God often reaches out to us in the silence and stillness. We cannot hear what God is saying to us if we do not take time to be quiet and listen.
- Another thing we do not often do is use the word "adore." It feels like a corny line from an old movie or book to say, "I adore you."
- To adore someone goes deeper than simply loving them. Adoration goes beyond love and respect to the point of worship.
- As Catholics, we are called to reserve our adoration only for God. There is no other person or thing who is perfect and deserving of our worship.

Going Deeper

Explain to the youth how the Church uses the word “veneration” to describe our reverence toward Mary and the saints, which is different from adoration and worship due to God alone. Mary and the saints can be remembered and spoken of with great appreciation and respect because of the heroic ways they lived their lives for God.

- Adoration can be a form of prayer where we praise God for who He is. Our prayers of adoration acknowledge that God is almighty and full of beauty, goodness, and truth. (CCC 2628)
- In our adoration, we recognize that God is the magnificent Creator of everything — including us. When we adore God, we recognize that we are His creations who are fully reliant upon Him.
- Adoring God could sound like, “I adore you, Jesus, for your greatness and love” or “I bow before you Jesus, my King.”

Going Deeper

Using CCC 2634-2643, provide brief explanations of other kinds of prayer.

- Intercession is praying on behalf of others.
 - Thanksgiving is praying in gratitude for blessings received.
 - Praising is similar to adoring, where we recognize God’s greatness.
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- These prayers of adoration can be done anywhere at any time. However, the Church also offers us a unique opportunity to sit in silence and adore God through Eucharistic Adoration. (CCC 2714-2715)
 - At Eucharistic Adoration, we sit in front of a host that was consecrated during Mass.
 - It has become the Body, Blood, Soul, and Divinity of Jesus. The host sits on the altar in a special vessel called a monstrance.
 - The monstrance has a window where we view the Eucharist. Then, in silence or with music, we can spend time quietly praying, adoring God while we gaze at His Eucharistic presence.

In Their Shoes

Read Matthew 28:19-20.

- Jesus said those words when He was preparing to ascend into heaven.
- The apostles had just seen Jesus die and thought they had lost Him forever. Now He had risen from the dead, but He was going to leave them again to enter heaven.
- The words Jesus spoke are referred to as “the Great Commission.”

Ask the youth to share how they imagine the apostles felt upon hearing Jesus' words in the Great Commission.

- While the apostles may have felt scared to continue Jesus' mission, these words must have been a comfort. They had Jesus' promise that, no matter the struggles they encountered, He would always remain with them.
- This is not only Jesus' promise to His apostles; these words are His promise to us since we also are followers of Christ. When Jesus broke bread and shared wine with His apostles at the Last Supper, He instituted the Eucharist. He asked the apostles to continue celebrating the Eucharist as a way of remaining with His Church.

Going Deeper

Read 1 Corinthians 11:23-26, and share how the Church continues to celebrate the Eucharist every day at Mass. Be sure to highlight that the apostles must have recognized the importance of the Last Supper because they took such care to pass this on to all of us.

Rest for the Journey

- In our previous session, we said that the Eucharist is food for our spiritual journey toward heaven. Eucharistic Adoration is like rest.
- When we come to Eucharistic Adoration, we are entering the presence of God, who loves us. Jesus loved us enough to die on the cross for us and to remain with us in the Eucharist, reassuring us with His constant presence.
- While we may find it awkward and difficult to sit still in silence, it is a great skill to learn. Many times in life, we will need to be quiet and keep our bodies calm.
- Most importantly, learning to sit in silence and stillness can drastically grow our relationship with the Lord. When we can be quiet and listen to God's voice within our hearts, we can come to better know who He is and who He is calling us to be.
- Eucharistic Adoration is a beautiful opportunity to experience Christ's love. When we are in His Eucharistic presence, we can simply rest and know that He is always with us and will never leave us.

Invite forward the core member who is presenting their testimony about Eucharistic Adoration. Have them share their story with the youth.

- Sitting in Jesus' Eucharistic presence tonight, we can remember that the words He said to the apostles are also meant for each of us. Jesus wants each of us to know that He always remains with us, accompanying us through even the toughest times in our lives.
- We can practice our prayers of adoration. While we may not be in the habit of saying, "I adore you," we can take small steps to show our love for God by telling Him all the we can take small steps to show our love for God by telling Him all the wonderful ways we have experienced His goodness.

- The more we spend time in Eucharistic Adoration and learn what it is like to be in Jesus' presence, the more we can recognize Jesus' presence in other areas of our lives.
- Jesus's presence brings peacefulness and beauty that we can start to recognize in other people. When we struggle to choose the right thing, we can begin to feel Jesus' peace and goodness draw us toward what we ought to do.
- As we take time in Eucharistic Adoration, let us practice being silent and still. Let us set aside our concerns and expectations.
- Instead, let us focus our eyes on Jesus in the Eucharist. As we gaze at our Lord, let us rest in His presence knowing He is always there for us, longing to give us His peace and love."

Hispanic Inculturation

For a predominantly Hispanic group consider discussing that *Adoración Al Santísimo* is the same as Eucharistic Adoration.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.