

# **TAKE A KNEE**

**A LIFE NIGHT ON  
REVERENCE FOR THE EUCHARIST**

# QUICK GLANCE

## ABOUT THIS LIFE NIGHT

As Catholics, we hold a sacred reality within the walls of our parishes: the real presence of the King of the Universe. This Life Night strives to bring that reality front and center for our teens, encouraging them to allow the knowledge of that truth to grow into a deep, intimate devotion.

## MAIN POINTS

1. Jesus Christ is present — Body, Blood, Soul, and Divinity — in the Eucharist. Knowing who is present in the Blessed Sacrament changes how we respond to it.
2. Our internal dispositions and external actions communicate our love and reverence for Jesus, who is present in the Blessed Sacrament.
3. Receiving the Eucharist and spending time in Adoration strengthens our faith and inflames our love for God.

## SCRIPTURE

Luke 22:14-20 | John 6:51-58 | 1 Corinthians 11:23-29

## CATECHISM

1324 | 1374 | 1378 | 1380 | 1384-1387 | 1391-1396

## KEY TERMS

Devotion | Eucharist | Reverence

## SAINTS

Bl. Carlo Acutis | St. Tarcisus

## RESOURCES

### Handout

“Adoration Reflection”

### Music

Spotify: “LS - Game Day”

### Video

“Come To Me” (lifeteen.com)

### Website

miracolieucaaristici.org

## GOAL

The goal of this Life Night is to enkindle a deep love for the Eucharist in our teens that manifests in their actions and devotion.

## ENVIRONMENT

The side walls of the room are riddled with pictures of some of history's greatest, highest-ranking individuals who received honor or respect for their status in life. A depiction of a monstrance hangs front and center in the room. See the Getting Ready section for more detailed setup suggestions.

## GATHER

### Reverse Charades

Teens play Charades with a fun twist. Small groups try to help one member guess a certain setting based on the way they are acting. This introduces the idea that our behavior changes based on what or who we are around.

## PROCLAIM

### Talk: Take a Knee

This talk focuses on the need to show reverence and honor to Jesus, who is present in the Blessed Sacrament. When we recognize the true presence of Jesus in the Eucharist, we realize it requires a response. The right and just reaction of the human soul is to humble itself before its Creator, Savior, and King and express its love. These acts of reverence and devotion manifest the truths we hold in our hearts. Our actions, or lack thereof, reflect what and how we love.

## BREAK

### Small Group Discussion

Small groups engage in discussion about their experience of reverence and devotion and how they can increase these virtues in their lives.

**SEND**

## Adoration

Teens have the opportunity to dwell with Jesus in silent Adoration. They are encouraged to consider the disposition of their hearts toward the Eucharist and reflect on selected Scripture passages.

## NOTES

[illegible]

# GETTING READY

**LIFE NIGHT DATE:** \_\_\_\_\_

## FOUR WEEKS BEFORE

- Read through the entire Life Night.
- Pray with the Scripture and Catechism references.
- Consult the Resources suggestions.
- Select a presenter for the Proclaim and contact them this week.
- Send the Proclaim Teaching Guide to the presenter.

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## TWO WEEKS BEFORE

- Assign core members to the tasks on the Core Meeting Worksheet.
- Check in with the Proclaim presenter and ask for an outline and slides, if applicable.
- Schedule practice time with the presenter if needed.

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## ONE WEEK BEFORE

- Distribute the Life Night outline to the core members.
- Pray with the core members over the Life Night.
- Review the highlights of the Life Night.
- Explain the core assignments.
- Encourage the core members to review the discussion questions and pray for their small group.

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## THE WEEK OF THE LIFE NIGHT

- Advertise the Life Night on the parish youth group's social media channels.
  - Schedule the Parent Letter email as a follow-up to the Life Night.
  - Make a plan for the Life Night Environment using the suggestions below.
  - Gather the supplies needed for the Life Night.
  - Inform core members of their roles during the session and provide them with the required materials and instructions.
  - Pray for the teens who will be present and experience the Life Night.
  - If projecting the clues for Reverse Charades, prepare a presentation with the necessary words or phrases.
  - Download, print, and make copies of the "Adoration Reflection" handout found online at [lifeteen.com](http://lifeteen.com).
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## THE DAY OF THE LIFE NIGHT

- Test all audio-video elements of the Life Night.
  - Decorate the youth room using the Environment instructions below.
  - Project an Environment image found online at [lifeteen.com](http://lifeteen.com).
  - Play the "LS - Game Day" Spotify playlist as teens gather.
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ENVIRONMENT

On the walls of the main room, hang pictures of individuals who held positions of great authority or were highly respected by others. Consider individuals like Napoleon Bonaparte, Caesar Augustus, Queen Elizabeth, or presidents of the United States. Also include popular figures like Michael Jordan, Patrick Mahomes, Lionel Messi, and Taylor Swift. The hope is to convey the idea that if these individuals were really present in the room, they would elicit a certain behavior from the teens.

Prior to the Life Night, project and trace a silhouette image of a monstrance onto a white Queen-sized bedsheet. Use black paint to fill in the silhouette. Hang this image of the monstrance in the front center of the room. Off to the side, place an image of the two saints featured in the Life Night: Tarcisius and Carlo Acutis.

SUPPLIES

	Prepared clues for Reverse Charades
	Materials for Adoration
	“Adoration Reflection” handout, one per person



# LIFE NIGHT PLANNER

## SCHEDULE


## TO-DO


## ROOM LAYOUT

# CORE MEETING WORKSHEET

Use this outline for your core team meeting before the Youth Mass. The core meeting follows the Gather-Proclaim-Break-Send structure.

**CORE MEETING START TIME:** \_\_\_\_\_

## GATHER

- Begin with a brief social time and then ask each core member the icebreaker question: Who is someone you admire or respect?
- Pray with your core team and include one of the Scripture passages from the Life Night.

Scripture choice: \_\_\_\_\_

## PROCLAIM

- Review the Life Night outline.
- Assign core members to the tasks for this Life Night and write their names in the Core Assignments chart on the next page.

## BREAK

- Review the Life Night small group questions with a core member discussion. Spend about 15 minutes on this section.
- Take questions.

## SEND

- Conclude the meeting with a Hail Mary.
- Set up final details for the Life Night.
- Arrive early to the Youth Mass to greet teens as they arrive.

## CORE ASSIGNMENTS

Setup	1.	2.	3.
	4.	5.	6.
Check-In	1.	2.	3.
Audio-Video			
Opening Prayer			
Proclaim Presenter			
Closing Prayer			

## NOTES

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# GATHER

## **WELCOME AND OPENING PRAYER** 5 min

Gather in the main meeting space and welcome the teens to the Life Night. Introduce any teens attending for the first time, and begin in prayer.

## **REVERSE CHARADES** 10 min

Teens gather in groups of six to eight people and select one member of their team to be the guesser. Guessers come to the front of the meeting space and stand in front of a projection screen or dry-erase board with their backs to the screen or board. The screen or board must be visible to the rest of the entire large group.

Each round, display one of the clues below on the screen or board (or create your own!). Without using words, sounds, or props, team members must get the guesser to identify the setting based on their actions. The first guesser to correctly identify the setting earns a point for their team.

Repeat this for as many rounds as time allows, with new guessers each round. The team with the most points at the end wins.

Setting clues:

- Grocery store
- Classroom
- Hallways at school
- Bedroom
- Football game
- Amusement park
- Trampoline
- Church
- Swimming pool
- Funeral

### **SUGGESTION**

Instead of playing in smaller groups, split the room down the middle and have only two teams, one per side. Invite the person guessing for each team to the front of the room and have everyone not guessing act out the clues. This works well for smaller to medium-sized groups and is easier to orchestrate than multiple smaller groups.

# PROCLAIM

## GETTING STARTED

This Teaching Guide is not just an outline; it's a tool to help you craft a powerful and personalized talk that will leave a lasting impact. Whether you use any suggested media or find your own, make sure it's visually engaging, attention-grabbing, and thought-provoking. Consult the Going Deeper section at the back of this resource and highlight the points that most resonate with your teens. Whenever presenting in front of a group, use a Bible or Catechism to read any passage rather than a digital copy or paper printout.

Beyond these guidelines, the most important thing is to be yourself and let the Holy Spirit guide you. Practice your talk, pour your heart into it, and trust that your authenticity and humility have the power to make a difference in the lives of these teens. If possible, record yourself giving the Proclaim and make notes on what you can improve or avoid. This guide is just the beginning — the rest is up to you!

## MAIN POINTS

1. Jesus Christ is present — Body, Blood, Soul, and Divinity — in the Eucharist. Knowing who is present in the Blessed Sacrament changes how we respond to it.
2. Our internal dispositions and external actions communicate our love and reverence for Jesus, who is present in the Blessed Sacrament.
3. Receiving the Eucharist and spending time in Adoration strengthens our faith and inflames our love for God.

## KEY TERMS

**Devotion** - In Christian theology, the disposition of will to do promptly what concerns the worship and service of God. In common usage, it refers to love or loyalty for a person or cause. Devotion is primarily a disposition or attitude of the will. The acts that proceed from such a disposition are expressions of devotion. **(CCC 1674, 2102)**

**Eucharist** - An act of praise and thanksgiving. The sacrificial memorial of Jesus' Passion. The presence of Jesus, Body, Blood, Soul, and Divinity, by the power of his Word and Spirit. **(CCC 1358)**

**Reverence** - The virtue that inclines a person to show honor and respect to someone or something.

**Main Point 1:**  
**Jesus Christ is present — Body, Blood, Soul, and Divinity  
— in the Eucharist. Knowing who is present in the Blessed  
Sacrament changes how we respond to it.**

- Almost everyone has heard the phrase “take a knee.” We see players take a knee during a football game when a fellow player is injured. We are familiar with a coach giving a speech to his players who are taking a knee in a circle around him.
- Outside of the football world, many men get down on one knee when they propose.
- Have you ever thought about why people do these actions?
- When athletes or boyfriends take a knee, they are showing respect toward the dignity of the person or circumstance before them. When someone is injured, other players bend their knees out of reverence for that person, expressing respect, care, and honor. When a coach or leader is speaking, others bend the knee to listen, respecting the voice in command. When a boyfriend bends his knee, it symbolizes his love, service, and reverence for the woman he wants to marry.
- In any case, when someone takes a knee, they are doing so in response to the person or situation in front of them. Whatever is happening requires a different sort of posture than normal. With that in mind, let’s ask a question tonight:

Ask, *Who is Jesus?* Allow a few teens to answer.

- Jesus is many things for us: Savior, Redeemer, Son of God, Healer, Miracle Worker, King, and Creator. Take a moment and think about what these words really mean. What do they mean specifically for you?
- When we give our minds a moment to attempt to grasp the truth of who Jesus is, we might find ourselves overwhelmed with a lack of understanding. We might pause and ask ourselves, “Wait... is this *really* who he is?” If this is indeed who he is, then what does that mean for what we believe about the Eucharist?
- It means that the Savior of humanity, the King of all creation, and the God-made-man is right in front of you. He is in the palm of your hand, on the tip of your tongue, sitting and waiting for you in the tabernacle.
- It means the very Jesus whom the whole world prays to, whom all of history remembers, who is read

about in the Gospels, who has conquered death to restore life for all, and who has performed (and still performs) countless miracles throughout history is among us right now. He is here. He is still present on earth, veiled by a humble, fragile, otherwise insignificant piece of bread.

**(Going Deeper #1: “Liar, Lunatic, or Lord”)**

- His body that walked this earth, healed the sick, fed the thousands, and was crucified out of love for you and rose again for your sake — that body is here, offered for you. **(CCC 1374, 1692)**
- His blood that was poured out as a redeeming river of mercy for all humanity, that gave life to his body, and now gives life to your soul — that blood is here, still flowing for you.

**(Going Deeper #2: “Adoro te Devote”)**

## SCRIPTURE

Project and read **John 6:35** or invite a leadership teen to read it.

- Throughout the rest of John 6, Jesus doubles down on the mystery of the real presence of the Eucharist. Over and over again, he affirms that the Eucharist is his body. Jesus is here on earth today, right now. He is the Blessed Sacrament.
- How marvelous of a gift we have in the Eucharist! How might we respond to this real, tangible presence of the God of the universe

### Main Point 2:

**Our internal dispositions and external actions communicate our love and reverence for Jesus, who is present in the Blessed Sacrament.**

Tell the teens to look around the room. Reference the images of leaders, accomplished athletes, and celebrities.

- Notice the great faces of individuals who demanded authority or claimed honor by the positions they held or the work they accomplished. Consider for a moment how others respond to the physical presence of these kinds of people.
- Soldiers salute their superiors. No one will last long in the military if they are not willing to visibly observe the authority before them. Anyone who would strut right into the queen’s court without first bowing to her royal throne would be tossed out immediately. Not even a fool would waste their time scrolling when they were front row at a Taylor Swift concert.

- Actions matter, and not only that, but they often express the disposition of our hearts. Our body language makes it easy to tell what we love or hate.
- In 3rd century Rome, there was a young altar server named Tarcisius. Due to severe Christian persecution at the time, Tarcisius volunteered for the dangerous task of taking the Eucharist to Christian prisoners. Along the way, he was met by non-Christians who demanded the Eucharist be surrendered to them. Tarcisius elected to die rather than hand the Eucharist over to them. He was beaten to death by the mob.
- Tarcisius is an example to us of deep reverence for the Eucharist. He refused to expose Jesus in a way that would bring him harm or disrespect. He knew Jesus was with him in that Eucharist, and he chose to protect him with his life.
- We can think of reverence almost like being star-struck. We revere those things that we admire. Reverence causes us to stand back in appreciation and respect for something. We approach many common objects with a sense of dominion — we use them according to our purposes and for our will. Reverence is the opposite attitude; we appreciate something for what it is rather than taking it for our own use.
- This type of reverence reflects a disposition of the heart: it is the recognition of something great, beautiful, or holy. At the same time, it is an awareness of one's own unworthiness to be a part of that which is so unbelievably wonderful.
- The Church knows who is present in the Eucharist. For this reason, there are prescribed actions within the Mass that are aimed at teaching us how to show reverence.

**(Going Deeper #3: “Liturgical Postures”)**

Ask the teens to name some of the actions at Mass that show reverence.

**Main Point 3:**  
**Receiving the Eucharist and spending time in Adoration  
 strengthens our faith and inflames our love for God.**

- Faith should be something we are devoted to, much like someone might be devoted to their sport or their favorite pop star, but even deeper and more intimate than that. As an example, we can look at the life of the first millennial saint, Carlo Acutis.
- For this young man, Catholicism was a way of life, and visiting Jesus in the Eucharist was as real and ordinary as going over to his friend's house. Carlo would wake up early in order to attend daily Mass. At his private school, he would stop in the chapel every morning on his way to class to greet Jesus.



- Carlo talked about Jesus to his friends like he was actually hanging out with him. He always stopped in to pray when he passed by a church. He limited his time playing video games to one hour a week so that he had more time to serve the poor, pray, and work on holy projects.

Consider projecting the live website [miracolieucaistici.org](http://miracolieucaistici.org) or images from it during the next point.

- At 13 years old he started the project he would become famous for: a website of Eucharistic miracles. Carlo researched and diligently documented as many miracles as he could, believing that if people knew about these miracles, they would be convinced of the presence of Jesus. He died of cancer at the age of 15, just a few days after the website was unveiled.
- Carlo loved and expressed devotion toward the Eucharist because he knew who was present. The more Carlo prayed, spent time in the chapel and in Adoration, and received the Eucharist at Mass, the deeper his relationship with Jesus grew. **(Going Deeper #4: “Effects of the Eucharist”)**
- The same can be true for us. Like St. Carlo, we have a choice of what we do with our time and how we treasure the presence of the Eucharist among us. The choices we make, the actions we take, and the way we spend our time are all reflections of the things that matter to us.
- If your favorite celebrity called and said they wanted to hang out with you, would you tell them you are too busy? If the person you admire most invited you to a party, would you refuse to show up? If the president of a country showed up at your house, would you act like nothing was different?
- Jesus, the God of the universe, is present everywhere the Eucharist is present. He beckons you to come and be with him. He wants you to bask in his presence and be renewed by his love.
- When we spend time with him, our hearts are slowly transformed to be like his. We experience the peace that comes from knowing he is with us. Our faith is strengthened by his grace and the consolation of his presence.
- The first and greatest reverence we offer Jesus in the Eucharist is showing up. Carving out time for Mass and Adoration tells him that we value him more than the other things in our lives.
- Once we show up, we also need to acknowledge whose presence we are in and respond accordingly. When we step into that long Communion line at Mass, do we call to mind who it is we are walking toward? When we open our hands or our mouths to receive Communion, do we recognize our Savior, our King, and our God? When we come into the church, do we bend our knees as a way to honor his presence?
- Next time you’re in his presence, consider what you can do to express your love and respect for Jesus Christ. Think about what you’re doing, and put your whole heart into it.

## SCRIPTURE

To close, project and read **Psalms 95:6**.

# BREAK

## SMALL GROUP DISCUSSION 20 min

Gather the teens into their small groups, where the core member begins in prayer and transitions into a small group discussion. Use the following questions as a guide, but be aware of where the Holy Spirit leads the discussion. Take your time, and do not feel rushed to cover all the questions.

### SMALL GROUP QUESTIONS

Whip Around Question: Who is the most honorable person you know?

1. What are ways you display love or devotion for people in everyday life?

Sample answers: Holding the door for your mom, greeting grandparents with a hug, making time to listen when a friend needs to talk, etc.

2. How does our Church show reverence? What do you see in the sanctuary or the building that speaks to the honor due to God?
3. How can we show a greater reverence for God?
4. What things in your life are you most devoted to?
5. What are some simple ways we can increase devotion to the Eucharist?

Sample answers: Wearing clothing that honors the Eucharist, being attentive, assuming an alert posture, participating in the liturgical gestures, etc

# SEND

## **SILENT ADORATION** 20 min

Gather the teens in the church for a time of silent Adoration. Give each teen a copy of the “Adoration Reflection” handout as they enter.

Alternatively, invite your pastor or a deacon to bring the Eucharist to the teens in the youth room and offer Adoration there.

Introduce the time of prayer with the following or similar words:

*Right now, we have a chance to be in the presence of Jesus Christ, the King of kings. As we dwell here, I encourage you to reflect on your perception of the Eucharist. Be honest with yourself, and be honest with God. Do you see him? Do you believe in him? How do you want to respond to his presence?*

*As we sit in silence, take some time to read through the verses on the handout. Contemplate how you can show reverence for this great God as we move forward.*

Have the priest, deacon, or other minister begin Benediction when there are five minutes remaining in Adoration.

## **ANNOUNCEMENTS** 5 min

Make announcements for your program, then dismiss the teens.

# AFTER THE LIFE NIGHT

Most core members are tired at the end of the session, but be sure to do two things upon the completion of a Life Night.

## FIRST, CLEANUP

Try to foster a spirit of teamwork and generosity among your core team. One of the fastest ways to a divided core team is for one or two members to neglect cleanup. No one is done for the night until everyone is done cleaning up. If a core member is not helping clean up, presume goodwill on their part. If it becomes a consistent problem, address it with them rather than letting issues fester.

Be mindful of any relational ministry that may be happening or teens that need to talk. Sometimes, teens can be deeply moved by a Life Night and may need to continue to process with a trusted adult. During cleanup, your team should continue to be available and interruptible for any teens. You never want to shove teens out the door for the sake of cleaning up.

## SECOND, EVALUATE

After all the teens have left, appreciate what God has accomplished through the Life Night. Share any praise reports. Identify who or what needs follow-up. Set a timer and invite the group to share in these five categories of the Life Night: Pros, Cons, Questions, Comments, and Concerns. Remind the core team that evaluations are intended to improve the teens' experiences at Life Teen and are not critical judgments of a youth minister's or core member's performance. As you discuss, encourage the core team to consider each of the Life Night movements of Gather, Proclaim, Break, and Send, or pass out/email the evaluation forms. Conclude your time together in prayer and praise to God.

# LIFE NIGHT EVALUATION

On a scale of 1-10, how well did this Life Night accomplish the goal we set?

## GOAL

The goal of this Life Night is to enkindle a deep love for the Eucharist in our teens that manifests in their actions and devotion.

Did not accomplish

Nailed it

1 2 3 4 5 6 7 8 9 10

What was the strongest aspect of this Life Night?

Gather

Proclaim

Break

Send

Environment

Optional: Please explain further.

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What kind of follow-up do we need to do after this Life Night?

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What can we improve for future Life Nights? How can we accomplish this?

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