



## **ADORATION OF THE BLESSED SACRAMENT**

### **What is Adoration of the Blessed Sacrament?**

Adoration of the Blessed Sacrament is a form of prayer that began centuries ago. The word adoration means "to pay honor or homage to someone or something." The same Jesus, whom we receive in the Eucharist at Mass is who we worship in Adoration. Adoration is a time to sit face to face with Jesus and deepen and strengthen your relationship with Him.

### **Why is it so important that we offer Adoration as an experience to young people?**

The first and foremost answer to this question is surely answered simply by the act of adoration itself and the centrality of the Eucharist in our faith. We must offer Adoration to children, teenager and young adults so that Christ has the opportunity to speak to their hearts.

Offering Adoration means that we give the opportunity for them to experience the Eucharist and to encounter Christ in a new and powerful way. Our world is busy, it's noisy, and it's chaotic. This is especially true for young people. They are being bombarded with noise from every direction. Adoration gives them a chance to be silent. To just sit, be and contemplate. (Based Young Church Ministries Resource: Eucharistic Adoration)

**Video Resource:** Making Time Quiet Reflection (See Below)

[www.youtube.com/watch?v=DFWXzZ1pwec](http://www.youtube.com/watch?v=DFWXzZ1pwec)

[https://www.youtube.com/watch?v=f2Nm\\_62XC2E](https://www.youtube.com/watch?v=f2Nm_62XC2E) – Eucharistic Miracle

### **Adoration Print Resources:** For Silent Adoration At The Church

Dear Friend,  
Do not be afraid or confused. I am here with you. Talk to me like you would talk to your best friend. Speak to me.  
Tell me about your family and friends. What can I do to help them?  
Think about the poor and sick people in your community and in the world.  
What prayers can I offer up for them?

What has hurt you, my child? Tell me your troubles. I am with you always!  
Tell me more about your life. What joys have filled your heart?  
What sports, school activities or events on weekends make you happy?  
What would you like to do better? Ask me for help.  
Tell me all the things you are thankful for. I love you and it is important for you  
to see how many blessings I shower upon you.  
Would you like to pray the Lord's Prayer, the Hail Mary or the Glory Be.  
Thank you for spending time with me today. Remember, I am always with you.  
I invite you to talk to me anytime. You can talk to me: at school, at home, in  
bed, anywhere  
I am Jesus and am your closest friend. I speak to you: through nature, through  
your thoughts, through your feeling in your heart, through other people  
May you be blessed to day and always my precious child. I love you.  
**Your most special friend.**