

## Adoration of the Blessed Sacrament for Primary School Children

### Teaching Plan

Objective: *to enable children to participate fully in Adoration of Jesus in the Blessed Sacrament.*

Learning outcome:

- The children recognise and understand key objects and areas inside a Catholic church.
- The children know what to do and how to behave in church.
- The children know and understand why they behave with reverence in the church.

Resources:

- Video explaining items seen in the Catholic Church go to <https://www.saint.margarets.org.uk>
- Then click on St. Margaret's Doors Open 2020
- Prayers - see page 6

## Preparation for visiting the church

Explain to the children what they will see in the church (watch video - refer to resources section).

Explain:

- Sanctuary - the area of the church at the very front - usually raised up three steps, where the Tabernacle and Altar are placed. The most sacred part of the church.
- Altar - the Altar is a special table upon which the Priest celebrates the Holy Sacrifice of the Mass and upon which the Monstrance is placed for Adoration of the Blessed Sacrament.
- Tabernacle - this is the box made of wood, stone or more usually metal that contains consecrated Hosts. The Tabernacle is usually covered in a cloth (veil) of matching colour to Priest's vestments.
- Sanctuary Lamp - this lamp is generally placed near the Altar. It usually contains a candle burning within a red glass covering. It indicates that Jesus is truly present within the Tabernacle.
- Monstrance - from the Latin word 'monstrans' meaning 'showing'. This ornate vessel made of precious metal is used to display the Sacred Host for Adoration.
- Consecrated Host - the Eucharist - Jesus

Explain to the children words that they might hear relating to the Adoration of the Blessed Sacrament.

Explain:

- Consecration - within the context of the Mass - this is when the Priest repeats our Lord's words said at the Last Supper - 'This is My Body/this is My Blood' by which God transforms the bread and wine into Jesus - Body, Blood, Soul and Divinity.
- Transubstantiation - this is the word used to describe the bread and wine changing into Jesus' Body, Blood, Soul and Divinity.
- Real Presence - this is a statement of the truth that Jesus is really present in the consecrated Host/Eucharist. The Eucharist is not a symbol - Jesus is truly present.
- Exposition - Jesus in the Eucharist displayed in the monstrance.
- Reposition - Jesus in the Eucharist removed from the monstrance and placed back in the Tabernacle.
- Benediction - means 'blessing'. Benediction of the Blessed Sacrament is a brief service at the end of Adoration of the Blessed Sacrament (before Jesus is returned to the Tabernacle) Prayers (Divine Praises, Litany) are said and often Latin hymns are sung such as 'Tantum Ergo' and 'O Salutaris Hostia' in praise and worship of Jesus in the Blessed Sacrament. The priest blesses the congregation making the sign of the cross over them with the Monstrance containing Jesus.

Explain to the children what to do when visiting the church.

Explain:

- Enter the church quietly and respectfully. Remember this is God's house. Jesus is really, truly present in the form/appearance of the consecrated Host(s) in the Tabernacle / monstrance.
- Genuflect - (bend right knee to touch floor) looking towards the Tabernacle and make the sign of the cross - bless yourself. You do this out of reverence as Jesus is in the Tabernacle.
- If you enter when Jesus is in the monstrance instead of genuflecting on one knee, briefly kneel down on both knees, bow towards the monstrance, and make the sign of the cross.

Demonstrate and practice before going to church:

- How to make the sign of the cross.
- 'In the name of the Father' - right hand fingertips touch forehead.
- 'and of the Son' - right hand fingertips touch the centre of chest.
- 'and of the Holy Spirit - right hand fingertips touch left shoulder as saying 'holy'.
- right hand fingertips touch right shoulder as saying 'Spirit'.
- Then join hands together in prayer as we say 'Amen'.

Demonstrate and practice how to genuflect:

- Demonstrate and practice kneeling etc. - on both knees in the presence of Jesus in the monstrance.
- We do the above in the centre aisle of the church next to the pew that we are about to sit or kneel in.

Explain & Discuss:

- Why we visit Jesus? What to do when we visit ?
- Explain that Jesus is both God and He is also our 'best Friend'. We like to spend time with our friends. We visit our friends in their homes (church is God's home). We talk to our friends (when we talk to Jesus, we call this 'prayer'). We also listen to our friends (this is what we do in silent adoration / worship of Jesus in the Blessed Sacrament.)

We can tell Jesus silently in our thoughts that:

- We love and adore Him.
- We are sorry for any times we have not behaved as we should.
- We say 'thank You' to Jesus for all His love and goodness to us.
- We tell Jesus anything that makes us happy or sad.
- We pray for His help in all our needs e.g. Help with schoolwork or we pray for help for others maybe to help heal a sick person.
- Again, above all we silently love and adore Jesus and know that He loves us!

Adoration is silent

but

Here are some simple prayers for the children to learn:

- Kneel while praying, if possible.
- Prayer given to the children at Fatima
- 1. 'My God, I believe, I adore, I hope and I love you. I ask pardon of you for those who do not believe, do not adore, do not hope and do not love YOU.' *Repeat three times.*
- 2. 'O most Holy Trinity, I adore You! My God, my God, I love You in the most Blessed Sacrament!'
- 'Oh Sacrament most Holy, oh Sacrament Divine. All praise and thanksgiving be every moment thine!' *Repeat three times.*
- Amen

