

## Eucharistic Devotion – A Formative Family Experience

(1 ½ - 2 hours)

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### Description:

Eucharist – the body, blood, soul and divinity of Jesus—is the source and summit of Catholic worship (*Lumen Gentium*, #11 and *Catechism of the Catholic Church* #1324). Lead parents and children to an experiential appreciation of Eucharistic adoration.

Plan a family event early in the year, ideally at the time of Thanksgiving. During the event model effective uses of time spent in adoration of the Blessed Sacrament and Eucharistic devotion.

Conclude the evening by encouraging families to “watch” for 15-30 minutes before the Blessed Sacrament at the Repository of Holy Thursday and during the parish Forty Hours’ celebration.

### Materials Needed

- Leader Scripts for

1. A guided experience of Exposition ([Appendix #.1](#) )
2. A guided experience of Adoration ([Appendix #.2](#) )
3. A guided experience of Reposition ([Appendix #.5](#) )

- Worksheets:

Rather than distributing separate handouts at each breakout session *combine the single-topic worksheets into a **Family take-home booklet***. Include the lyrics of hymns that you intend to use for the evening or, at least, indicate where the songs can be found in the parish missalette or parish song book. Include Eucharistic prayers like the *Divine Praises* (that conclude Exposition of the Blessed Sacrament).

1. A worksheet for “Wheat and Grapes.” ([Appendix #.3](#) )
2. A worksheet/copy of the particular Eucharistic Prayer that is used most often at the Sunday liturgy in the parish. ([Appendix #.4](#) )
3. A worksheet/guide for Family Adoration ([Appendix #.6](#) )

- Pens or pencils

### Suggested Format

1. Begin the evening in the Church (15 minutes).

A. Explain the logistics for the evening. Separate families (by alphabet) into three groups. **Group One** will remain in the Church for a guided experience of Adoration. **Group Two** will leave to work on a “Wheat and Bread” exercise. **Group Three** will leave to work a prayer-exercise with a Eucharistic Prayer from the Consecration of the Mass. Reserve 5 minutes to move and 15 minutes for the activity. Rotate in this fashion until all three groups have participated in each of the three activities. At the conclusion, all families reassemble in the Church.

- B. Provide a guided experience of Exposition ([Appendix #.1: Guided Exposition](#))

2. Begin three 15-minute periods of rotation.
  - A. Adoration (**Appendix #.2: Guided Adoration**)
  - B. Wheat and Grapes Exercise (**Appendix #.3: Wheat and Grapes**)
  - C. Eucharistic Prayer Exercise (**Appendix #.4: Eucharistic Prayer**)
3. Conclude with a guided experience of Reposition (**Appendix #.5: Guided Reposition**)
4. A Guide for Family Adoration (**Appendix #.6**) This segment includes the prayer exercise of the evening and suggestions for future private prayer – (a) guided explanation of ACTS prayer and (b) examples of Jesus-speaking meditations.
5. Summarize Benediction, Exposition, and Reposition of the Blessed Sacrament (**Appendix #.7**). Include in the Family Take-home Booklet a worksheet for the family to identify the objects that are associated with Exposition and Benediction of the Blessed Sacrament. List a “word bank” for the related vocabulary: *consecrated host, tabernacle, luna, monstrance, thurifer (incensor), thurifer-stand, charcoal, incense boat, incense, cope, humeral veil*. Assemble illustrations of each.

### **Appendix #.1 – Guided Experience of Exposition Leader Script**

Explain:

We believe that during Mass a priest consecrates bread and wine and changes it into the body and blood of Jesus. Consecrated hosts are kept in the tabernacle in case some one needs to receive the Sacrament of the Sick.

In a few moments Father (or the Celebrant) will take from the tabernacle a large consecrated host and put it into a special vessel called a monstrance so that we can see the Blessed Sacrament. We call this practice Exposition because we are exposing, or showing, Jesus in the consecrated host. Whenever we pray in front of the monstrance we call it Adoration.

Please stand and join in singing the hymn \_\_. Think about the words that you sing. Make them a prayer. (*Choose a Eucharistic hymn known to the people, one that moves the heart.*)

*When the celebrant goes to the tabernacle to collect the Luna say:*

Please kneel. The celebrant is going to open the tabernacle to remove the Blessed Sacrament. The host is in a protective case that we call a Luna. It will fit into the monstrance. (*In advance ask the celebrant to hold up the Luna when you make reference to it.*)

The celebrant is now incensing the Blessed Sacrament. Smoke is made by lighting pieces of charcoal in the thurifer. When the air circulates in the thurifer smoke emerges. The smoke and perfumed smell rise up to heaven. They represent that Jesus is King and that the thoughts of our hearts are rising up to praise Jesus.

Jesus will remain on the altar exposed to our view tonight. We will take turns sitting with him and speaking words of love.

Group One, please remain seated and silent. Groups two and three, quietly, very, very quietly, please stand. (Wait until the groups stand.)

*Say:* In your pew genuflect or make a profound bow of reverence to Jesus, our King. Repeat after me: “O Sacrament Most Holy . . . O Sacrament Divine. . . All praise and all thanksgiving . . . Be

every moment thine.” Now, to show reverence for Jesus, quietly leave the church and go to your sessions. Let your silence be a prayer.

### Appendix #.2 – Guided Adoration of the Blessed Sacrament Leader Script

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. (Appendix #.6 – Family Adoration). Parents, you can use this guide whenever you bring your children to visit the Blessed Sacrament.

### Appendix #.3 – Wheat and Grapes Exercise

In advance, prepare a single sheet handout. Depict (1) a cluster of grapes, each grape being the size of a nickel or a quarter and (2) a shaft(s) of wheat with large kernels, perhaps  $\frac{3}{4}$ -inch. OR depict a large loaf of bread and a chalice.

Directions: Distribute one handout per family or direct the family to the appropriate page in the *Family Take-Home Booklet*. Explain that one exercise for helping children to participate in Mass with attention, reverence and devotion is to consider the sufferings, sacrifices, hurts, disappointments, joys and accomplishments of the past week as the grapes that will become wine. Therefore, label each grape with something that you desire to offer to Jesus; to unite with Jesus’s sacrifice of himself.

Use the kernels of wheat to name the ways that you need Jesus to feed you in the week ahead or ways that you desire to feed others in Jesus’ name. (If the drawing is a chalice and loaf of bread adapt the explanation.) Then permit families to work on the naming project until the signal for change of class.

### Appendix #.4 – Eucharistic Prayer of the Mass Exercise

Explain that the Canon of the Mass (the Eucharistic Prayer) is the solemn prayer during which the bread and wine are consecrated and changed into the body and blood of Jesus. Besides Eucharistic Prayers 1- IV that appear in most missalettes, the priest may proclaim one of the Eucharistic Prayers for Masses of various needs and occasions or for Masses with Children. Perhaps, if parents and children connected with the prayer in personal ways, they would look forward to Mass and participate with reverence, attention and devotion.

Directions:

Provide a copy of a Eucharistic Prayer – either on a handout, as a page within the Family Take-Home Booklet, or within a missalette that the family can take home. If the parish uses a particular canon as a pattern, chose that one. My personal preference is Eucharistic Prayer IV.

Instruct the family to read the canon together and to underline any phrase that “pops out” as having meaning to them. For example, from Eucharistic Prayer IV these phrases pop out to me:

“You formed man in your own image,” “you did not abandon him,” “you came in mercy to the aid of all,” “time and again,” “in the fullness of time,” “and that we might live no longer for ourselves but for him.” Until the signal for change of class provide time for the family to discuss their choices with each other.

### Appendix #.5 – Guided Experience of Reposition of the Blessed Sacrament Leader Script

Leader:

Let us kneel and pray together an aspiration of adoration: “O Sacrament most holy, O Sacrament divine. All praise and all thanksgiving, be every moment thine.” (If possible, without detracting from the focus on the Monstrance, project the words onto a screen.)

With your eyes focused on Jesus in the Monstrance speak within your heart the ACTS Prayer. A = Adoration. Tell Jesus what you adore about him. (Pause 20 seconds.) C = Confession. Tell Jesus your sins and mistakes. (Pause 20 seconds.) T = Thanksgiving. Tell Jesus why you are thankful. What do you appreciate? (Pause 20 seconds.) S = Sowing good deeds. Tell Jesus what you will do for him and with him to spread his love in the world. (Pause 20 seconds.)

The celebrant, dressed in a cope, will come to kneel in adoration before the Sacred Host. This begins a prayer that we call Exposition. While we sing the celebrant will put incense from the incense boat on top of burning charcoal that was placed in the thurifer. The perfumed smoke that rises acknowledges that Jesus is the King of our hearts. Please sing \_\_\_\_ (an appropriate Eucharistic Hymn).

***(If possible, without detracting from the focus on the Monstrance, project the words onto a screen.)***

*Celebrant:* You have given them bread from heaven:

*People:* containing in itself all delight.

*Celebrant:* Lord, give to our hearts the light of faith and the fire of love, that we may worship in spirit and in truth our God and Lord, present in this sacrament, who lives and reigns for ever and ever.

*People:* Amen.

*Leader:* The celebrant will now lead us in praying the Divine Praises. Repeat each sentence after him.

The Divine Praises: Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be His Most Precious Blood. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the Name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

*Leader:* The celebrant will now put on the humeral veil and use it to hold the monstrance. With the monstrance the celebrant will bless us. Make the sign of the cross when you are blessed.

*Leader:* The celebrant will now remove from the monstrance the luna that contains the consecrated host. He will put it back in the tabernacle. We call this action Reposition.

*Leader:* Please stand and sing our concluding prayer, \_\_\_\_ (an appropriate Eucharistic hymn).

### Appendix #.6

#### Family Adoration

(Credit: Sister Marie O'Hagen, SSJ)

#### 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. A Reader will be the voice of Jesus. The Reader will pause to give you a chance to respond to 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.)*

#### A Litany of Praise to Jesus

Parents: Jesus, your heart is holy.

Children: Lord, make my heart holy.

Parents: Jesus, your heart is kind.

Children: Lord, make my heart kind.

Parents: Jesus, your heart is pure.

Children: Lord, make my heart pure.

Parents: Jesus, your heart is strong.

Children: Lord, make my heart strong.

Parents: Jesus, your heart is forgiving.

Children: Lord, make my heart forgiving.

Parents: Jesus, your heart is peaceful.

Children: Lord, make my heart peaceful.

**ALL:** Jesus, though I now leave your Eucharistic presence, I will carry your divine love to everyone I meet. Because you give so much love to me, help me not to be selfish. Bless me as I will try to share your love with my family, my classmates and friends, my neighbors and everyone. Help me to respect and love them, and to accept them as they are, not as I would like them to be. May your blessing, dear Jesus, help me to please you in everything I do. Thank you, Jesus, for this time with you. I will visit you again soon, because I know you are always here waiting for me.

Amen.

## Additional Suggestions for Private Prayer before the Blessed Sacrament

### ACTS of Love

A Visit with Jesus in the Most Blessed Sacrament

Sr. Patricia M. McCormack, IHM

A	ADORE	<p><b>Recognize &amp; Proclaim God's greatness:</b></p> <ul style="list-style-type: none"> <li>• regard with awe • praise • honor</li> <li>• worship • revere • admire</li> <li>• commend • value • esteem</li> <li>• glorify</li> </ul>	<p style="text-align: center;"><i>EXAMPLES</i></p> <ul style="list-style-type: none"> <li>• <i>I praise you for the landforms that take my breath away: mountains, valleys, hills, deserts, and canyons.</i></li> <li>• <i>I admire that you do not hold grudges.</i></li> <li>• <i>I am awed when I see the power of the ocean.</i></li> <li>• <i>I glorify you whenever . . .</i></li> <li>• <i>I am amazed that you . . .</i></li> <li>• <i>I think that you are <b>WONDERFUL</b> because...</i></li> </ul>
C	CONFESS	<p><b>Admit my sins, faults, and failings:</b></p> <ul style="list-style-type: none"> <li>• acknowledge • admit • disclose</li> <li>• divulge • own • reveal</li> <li>• express guilt / sorrow / shame</li> </ul>	<ul style="list-style-type: none"> <li>• <i>I admit that I am selfish with my time.</i></li> <li>• <i>I feel guilty about the way that I talked to my mother yesterday.</i></li> <li>• <i>I am ashamed that I did not stick up for Tara when the kids were making fun of her.</i></li> <li>• <i>I acknowledge that I . . .</i></li> <li>• <i>I confess that . . .</i></li> </ul>
T	THANK	<p><b>Express gratitude to God:</b></p> <ul style="list-style-type: none"> <li>• acknowledge kindness or favor</li> <li>• appreciate</li> <li>• be grateful</li> </ul>	<ul style="list-style-type: none"> <li>• <i>I thank you for the words of comfort that Pam spoke to me at the funeral of my friend.</i></li> <li>• <i>I appreciate the graces that you gave me in the middle of the family stress last night.</i></li> <li>• <i>I am grateful for the insight that you gave me today during the Gospel reading.</i></li> <li>• <i>Thank you for your patience with me.</i></li> <li>• <i>Thank you . . .</i></li> </ul>
S	SEEK	<p><b>Make known my needs to God:</b></p> <ul style="list-style-type: none"> <li>• ask • seek • search • beg • appeal</li> <li>• petition • invite • question</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Please help me know how to handle myself when the kids tease me.</i></li> <li>• <i>Will you please tell me if I am making the right decision about Eddie?</i></li> <li>• <i>I feel lonely. What should I do to have friends?</i></li> <li>• <i>My team wants to win tomorrow. I seek your blessing that we will play our best.</i></li> <li>• <i>Please give me the courage to do what is right when my peers pressure me.</i></li> </ul>

## Hello! Jesus Speaking

You do not have to be clever to please me; all you have to do is want to love me.  
Just speak to me as you would to anyone of whom you are very fond.

Are there any people you want to pray for?

Say their names to me and ask of me as much as you like for them.

I am generous, I know all their needs, but I want you to show your love for them and for me by trusting me to do what I know is best.

Tell me about the poor, the sick, and the sinners;

if you have lost the friendship or affection of anyone, tell me about that too.

Is there anything you want for your soul?

If you like, you can write out a long list of all your needs and come and read it to me.

Tell me of the things you feel guilty about.

I will forgive you if you will accept my forgiveness.

Tell me about your faults: pride, laziness, touchiness, self-centeredness, or meanness.

I love you in spite of these. Do not be ashamed; there are many saints in heaven who had the same faults as you. They prayed to me, and little by little their faults were corrected.

Do not hesitate to ask me for blessings for the body and mind; for health, memory, and success. I can give everything, and I always give whatever will help a soul to become holier – more like me.

What is it that you want today? Tell me, for I long to do good for you.

What are your plans? Tell me about them. Is there anyone you want to please?

What do you want to do for them?

Is there any gift that you want to give to me?

Do you want to do a little good to the souls of your friends who have forgotten me?

Tell me about your failures, and I will show you the cause of them.

What are your worries?

Who has caused you pain?

Tell me about it. Decide to forgive and to be kind to that person, and I will bless you.

Are you afraid of anything? Do unreasonable fears torment you?

Trust yourself to me. I am here. I see everything. I will not leave you.

Have you joys to tell me about? Share your happiness with me. Tell me what has happened since yesterday to cheer and comfort you. Whatever it was, no matter how big; no matter how small, I prepared it. Show me your gratitude and thank me.

Are temptations bearing heavily upon you? Yielding to temptations always disturbs the peace of your soul. Ask me, and I will help you overcome them.

Thank you for visiting. Go along now! Get on with your work or play or other interests.

Try to be quieter, humbler, more submissive, and kinder. Come back soon and bring me a more devoted heart. Tomorrow I shall have more blessings for you.

## Conversation with Jesus in the Blessed Sacrament

### *Jesus Speaks. Listen and Respond to Divine Probe*

Suggested by Sr. Pat McCormack, IHM

To please Me, my dear child, it is not necessary to know much; all that is required is to love Me much, to be deeply sorry for ever having offended Me and desirous of being ever faithful to Me in the future.

Speak to Me now as you would to your dearest friend. Tell Me all that now fills your mind and heart. Are there any you wish to commend to Me? Tell me their names, and tell Me what you wish Me to do for them. Do not fear; ask for much; I love generous hearts which, forgetting themselves, wish well to others.

Speak to Me of the poor you wish to comfort; tell Me of the sick that you wish to see relieved. Ask of Me something for those who have been unkind to you, or who have crossed you. Ask much for them all; commend them with all your heart to Me.

Ask me many graces for yourself. Are there not many you would wish to name, that would make you happier to yourself, more useful and pleasing to others, more worthy of the love of Me, the dearest Lord, Master and Spouse of your soul? Tell Me the whole list of the favors you want of Me. Tell Me them with humility, knowing how poor you are without them, how unable to gain them by yourself; ask for them with much love, that they may make you more pleasing to Me.

With all a child's simplicity, tell Me how self-seeking you are, how proud, vain, irritable, how cowardly in sacrifice, how lazy in work, uncertain in your good resolutions, and then ask Me to bless and crown your efforts. Poor child, fear not, blush not at the sight of so many failings; there are Saints in Heaven who had the faults you have; they came to Me lovingly, they prayed earnestly to Me, and my grace has made them good and holy in my sight.

You should be mine, body and soul: fear not, therefore, to ask of Me gifts of body and mind, health, judgment, memory, and success—ask for them for my sake; that God may be glorified in all things. I can grant everything, and never refuse to give what may make a soul dearer to Me and better able to fulfill the will of God.

Have you no plans for the future which occupy, perhaps distress, your mind? Tell Me your hopes, your fears. Is it about your future state? your position among my creatures? some good you wish to bring to others? In what shall I help and bless your good will?

And for Me you must have—have you not?—some zeal, some wish to do good to the souls of others. Some, perhaps, who love and care for you, have ceased, almost, to know or care for Me. Shall I give you strength, wisdom and tact, to bring these poor ones close to my Heart again? Have you failed in the past? tell Me how you acted; I will show you why you did not gain all you expected; rely on Me, I will help you, and will guide you to lead others to Me.

And what crosses have you, my dear child? Have they been many and heavy ones? Has some one caused you pain? someone wounded your self-love? slighted you? injured you? Lay your head upon my breast, and tell Me how you suffered. Have you felt that some have been ungrateful to you, and unfeeling towards you? Tell Me all, and in the warmth of my Heart you will find strength to forgive and even to forget that they have ever wished to pain you.

And what fears have you, my child? My providence shall comfort you; my love sustain you. I am never away from you, never can abandon you. Are some growing cold in the interest and love they had for you? Pray to Me for them; I will restore them to you if it be better for you and your sanctification.

Have you not some happiness to make known to Me? What has happened, since you came to Me last, to console you, to gladden and give you joy? What was it? a mark of true friendship you received? a success unexpected and almost un-hoped for? a fear suddenly taken away from you? and did you remember the while, that in all it was my will, my love, that brought all that your heart has been so glad to have? It was my hand, my dear child, that guided and prepared all for you. Look to Me now, my child, and say, "Dear Jesus, I thank you."

You will soon leave Me now; what promises can you make Me? Let them be sincere ones, humble ones, full of love and desire to please Me. Tell Me how carefully you will avoid every occasion of sin, drive from you all that leads to harm, and shun the world—the great deceiver of souls.

Promise Me to be kind to the poor; loving for my sake, to friends: forgiving to your enemies, and charitable to all, not in word alone and actions, but in your very thoughts. When you have little love for your neighbor, whom you see, you are forgetting Me who am hidden from you.

Love all my saints; seek the help of your holy patrons. I love to glorify them by giving you much through them. Love, above all, my own sweet glorious Mother—she is your mother; O love her, speak to her often, and she will bring you to Me, and for her sake I will love and bless you more each day.

Return soon to Me again, but come with your heart empty of the world, for I have many more favors to give, more than you can know of; bring your heart so that I may fill it with many gifts of my love.

My peace be with you.



Appendix #7)

Benediction, Exposition, and Reposition of the Blessed Sacrament

Directions:

Create a worksheet for the family to identify the objects that are associated with Exposition and Benediction of the Blessed Sacrament. List a “word bank” for the related vocabulary: *consecrated host, tabernacle, luna, monstrance, thurifer (incensor), thurifer-stand, charcoal, incense boat, incense, cope, humeral veil*. Assemble illustrations of each.