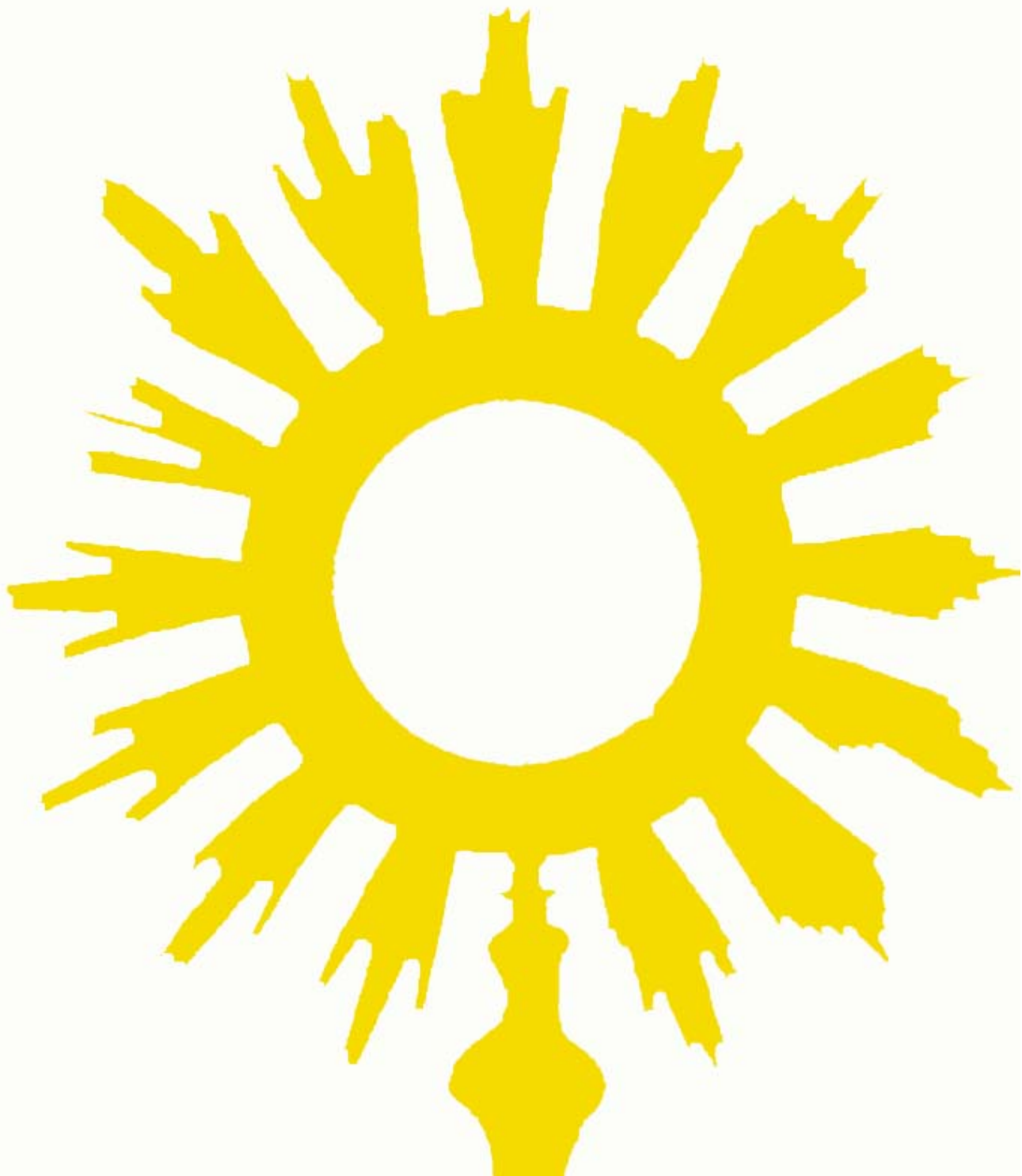


ADORATION

Eucharistic Adoration with Teenagers and Young Adults



What is Adoration?

Adoration of the Blessed Sacrament is a form of prayer that began centuries ago. The word adoration means “to pay honour 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.

“Adoration means entering the depths of our hearts in communion with the Lord, who makes himself bodily present in the Eucharist. In the monstrance, he always entrusts himself to us and asks us to be united with His presence with His risen body.” – Emeritus Pope Benedict XVI

Key Teachings:

Eucharist:

- The bread and wine are not merely symbols of Christ’s Flesh and Blood – they are truly and completely Jesus – Body, Blood, Soul and Divinity.
- The Eucharist is at the centre of the Catholic Church. The Eucharist is what it means to be Catholic. The Catechism reminds us that the Eucharist is “the source and summit” of our faith (CCC 1324).

Adoration and the Mass

- Adoration is a prayer that flows from the Mass; it does not take the place of Mass. Adoration should always increase our desire to receive Christ in the Eucharist at mass.
- “In the Eucharist, the Son of God comes to meet us and desires us to become one with us; Eucharistic Adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church’s supreme act of adoration” – Emeritus Pope Benedict XVI, *Sacramentum Caritatis* 66

How to run a night on Adoration:

A resource has been developed by the Youth and Young Adult ministries team from the Christchurch Diocese. It outlines what an hour of adoration could look like and what is involved in running a time of Adoration. <http://www.cyt.org.nz/?sid=934>

A great article on how to start adoration with teenagers. Covers the basic questions one might have and offers helpful tips in what to do. <http://www.catholictools.com/blog/2010/02/06/how-start-adoration-with-teens/>

Key things you may need:

- Priest or if not available a authorized Eucharistic minister to expose the Blessed Sacrament
- If a priest is available this is much more preferable as they are able to not only expose but also process the Blessed Sacrament and do benediction.
- Incense/Candles
- Music ministry team/appropriate toned music to play in the background
- Some prepared teaching or preparation for adoration

Eucharistic Miracles

A short story recalling one of the Eucharistic miracles in the Church could be used to illustrate the true presence of Jesus in the Eucharist. The resources below gives a short description of many of the famous

Eucharistic miracles:

<http://www.catholicdoors.com/misc/eucharisticmiracles.htm>

Child/Youth Friendly descriptions of Eucharistic Miracles:

<http://www.therealpresence.org/eucharst/mir/emc.htm>

Videos for Adoration

First I will

Uses close ups of people speaking about how they intend to live their lives. Draws emphasis to the act of worship and Adoration as being an important starting point. <http://vimeo.com/15825522>



Eucharistic Adoration - Reverse Momentum.

Uses reverse movements to show that what we may be putting our time into is taking us backwards and not forwards. Ends in chapel with exposed Eucharist and reflects the power of adoration.

<http://www.youtube.com/watch?v=oNEBJokFlm4>



Eucharistic Adoration at WYDRI02013. 'Lord I need You' - Matt Maher. A powerful video of adoration with young people and Pope Francis joined together to adore Jesus.

<http://www.youtube.com/watch?v=LZa6spYqHsA>



Noteworthy Experiences of Adoration:

An article written by Gungor, a Christian musician illustrating an experience he had of adoration. Many young people may also find the concept of adoration foreign, even if they have been exposed to Catholicism previously. <http://catholicconvo.com/heaven-crashes-into-earth/>

Prayers:

Benediction: - The Divine Praises. Both English and Maori versions of this prayer can be found at the below address, along with other common prayers.

<http://www.catholic.maori.nz/PrayersinCommonUse.htm>

Tantum Ero/Down in Adoration Falling: Composed by St. Thomas Aquinas and is used at Benediction. Available below both in Latin and in English.

Tantum ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedat ritui: Praestet fides supplementum Sensuum defectui.	Down in adoration falling, Lo! the sacred Host we hail, Lo! o'er ancient forms departing Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail.
Genitori, Genitoque Laus et jubilatio, Salus, honor, virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio. Amen.	To the everlasting Father, And the Son Who reigns on high With the Holy Spirit proceeding Forth from each eternally, Be salvation, honor blessing, Might and endless majesty. Amen

Matt Maher's version of this famous Hymn.

<http://www.youtube.com/watch?v=S8Sz0uFridc>

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 our teenagers 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.

Young Church Ministries

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