

## **Sharing the Love of the Eucharist with Your Students**

Join us for a meaningful session at the Faith Formation Conference designed to help catechists strengthen their personal connection to the Eucharist and share this essential practice effectively with students.

### **Key Elements of the Session:**

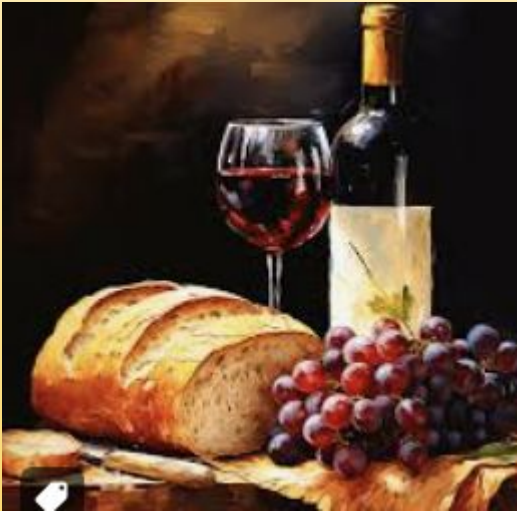
- Catechist Reflection: Reflect on your own experiences and relationship with the Eucharist.
- Understanding the Eucharist: Review the core teachings about the Eucharist and explore ways to communicate these teachings clearly to students.
- Eucharistic Activities: Explore age-appropriate ways to introduce students to Eucharistic adoration.
  - Explore simple classroom activities and reflections to deepen student understanding.
- Classroom Integration: Learn ways to include Eucharistic devotion in daily routines.

**Objective:** By the end of this session, catechists will have practical tools and ideas to help their students grow in love and reverence for the Eucharist, supporting their spiritual formation and deepening their relationship with Christ.

# Welcome

Susana Lapeyrade-Drummond  
Associate Superintendent, Diocese of Oakland

# Heads/Tails

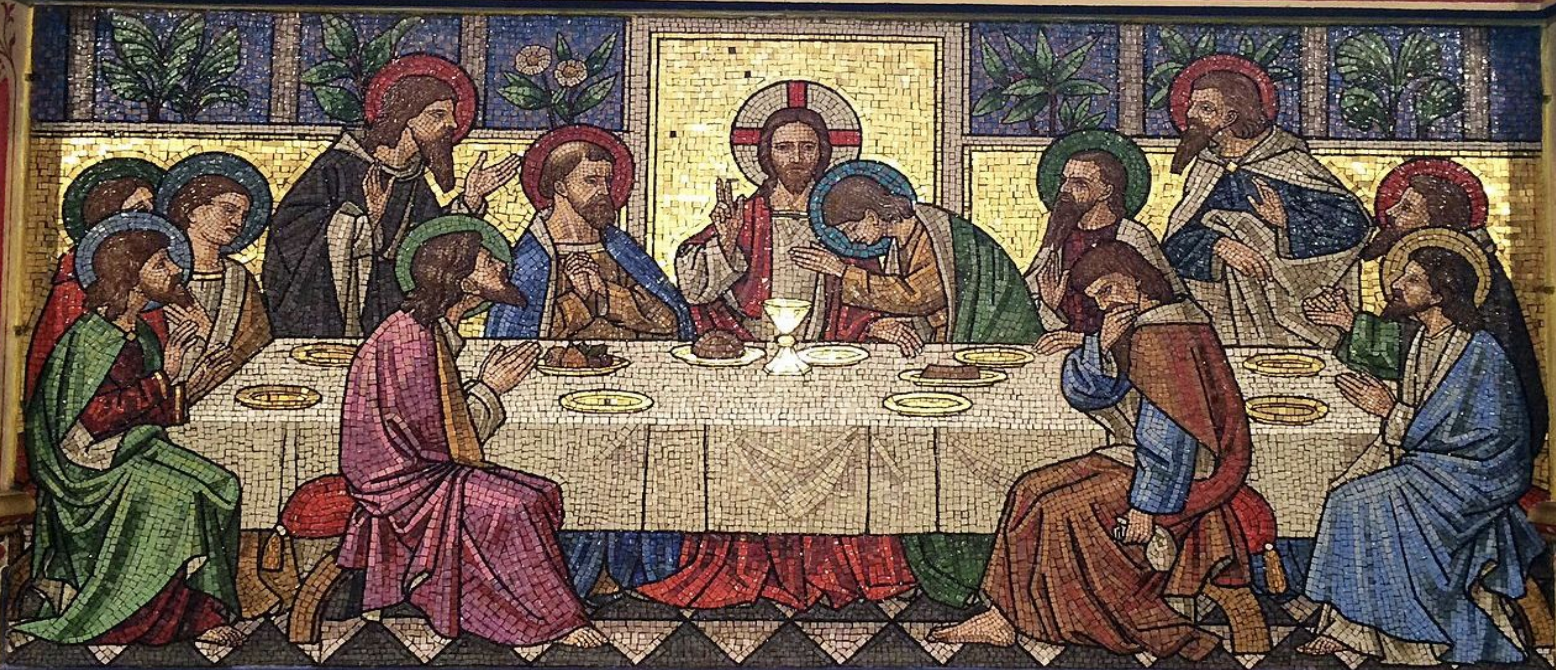


# Mass - Eucharist - Adoration

Ourselves - Our Students



# The Mass



“Holy Mass is the most valuable treasure the Church has.”

– St. Lawrence of Brindisi

“Love of the Mass reflects our love for Jesus Christ.”

– St. John of the Cross

“A single Mass heard during life is more valuable than many material goods left as an inheritance.”

– St. John Bosco

## The Mass

Encounter with Jesus

Conversion away from sin and toward God.

To proclaim what has happened.

The liturgy is a celebration, the act of celebrating.

We encounter Jesus through the sacraments.

In the liturgy we can right our relationship with God, ourselves, and each other.

Liturgy is an outstanding moment of encounter that we can have with Jesus Christ.



The Four Parts of the Mass	Saint Justin Martyr (A.D. 165)	Today's Mass
Introductory Rites	“On the day called Sunday all... gather together to one place.”	We gather on Sunday for Mass. The Mass begins with the Penitential Act, Gloria, etc.
Liturgy of the Word	“The memoirs of the apostles or the writings of the prophets are read.”	We read the readings from the Old Testament, the New Testament letters, and the Gospels. We listen to the Homily.
Liturgy of the Eucharist	<p>“Then we all rise together and pray. When our prayer is ended, bread and wine and water are brought.”</p> <p>Prayers, distribution, Eucharist.</p>	<p>We stand for the Creed and the Universal Prayer.</p> <p>We bring bread and wine forward during the Offertory.</p> <p>During the Eucharistic Prayer and Consecration, the priest repeats the words of Christ and the bread and wine are transformed into the Eucharist. Holy Communion is distributed.</p>
Concluding Rites	Christians went from Mass to care for the sick and poor and to share their gifts with the community	We are sent out - “Go in peace glorifying the Lord by your life.”

How will you prepare for Mass with your class?

If you go to Mass once a month, how else can you encounter Mass with your students?

- Go to Mass as a class?
- Can you participate in a Mass on line?
- Could parts of the Mass be reviewed weekly?

What would be important to review as a school?

- Protocols, procedures, etc.



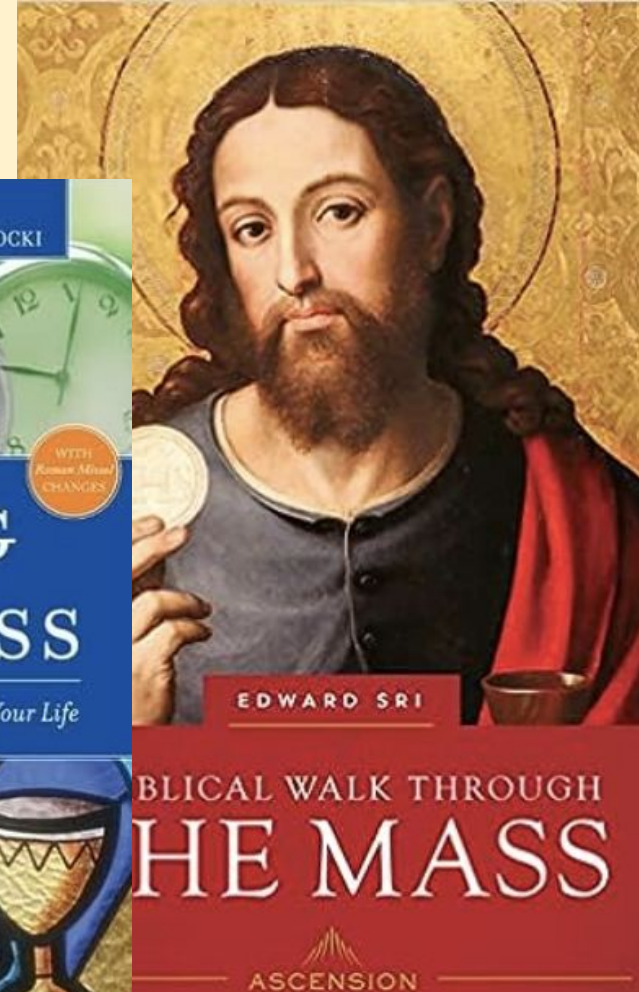
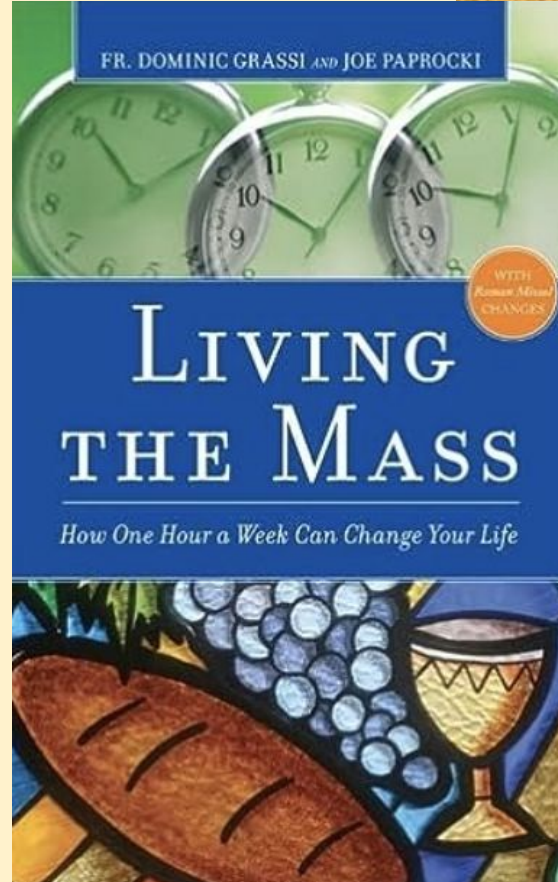
<https://www.youtube.com/dailytvmass>

# The Good

- Lead your family
- To serve your community
- To teach your students

“That I can encounter the living God that changes me, that allows me to choose to be a disciple (at any cost).”

-Bishop Barron





The image features a blurred background of a golden chalice filled with several white, round Eucharistic hosts. The text "The Eucharist" is centered in the middle of the image in a white, sans-serif font.

# The Eucharist

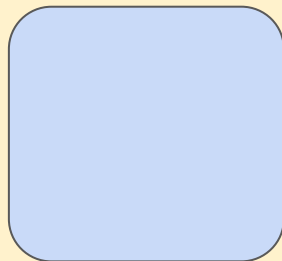
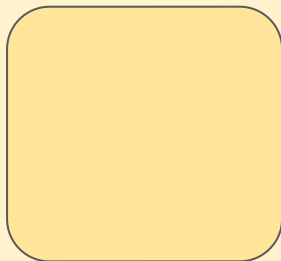
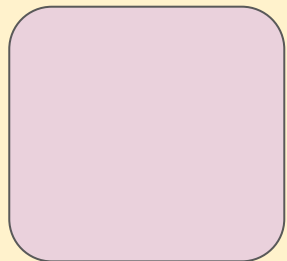
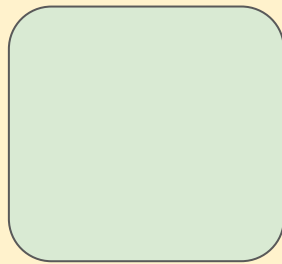
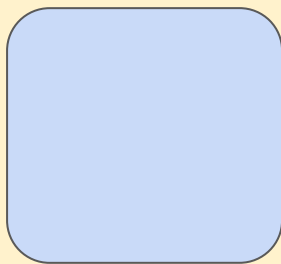
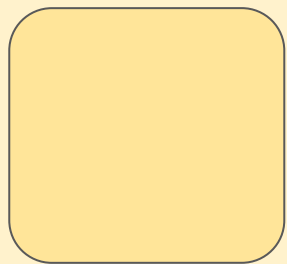


What comes to mind when  
you think of the  
*EUCHARIST*?

Write your answer on a post it  
note (keep to yourself).

When I ask you to, place it on the  
paper that is at the center of your  
table.

Share your thoughts and  
your why of the word  
Eucharist.



# Read all the quotes about the Eucharist.

Find the quote  
that resonates  
with you the  
most, after  
reading all the  
quotes.

"EACH TIME YOU  
APPROACH THE BLESSED  
SACRAMENT REMEMBER  
THAT JESUS HAS BEEN  
WAITING FOR YOU FOR  
TWENTY CENTURIES FOR  
THIS PERSONAL VISIT  
FROM YOU."

*St. Josemaria Escrivá*



Why did you pick this quote?

What insight did the quote give you to the Eucharist?

"FROM THE EUCHARIST  
COMES STRENGTH TO LIVE  
THE CHRISTIAN LIFE AND  
ZEAL TO SHARE THAT LIFE  
WITH OTHERS"

*Pope John Paul II*

How is your relationship with Jesus in the Eucharist?

How would you like it to grow or deepen?

"FROM THE EUCHARIST  
COMES STRENGTH TO LIVE  
THE CHRISTIAN LIFE AND  
ZEAL TO SHARE THAT LIFE  
WITH OTHERS"

*Pope John Paul II*

While it is true that we can pray to God anywhere, the Eucharist holds a privileged place in Christian worship because in it, Christ is fully present: body and blood, soul and divinity (*Catechism* #1374).

Think of it this way:

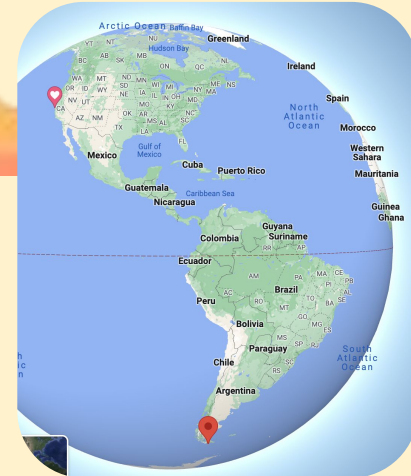
In his love, God wants to be as close to us as possible; this is why he became incarnate—flesh and blood—in Jesus. But even as he was preparing to leave us in that form, he wanted to continue to remain physically, intimately present with us, so he gave us the Eucharist (*Catechism* #1380). And it is through the Eucharist that we become the Body of Christ, the Church, thus continuing his physical presence and his mission in the world.



THE EUCHARIST:  
DO CATHOLICS  
*EAT JESUS?*

# The True

- Eucharist and wine are the body and blood of Jesus Christ.
- The Eucharist is the source of strength and inspiration to continue to bring the love and light of Christ to the world, to serve.
- He nourishes us to continue our work.



The early Church took this teaching seriously. In his first letter to the Corinthians, Saint Paul says,

"Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the Body and Blood of the Lord... for anyone who eats and drinks without discerning the body, eats and drinks judgment on himself." (1 Corinthians 11:27,29)

Paul's statement makes sense only if the bread and wine have become the real Body and Blood of Christ.

-Archbishop Michael J. Sheehan



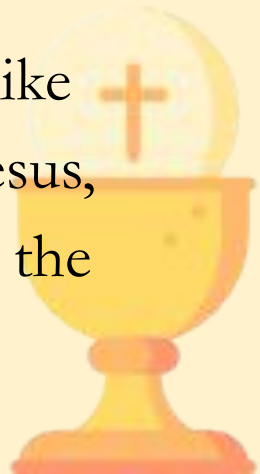
How does this change take place?

It happens during the eucharistic prayer of the Mass.

At that time, the bread and wine are changed into the Body and Blood of Christ, as the Church has always taught. Although they still look like bread and wine, they have, by divine power, actually **changed into His Body and Blood.**

How can we know this? **It requires faith.** It is a mystery which, like love, we will never fully understand. The Trinity, the divinity of Jesus, His death and Resurrection are other mysteries which, along with the Eucharist, we will never fully comprehend in this life.

-Archbishop Michael J. Sheehan

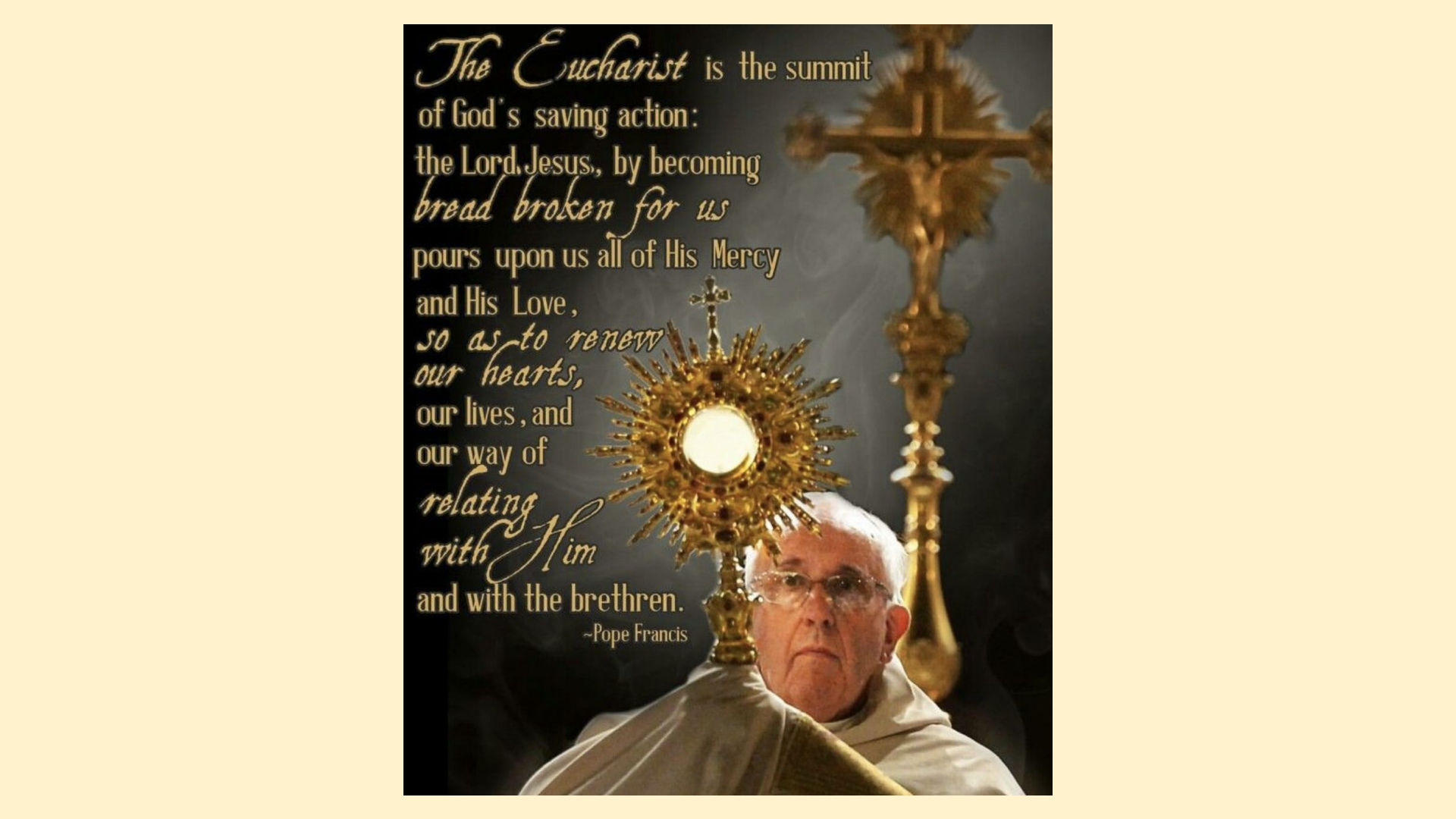






*“Do this in memory of me.”*

What resonated with you while hearing explanation of the Eucharist?

A photograph of Pope Francis in white vestments, holding a golden monstrance. The monstrance is a circular object with a central glowing orb and radiating spikes, used to display the Eucharist. In the background, a larger golden crucifix is visible. The text is overlaid on the left side of the image.

*The Eucharist* is the summit  
of God's saving action:  
the Lord, Jesus, by becoming  
*bread broken for us*  
pours upon us all of His Mercy  
and His Love,  
*so as to renew*  
*our hearts,*  
our lives, and  
our way of  
*relating*  
*with Him*  
and with the brethren.

~Pope Francis

# The Beautiful

- Adoration
- Procession
- Quiet Reflection

I ask Pope Francis about his preferred way to pray...



*"What I really prefer is adoration in the evening, even when I get distracted and think of other things, or even fall asleep praying. In the evening then, between seven and eight o'clock, I stay in front of the Blessed Sacrament for an hour in adoration."*

**Pope Francis,  
A Big Heart Open to God**

## “Take; this is my body”

—Mark 14:22

The presence of Christ in the Eucharist is real, true, and substantial.

“Jesus awaits us in this sacrament of love.” (St. John Paul II, *Dominicae cenae*, no. 3)



“It is called: Eucharist, because it is an action of thanksgiving to God.” (CCC, no. 1328)

Eucharist “makes present the one sacrifice of Christ the Savior.” (CCC, no. 1330)

## **What is Eucharistic Adoration?**

Eucharistic Adoration is when you spend time with Jesus in the Blessed Sacrament.

## **What is Perpetual Adoration?**

Perpetual Adoration is when a Catholic Church has Exposition of the Blessed Sacrament for twenty-four hours a day...all year long! Sometimes churches may require a code to enter a chapel during specific hours, especially late at night or early in the morning.

## **What is a Holy Hour?**

A Holy Hour is when you spend one hour praying in Adoration. You can make a Holy Hour at any time or you can sign up for a specific hour at your local parish!

“I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of His presence?”



□ St. John Paul II, 28 May 1996.





“I also recommend that in their catechetical training, and especially in their preparation for First Holy Communion, children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before His Presence in the Eucharist”

□ □ Pope Benedict XVI, 13 March 2007.

*The Beautiful*

# ADORATION



# Adoration

- Sitting in church with your class and reflecting on the Eucharist
- Sitting in church with a journal to write in, a spiritual book to read, or a rosary.
- A guided prayer service (15-20 min.)
- A longer guided prayer service (30 min.)

Experience Adoration with your colleagues and then plan time for your class, your students to have the experience as well.










# Adoration Resources

- [Blessed Adoration Booklet \(grades 4th-8th\) free printable](#)
- [Children's Adoration Leaders Guide](#)
- [Year of Real Presence K-12 Curriculum Resources](#)
- [Eucharist and Adoration\\*](#)
- [Dare to Believe Video \(2min.\) and Discussion Guide](#)
- [Eucharist - The Source of Our Life in Christ](#)
- [How the Eucharist Changed My Life - Fr. Schmitz](#)



BLESSED ADORATION

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[Why should we bring our children to Eucharistic Adoration?](#)

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[A Checklist](#)

[USCCB Eucharistic Revival Resources](#)

[Introduction for Children](#)


[Complete Plans & Follow-Up Activities](#)

email Melissa



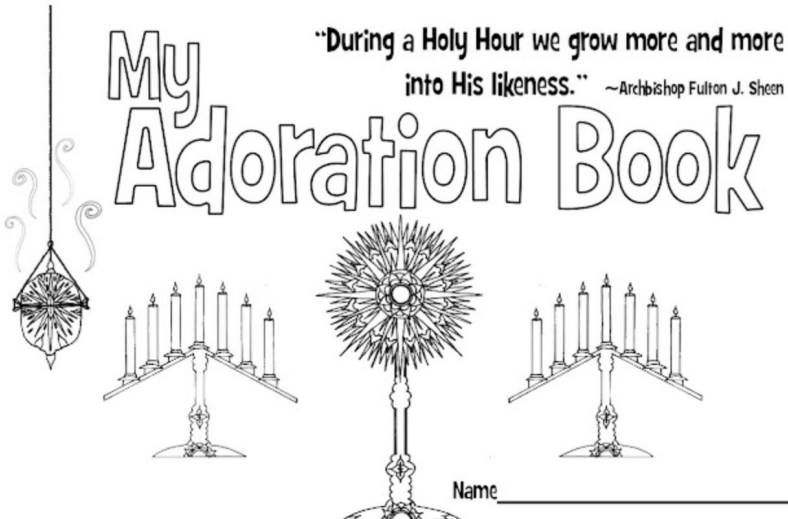
**LESSONS & ACTIVITIES: EUCHARIST & ADORATION**

[Links are the blue words.]



“During a Holy Hour we grow more and more into His likeness.” ~Archbishop Fulton J. Sheen


# My Adoration Book



Name \_\_\_\_\_


CHILDREN'S ADORATION LEADER'S GUIDE

CHILDREN OF HOPE



“Let the Children Come to Me...”  
~Matthew 19:14~

COMMUNITY OF ST. JOHN



# Adoration Resources

- [How to Take Children to Adoration](#)
- [Free Downloadable Tools](#)
- [More Tools](#)
- [Family Adoration](#)
- [Teaching Adoration](#)
- [Script for Guided Adoration of the Blessed Sacrament](#)

## How To Pray: Family Friendly Adoration

### What to Know Before You Go

- You don't need to stay the full hour—start with 10–15 minutes and build up.
- It's okay if your kids whisper questions or fidget a little—this is a learning experience.
- Bring age-appropriate items to help them pray:
  - A children's Bible
  - Saint storybooks
  - Rosary beads
  - Coloring pages with Scripture or saints
  - A journal or sketch pad
- Try sitting close to the front so they can see the monstrance and know "That's Jesus."

### Family Adoration Format (15–30 Minutes)

#### 1. Start Together in Prayer (2–3 minutes)

"Dear Jesus, thank You for being here with us. Help us to be still, to listen, and to love You more. Amen."

Each family member can add their own simple prayer:

"Thank You, Jesus, for..."

"Please help..."

"I love You because..."

#### 2. Read or Listen to Scripture (5 minutes)

### Script for Guided Adoration of the Blessed Sacrament

St. Patricia M. McCormack, IHM, Ed. D.

[www.ParentTeacherSupport.org](http://www.ParentTeacherSupport.org)

Eliminate harsh lighting. Create a peaceful, respectful environment with soft music playing in the background. Invite the group to sit. Explain:

For the next ten minutes we are going to adore Jesus in the Blessed Sacrament. There is no one-way to do that. You could use the time to merely sit in silence and look at Jesus or, within your heart, to sing a favorite Jesus hymn while you look at Jesus in the Blessed Sacrament, or you could use prayers from a book. Prayer is merely conversation with Jesus.

Tonight you will hear Jesus speak to you through my human voice and you will have time to speak to Jesus within your heart and later, to speak with your voice. You will find your verbal responses on the paper handout. (Titled: *"Family Adoration Tools—Prayer Guide # 1"*). Parents, you can use this guide whenever you bring your children to visit the Blessed Sacrament.

#### Family Adoration Tools

##### Prayer Guide #1

(Written by Sister Marie O'Hagen, SSI)

#### Sign of the Cross

##### ALL:

Lord Jesus, we thank you for the time that we will spend with you today. Open our hearts to hear the message of love you wish to give to each one of us. Open our hearts to share with you all the love in our hearts. Amen.

#### Invitation to Quiet Time with Jesus

##### Leader:

*Take quiet time now to talk with Jesus. Through my voice Jesus will talk to your heart. I will pause to give you a chance to talk with Jesus within your heart. Talk with Jesus about your life.*

- Tell Jesus what brings you joy. Tell Jesus about the people you love. Tell Jesus all the good things that are going well for you at home, in school, with friends. *(Pause for private prayer.)*
- Thank Jesus for all that is good in your life. Thank Jesus for all the people you love. Thank Jesus for all your success. *(Pause for private prayer.)*
- Tell Jesus what worries you and makes you sad. Tell Jesus about the times in your life when you need more courage. Tell Jesus about the times you do not always feel confident. *(Pause for private prayer.)*
- Thank Jesus for strength when life is hard. Thank Jesus for understanding you. Thank Jesus for taking care of people you love. Thank Jesus for taking good care of you. *(Pause for private prayer.)*

## 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



## 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

Tabernacle & Stand  
(place ciborium inside)



Tabernacle Lamp & Stand

Missal & Stand

Crucifix

Candlesticks

Lectionary & Lectern

<https://saltapproachusa.org/collections/liturg-y-and-sacraments>



## Pondering through Choices

- Use the diorama
- Use other dioramas relating to the Last Supper and the Mass.
- Create the matching card activity for Jesus Present in the Eucharist.
- Engage in a simple craft activity relating to this focus.
- Drawing or painting response
- Make a journal entry about this.
- Spend time in the prayer space reflecting on this.

Demonstration videos are available for all SALT resources. These are for the benefit of teachers, catechists and parents and can be freely accessed at The Learning Hub.  
<https://saltapproach.org/the-learning-hub/>



SKU: 10112

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[www.saltapproach.org](http://www.saltapproach.org)

## Start small - Start simple - START

3 minutes introducing silent adoration

3 minutes of silent Adoration

3 minutes of adoration song to help children adore

3 minutes of reading from the words of Jesus ( Gospel )

3 minutes of teaching on the Holy Eucharist.

(Repeat 1 or 2 more times)



"When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host you understand how much Jesus loves you now. This is why we need Perpetual Eucharistic Adoration in every Parish throughout the entire World."

Bl. Mother Teresa Calcutta



# WHAT TO DO IN ADORATION


W/ FR. JOSH JOHNSON

- During this time offer Jesus your burdens and open your heart to receive His love.
- What are you spiritually hungry for right now? What do you need?
- Where do you most often go to be “fed”? Does it truly satisfy?
- How do you feel called to let the Eucharist become a deeper source of nourishment for you?
- What suffering burdens your heart today, physically, emotionally, or spiritually?
- How have you experienced Jesus as a healer, even if healing didn’t come in the way you expected?
- What does it mean to you that the Eucharist is healing?



The Eucharist is essential for us: it is  
Christ who wishes to enter our lives  
and fill us with his grace.

— *Pope Francis* —



How will you strive to grow your students' relationship with the Eucharist this year?

God knows me and calls me by name.

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have a mission, I may never know it in this life, but I will be told it in the next.

I am a link in a chain, a bond of connections between persons. He has not created me for naught. I shall do good, I shall do His work.

-A Meditation by Saint John Henry Newman

<https://bit.ly/Adoration118>

**Go to the address above for  
the slide deck.**

