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My First
little
**Eucharistic
Adoration
Booklet**



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A Special Time

Think of someone you love very much. Spending time with them is the best time ever, isn't it? Just being in the presence of people you love can make you—and them—happy.

It's the same with Jesus. Jesus loves you. Spending time with him can fill you with joy and peace. It makes Jesus happy too.

You can always spend time with Jesus in prayer, but there's an extra-special way to be in Jesus' presence. It's called Eucharistic Adoration. Those are long words, but they mean Jesus' real presence with us.



See the word *Eucharist*? This word has many important meanings, but right now we are talking about the sacrament of Jesus' Body and Blood that we receive at Mass. By the power of the Holy Spirit, bread and wine become the Body and Blood of Jesus Christ. When we receive Jesus in the Eucharist, we may see only a Communion host, but Jesus is truly there. He is present with us.

Maybe a story can make this a little easier to understand.

The Stranger's Surprise

Two friends were walking along the road. They had never been so sad or confused in their whole lives.

Suddenly a stranger appeared. He asked them what they were talking about.

"Are you the only person who doesn't know what's happened?" they asked. They explained how their friend and teacher, Jesus, had died on a cross a few days ago. Now some

of his other followers were saying Jesus might be alive. It was all so confusing.

The stranger listened. As they walked on, he explained the Scriptures to them. When they got to where they were going, they invited the stranger to share a meal. At the table, the stranger took some bread, said a blessing, broke the bread, and gave it to them. Suddenly, their eyes were opened. The stranger was Jesus, risen from the dead! All this time, they had been in Jesus' presence, and they didn't even know it! (FROM LUKE 24:13-32)

🌀 The Eucharist 🌀

IS MORE THAN WHAT WE SEE

There are lots of words inside the word Eucharist that we can't see right away. But look again. Move around some letters and you'll see words, like CHRIST and EAT. What other words can you spot? There are at least ten more.

E U C H A R I S T

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

It's Jesus! It Really Is!

Like the two friends in the story, we can be in the real presence of the risen Jesus, but God keeps our eyes from fully seeing him. This happens at every Mass. Watch for the moments when the priest takes the bread, says a blessing, breaks it, and shares it. Through these actions and the power of the Holy Spirit, the bread and wine truly become the Body and Blood of Jesus. It is a powerful and holy moment. That's why we kneel during this time!

When we receive Jesus in the Eucharist, Jesus is with us completely. This is not just a little part of Jesus. He is not divided up among all the Communion hosts everyone receives. All who receive the Eucharist receive all of Jesus—his full body, blood, soul, and divinity. (This is a mystery of God that we can't fully understand, but we can still be amazed by it!)

“Do This in Memory of Me”

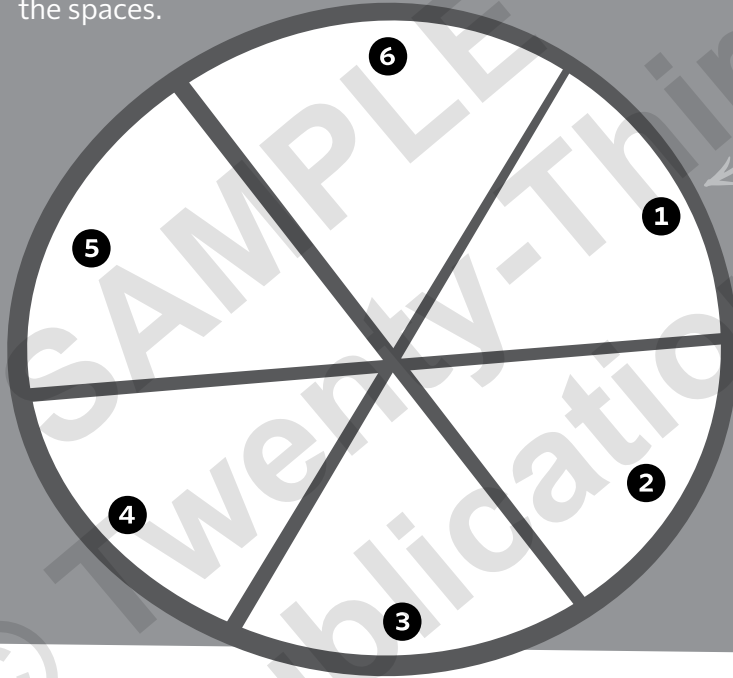
The Eucharist may be a great mystery, but there are some things we do know. We know that at the Last Supper, Jesus shared a meal with his disciples the night before he suffered and died on the Cross. Jesus took bread, broke it, gave it to his disciples and said, “This is my body, which will be given for you; do this in memory of me” (Luke 22:19).

Jesus gave his body for all people, not just the disciples. That includes you! This is why, at every Mass, we follow Jesus' command to “do this in memory of me.”

Jesus also says, “I am the living bread that came down from heaven; whoever eats this bread will live forever” (John 6:51). That means you too! Wow! Thank you, Jesus!

BREAD becomes ...

Follow the clues to change the letters of the word **BREAD** into the name of someone you love! Work your way around the circle, writing each new word you form in the spaces.



- 1 Take **one letter** away from BREAD to form a word that means how we see and understand words and books.
- 2 Replace **the last two letters** to make another word for "relax."
- 3 Replace **one letter** to make a bird's home.
- 4 Add **one letter** to the end to make many birds' homes.
- 5 Replace **the first letter** to make another word for jokes.
- 6 Replace the **T with a U**. Whose name is it? Write it and say it with love!

"I am the
bread of life."

JOHN 6:48

**GOD'S
WORD**
to Grow On

Let's Go Be with Jesus!

You've learned about Jesus' presence in the Eucharist. But what if you're unable to receive Holy Communion? Or what if you just want to spend time with Jesus in the Eucharist, but there isn't a Mass going on at your church?

You can still come into Jesus' real presence. All you have to do is go to any Catholic church. Because at almost every moment of every day, Jesus is there in a very important way.

Here's how. At Mass, after everyone has received Holy Communion, the Eucharistic hosts that are not received are saved. We call this the **Blessed Sacrament**. This is a reminder that the Eucharist doesn't stop being Jesus just because Mass is over!

We want to care for the Blessed Sacrament—after all, this is Jesus! So, the Blessed Sacrament is kept in a beautiful container called the **tabernacle**. The tabernacle is usually near the altar or in a separate chapel. You can tell that Christ in the Eucharist is present in the tabernacle because there is always a lit candle near it. Even if it's nighttime and the church is dark, the candle shows the way to Jesus.



**LOOK FOR THE
TABERNACLE**
in your church.

Draw it in the space. Later on, you can look at the tabernacle you drew and let it remind you of Jesus' presence in your life.



**...the glory of the LORD filled
the tabernacle.** EXODUS 40:34