

FAITH AT HOME

A Parent Companion



PRAYER AND ADORATION



Lesson Overview:

This week provided an opportunity to adore Jesus in the Eucharist. We first discussed that prayer is having a conversation with God. Adoration of the Blessed Sacrament is a time when the Eucharist host is placed in a gold monstrance, where the Body of Jesus can be seen and revered. We spent time in front of the Blessed Sacrament, saying prayers, praying the rosary, and singing songs.



David Bearing the Ark of Testament into Jerusalem
by Domenico Gargiulo
Source: Wikimedia Commons

Review with your child:

1. Ask your child how he felt while in Adoration?
2. Is the Real Presence of Jesus in the Eucharist? **Yes.**
3. What is the golden throne, which often looks like a starburst, that allows us to gaze upon Jesus in the Blessed Sacrament? **Monstrance.**

SAINTS AMONG US

Eucharist



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FAITH IN ACTION

Does your parish have an adoration chapel? If so, make a visit as a family to prepare for First Communion of your child. If your parish does not have perpetual adoration, it may have certain times of adoration during the week. Otherwise, you can sit in front of tabernacle and pray together as a family.

AT HOME

1. Pray the Our Father and Anima Christi as a family.
2. Spend time with in prayer as a family asking Jesus to help prepare him or her to receive Him during First Communion.

PRAYERS

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, cover me.

Water from Christ's side, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Suffer me not to be separated from You.

From the malicious enemy defend me.

In the hour of my death call me.

And bid me come unto You

That I may praise You with Your saints

and with Your angels

Forever and ever.

Amen.



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