

Intro to Adoration & the True Presence Lesson Plan

[The Truth About The Eucharist \(video - 6:22\) - Fr. Mike Schmitz](#)

[What Do We Do In Adoration \(video - 5:19\) - Fr. Josh Johnson](#)

[Scientific Evidence of Eucharistic Miracles \(video - 9:58\) - The Joy of the Faith](#)

I'm not suggesting that all three videos be played, but these can be viewed by the catechists for them to decide, and possibly share what the first two videos are saying, in their own words.

- Give students "Handout A" (What Do You Know? Eucharist) to discuss aloud and see if anyone knows the answers at the beginning of class, or have them fill it out on their own. Can use it again at the end of class to help ensure the material was retained.
[Answers: 1) b; 2) body, blood; 3) a; 4) a; 5) b; 6) one; 7) a; 8) b; 9) d]

*Pulled from "Eucharistic Adoration" EDGE Night...

The Catechism of the Catholic Church teaches:

The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption and sanctification. Eucharist means first of all "thanksgiving" (CCC 1360).

As Catholics, we are blessed to be able to receive the true presence of Jesus Christ in the Eucharist each time we go to Mass. The sacrifice of the Mass is one of true thanksgiving. We also have the opportunity to offer our homage and thanksgiving to the real presence of Christ in Adoration before the Blessed Sacrament.

Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of Adoration. "To visit the Blessed Sacrament is... a proof of gratitude, an expression of love, and a duty of Adoration toward Christ our Lord (CCC 1418).

Adoration is a distinct form of prayer separate from prayers of petition, confession or intercession. It is a form of prayer that allows us to take time in reverent silence before our Lord. The word is derived from the Greek word "adorare," which means, "to do homage" or "to worship." It is perhaps the highest type of worship we can offer our Lord. Through time spent in Adoration we are able to develop a more intimate relationship with Christ, by allowing Him to speak to our hearts and by thanking Him for not only our lives, but for giving His life for our sake.

[...] In his Eucharistic presence he remains mysteriously in our midst as the one who loved us and gave himself up for us, and he remains under signs that express and communicate this love: The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go meet him in Adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our Adoration never cease (CCC 1380).

The Real Presence. We all know the story: On Holy Thursday Jesus celebrated the Last Supper with his disciples, he told them to eat his body and drink his blood and today we continue in this tradition each time we participate in Holy Communion. However, knowing the story doesn't make it any easier to believe that a piece of bread actually becomes the true Body of Christ. The mystery of the Eucharist is something we may never fully understand, but Pope Benedict IV tries to help us. He says:

No, we cannot see him, but there are many things that we do not see but they exist and are essential. For example: we do not see our reason, yet we have reason. We do not see our intelligence and we have it. In a word: we do not see our soul and yet it exists and we see its effects, because we can speak, think and make decisions, etc. Nor do we see an electric current, for example, yet we see that it exists; we see this microphone, that it is working, and we see lights. Therefore, we do not see the very deepest things, those that really sustain life and the world, but we can see and feel their effects. This is also true for electricity; we do not see the electric current but we see the light.

The Eucharist is the source and summit of our Christian life. Everything we teach and believe and do as Christians comes from the Eucharist. It is central to our Church and should be central to our lives. At Mass the priest calls upon the Holy Spirit to come down to transform the bread and wine into the real presence of the Body and Blood of Jesus Christ. The same Body and Blood we receive at Mass is the same Body and Blood we adore in Eucharist Adoration. In Eucharistic Adoration, the Blessed Sacrament, or the host, is placed in a sacred vessel known as a monstrance. The monstrance is placed on the altar for us to adore. Besides going to Mass and receiving Jesus in the Eucharist, this time of prayer we spend in Adoration is one of the most special and powerful things we can do. When we look at Jesus in the Blessed Sacrament, we remember that He gave His life for us on the cross. We remember His body and blood that was shed in the Eucharist. We give Him thanks for who He is and for all He has done. The Eucharist is to the Church what the heart is to the body. The Eucharist keeps the Church alive. It is the true presence of Jesus Christ. In times of Eucharistic Adoration, this true presence is exposed to us and we are given the opportunity to spend time in reflective silence, giving worship and thanks to our Lord.

What the Bible says:

- Have volunteers read the following verses (can have them look the verses up themselves).

(Revelation 4:8-11) The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming: "Holy, holy, holy is the Lord God almighty, who was, and who is, and who is to come." Whenever the living creatures give glory and honor and thanks to the one who sits on the throne, who lives forever and ever, before the throne, exclaiming: "Worthy are you, Lord our God, to receive glory and honor and power, for you created all things; because of your will they came to be and were created."

(Psalm 95: 1-7) Come, let us sing joyfully to the Lord; cry out to the rock of our salvation. Let us greet him with a song of praise, joyfully sing out our psalms. For the Lord is the great God, the king over all gods, whose hand holds the depths of the earth; who owns the tops of the mountains. The sea and dry land belong to God, who made them, formed by hand. Enter, let us bow down in worship; let us kneel before the Lord who made us.

(Revelation 5:9-14) They sang a new hymn: "Worthy are you to receive the scroll and to break open its seals, for you were slain and with your blood you purchase for God those from every tribe and tongue, people and nation. You made them a kingdom and priests for our God, and they will reign on earth. I looked again and heard the voices of many angels who surrounded the throne and the living creatures and the elders. They were countless in number, and they cried out in a loud voice: "Worthy is the Lamb that was slain to receive power and riches, wisdom and strength, honor and glory and blessing."

(Psalm 100:1-5) Shout joyfully to the Lord, all you lands; worship the Lord with cries of gladness; come before him with joyful song. Know that the Lord is God, our maker to whom we belong, whose people we are, God's well-tended flock. Enter the temple gates with praise, its courts with thanksgiving. Give thanks to God, bless his name; good indeed is the Lord, whose love endures forever, whose faithfulness lasts through every age.

(Hebrews 12:26-29) *His voice shook the earth at that time, but now he has promised, "I will once more shake not only earth but heaven." That phrase, "once more," points to the removal of shaken, created things, so that what is unshaken may remain. Therefore, we who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe. For our God is a consuming fire.*

(Revelation 7:11-12) *All the angels stood around the throne and around the elders and the four living creatures. They prostrated themselves before the throne, worshiped God, and exclaimed: "Amen. Blessing and glory, wisdom and thanksgiving, honor, power, and might be to our God forever and ever. Amen."*

*Pulled from "Behold" LIFETEEN Night...

GOD IS: The idea of focusing on God and praising God because He is worthy of praise may seem unclear. However, it is a simple concept that has meaningful significance. The Catechism describes adoration of God as "the first attitude of man acknowledging that he is a creature before His Creator." Adoration is primarily a recognition of the reality that God is — that He is Father God and we are His children; that He is great, He is mighty, He is in control, and He cares for us. (CCC 2628, 2096-2097)

Adoration of God is simple. It praises God for His own sake and gives Him glory not for what He does, but simply because He is. Saying, singing, and believing the words "God is" is adoration of God. We don't need to sing songs with more lyrics than that. However, lyrical songs remind us of our human experience and can help us connect to the reality that "God is." (CCC 2639, 2649)

Recognizing the reality of God can inspire us to praise Him; to lift up our hands, voices, and use our entire being to give Him glory for all His goodness. This recognition may not always inspire us, but continuing to adore God for who He is nonetheless demonstrates an unwavering faith that is not dependent on human emotions, but founded on belief in the almighty God.

Share a personal story about a time when a desire to praise flowed from an experience of praise and worship in which you simply acknowledged that "God is." Contrast with another story about a time when it was more difficult to praise God but you chose to focus on God and not yourself.

BEHOLD THE ONE BEHOLDING YOU: A grown son's father was dying of cancer. Though his mind remained alert and lively, the father had become frail and dependent on the son to do everything for him. The son would put his father to bed and read him to sleep. The father would lie there staring at his son, smiling. The son was exhausted from the day's care and work and would plead with his dad, "Look, here's the idea. I read to you, you fall asleep." The father would shyly apologize and dutifully close his eyes. But this wouldn't last long. Soon enough, the father would pop one eye open and smile at his son. The son would catch him and whine, "Oh, come on!" The father would again oblige. But then, an eye would once again open so he could catch a glimpse of his son. This would go on and on. After his father's death, the son knew that his father just couldn't take his eyes off him. Tattoos on the Heart, Fr. Gregory Boyle

God adores us. To adore God, sometimes we simply need to behold the one beholding us. We can adore God in our daily prayers; at home in our room, in the car, in a chapel. However, we are given a unique opportunity to adore God, Body, Blood, Soul, and Divinity in Eucharistic Adoration. (CCC 1378)

In Eucharistic Adoration, God gazes upon us and we are called to return His gaze, to rest in the reality that He is God and He is here.

THAT'S GOD? Some of you may be wondering, "How can this be? The Eucharist looks like a wafer. The Eucharist doesn't look like Jesus. How is the Eucharist the Body, Blood, Soul, and Divinity of Jesus? Why would God make Himself present in a wafer?"

Why? Because He loves us and wants to be with us. He wants to dwell within us and nourish us, and He does this by allowing us to consume Him.

How? Because He is God and all powerful. He calmed the storms at sea, healed the masses, raised Lazarus from the dead, and rose from the dead Himself. (Matthew 8:23-27, John 11:1-44, Mark 16)

Jesus called Himself "the living bread" after multiplying loaves of bread and feeding a crowd of 5,000 people. (John 6:1-13)

Read John 6:51

Jesus told us that He will give His body for us to eat and we will be nourished eternally by Him. The crowds who were listening were confused. They disputed amongst themselves asking, "How can this man give us His flesh to eat?" Jesus was given an opportunity to clarify. He could have used this opportunity to say, "Oh no! It's chill. I am speaking symbolically. I don't really want you to eat my flesh." But He didn't. He reinforced what He said, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood you have no life within you." (John 6:53)

Read Luke 22:14-20

Before offering His life for the life of the world at the Last Supper, Jesus, taking bread, said, "Take this all of you and eat it, for this is my body which will be given up for you." Then, taking wine, He said, "Take this all of you and drink from it, for this is the chalice of my blood." (Luke 22:14-20)

Again, the bread became His body and the wine became His blood. We are to eat and receive Jesus within us. The next day, Jesus offered His life, His body and blood, as the final sacrifice for the redemption of the world. We remember this sacrifice at Mass and are faithful to His commandment to consume His flesh and blood and receive His Eucharistic presence within us. (CCC 1330)

The practice of Eucharistic Adoration flows from the belief in the true presence of Jesus in the Eucharist. In Eucharistic Adoration, God is with us, Body, Blood, Soul, and Divinity. We can acknowledge that He is God and rest in His true presence.

Share a personal story about a time when you experienced the true presence of Jesus in Eucharistic Adoration.

The day after Jesus fed 5,000 people, the crowds were looking for Him. Imagine that — thousands of people excitedly looking for Jesus and not being able to find Him! Oh, the anticipation! Oh, the sweat, dust, and commotion! Yesterday, the crowds were hungry but they ate the loaves and were full. What else could they get from Jesus? Money? Clothes? Friends? Success?

When they finally found Jesus, Jesus addressed their misguided intentions.

Read John 6:26

Jesus was offering so much more than they realized. What they wanted would perish. It would not last. What Jesus wanted to give would satisfy and last forever. Jesus offers His very life within us. It is true bread from heaven, the bread that gives life to the world. It is knowledge that God is. (John 6:25-27)

GAME: Select two pairs of volunteers: two teens who are close friends and two who know very little about each other. Have each pair sit in chairs that are positioned back to back. Have the youth take off their shoes, keeping one of their own and giving the other to their partner. Each volunteer should hold a shoe in each of their hands. Explain that you will be asking a series of questions, and they, individually, have to determine whether the answer to the questions is their partner or themselves. They answer the question by raising up the corresponding shoe. As an example round ask, "Which of you two is taller?"

Scoring - If both members in the pair chose the same answer (by raising the same shoe) and it is the correct answer, the team wins two points. If the members chose the same answer (by raising the same shoe) and it is the wrong answer, the team wins one point. If the pair chooses different answers (by raising different shoes), the team wins zero points. The team that earned the most points after 10 rounds wins.

Sample Questions (feel free to come up with your own):

- Which of you two is taller?
- Which of you two went to bed earlier last night?
- Whose phone has a more charged battery?
- Who has more cousins on their mother's side?
- Who lives closer to the church?
- Who ate last?
- Who was the last person to do a set of set-ups?
- Who was the last person to start a load of laundry?
- Who listened to music last?
- Who woke up earlier this morning?
- Who ate fast food last?

CONNECTION: Adoration is a time to get to know Jesus. You may or may not know a lot about him, but do you share with him everything that's on your heart? Listen to him? He wants to be with you. He is waiting for us to come to him and pray with him, present in the tabernacle or the monstrance.

**If they can't go into the adoration chapel as a class, challenge them to try this on their own or with a friend or parent within the next week.

- Spend some quiet time as they complete "Handout B" (What I'm Thankful For) and/or writing a personal letter to Jesus.

Whenever you are in a time of Eucharistic Adoration, acknowledge that God is, behold the one who is beholding you, allow your praise to be focused on Him. Surrender your needs and desires to Him, offer them to Him and then let them go. Let no barriers stand in the way of His gaze. Lord, we want you, we want your presence, we want your life within us. May our prayers follow those of the crowd. "Lord, give us this bread always." (John 6:33)

Discussion Questions:

1. The Catholic Church is the only religion to believe in the real presence of Jesus Christ in the Eucharist. Why do you think people find it so hard to believe?
2. What are some other words for "Adoration" or "adore?"
3. Why is it important that we take time to adore God?
4. Have you ever experienced Eucharistic Adoration before? What was the experience like for you?
5. If you had to explain to someone who was not religious what the Eucharist and Eucharistic Adoration is, what would you say?
6. How do you think spending more time in Eucharistic Adoration can help people grow closer to Jesus?
7. How do you think your life would change if you spent more time in Adoration?

**Could then start talking about Eucharistic Miracles and play video.

"Basic Questions & Answers" - USCCB Handout