

Family Adoration

SEEKING THE
SACRED

BEFORE



On your way to Adoration, explain that you are going to visit Jesus, that He is there on the altar for us to talk to and spend time with, just like a best friend. Tell them Jesus loves them and we can show our love for Him by being quiet & respectful in Church, giving Him our time. Then, let go of the expectation that they will be little angels during this time! They won't be, and that's okay!

DURING



As you enter Church, remind your kids to genuflect towards Jesus to show they recognize He is there and that they love Him. Let them know they should have a quiet voice and can sit or kneel down in a pew, or at the foot of the Altar to talk to Him. Your kids don't have to be perfect during this time! If they are little and fidgety, that's okay! They can talk to Jesus in their head, draw what they see in Church, or color and read from a children's book provided.

AFTER



Only stay as long as you think your kids can be relatively attentive, for very little ones it might only be 5-minutes, for older kids, maybe 20-minutes. You are building spiritual habits, so try to keep the experience positive by not making it longer than they can handle. When you leave remind them to say goodbye to Jesus by genuflecting in front of the altar.



Q & A

FAMILY ADORATION

WHAT IS THE PURPOSE OF ADORATION?

Adoration is simply to show our love for Jesus, to adore Him in the Eucharist and allow Him to love us.

HOW IS FAMILY ADORATION DIFFERENT?

Family Adoration hour is to welcome children and families without the worry of disrupting others, while helping your children learn to adore Jesus in the Eucharist.

DO I HAVE TO STAY THE WHOLE TIME?

No...you may stay at Adoration for as little or as much time as you'd like or as long as your children can tolerate.

WHAT SPECIFIC THINGS SHOULD CHILDREN KNOW?

They should know that Jesus is truly present in the monstrance and that He loves them and they can love Him by spending time with Him.

IS THERE AN AGE LIMIT?

No, Jesus said, "Let the children come!" The smaller your children are when they learn to adore our Lord, the easier it will be for them to spend time with Jesus as they get older.

HOW WILL I KEEP MY CHILD QUIET

Your child may not be quiet and may not sit still - this is okay. Adjust your expectations and be patient.

WHAT IF MY CHILD CAN'T BE QUIET?

Whisper to them, remind them to speak to the Lord, point out the beauty around them, read them a religious picture book provided. Don't ignore them because their behavior might escalate. If they are truly disruptive, take your child outside for a minute to regroup.

WHAT CAN I BRING?

Spiritual books, picture books about Jesus, and religious coloring materials will be provided. Have them choose a Rosary from the basket when they arrive to take home and keep their hands busy.



Q & A

FAMILY ADORATION

HOW CAN I HELP MY CHILD LEARN TO BE STILL? HOW CAN WE PRACTICE AT HOME?

Practice praying with stillness at home, during grace, at night, before leaving the house. Help create a sense of awe and mystery by using quiet voices. It will take time & practice for them to get better at this.

WHAT IS THE CORRECT POSTURE?

Genuflection is appropriate when entering and leaving Adoration or a deep bow for those who can't genuflect. During Adoration many postures are appropriate, such as kneeling and sitting (we will have rugs at the foot of the Altar for families & children, if the pew is too restricting.)

HOW ARE WE SUPPOSED TO FEEL? WHAT IF WE DON'T FEEL GOD'S PRESENCE?

You won't always feel something special. That is okay. You don't have to exert yourself to feel a certain way, just be as present to God as you can. We should treat our time with Jesus as our gift to Him without expecting anything in return.

WHAT SHOULD I DO IF I DON'T LIKE THE SILENCE OR MY MIND WANDERS?

Practice! Silence, stillness and mindfulness are crucial habits for spiritual life. Practice at home, in your car, etc. Use simple words like "Jesus I love you," to recollect your thoughts when they wander. Then, rest in silence.

HOW DO I HELP MY CHILD AND GET MY OWN QUIET TIME?

You may need to adjust your expectations. You will have many opportunities to adore; if some of these times don't go the way you think they should, accept this and know Jesus was glad you came. Think about "listening to God together". Knowing that togetherness in love for God may be as important as your own adoring God time, trust that He will help you benefit from this time.
