

*THE TEEN GUIDE TO
EUCCHARISTIC ADORATION
IN THE ST. LOUIS CHAPEL
(Especially for beginners)*

Provided by St. Louis CYM

Eucharistic Adoration is offered every Sunday from 7:30am to 10:00pm
(Except during special circumstances such as inclement weather or parish-wide events.)
Contact Luisa at CYM with any questions about Adoration: 410-531-6668 or lpalting@stlouisparish.org

2019

I AM HERE.

Welcome to Eucharistic Adoration in the St. Louis Chapel!

Here is a guide with some ideas to make the most of this time with Jesus.

- 1) When you enter the chapel, genuflect facing the altar. You are showing reverence to Christ, who is present here. (Remember, even if there is nothing on the altar, when you see the red candle lit, Jesus is physically present in the tabernacle.)
- 2) Find a spot to pray. You may want some personal space and let others have theirs. Feel free to move around the chapel to get another perspective. Some people kneel or bow in the aisles. Your spot and posture are up to you, as long as you respect Jesus' presence and those around you who are praying. (*Note: do not go on the altar itself nor upstairs in the chapel*)

"The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth," - Saint Mother Teresa of Calcutta

FAQs ABOUT EUCHARISTIC ADORATION

WHAT DO I DO? (Top 10 suggestions)

- 1) You may just sit and gaze at the monstrance and rest. [Or try meditation on p5]
- 2) You may look around you and pray with...Mary....Joseph ...Stations of the Cross...feel free to sit or stand closer to any of these objects to get a better look.
- 3) Read a passage in the Bible and reflect on it.
- 4) Try praying the rosary. There are rosaries to borrow by the door and a guide in this packet.
- 5) You may want to drop some change in the slot and light a candle in front of Mary for a special intention.
- 6) If you brought your headphones, you may listen to quiet Christian/meditation music.
- 7) Hard to sit still? Stand up, move around, check out the literature by the front door, then come back to pray...
- 8) Pray in your own words or recite a rote (learned) prayer like the Hail Mary, Glory Be, etc.
- 9) Try journaling
- 10) Simply be quiet, and listen.

"If I spend an hour in Eucharistic Adoration and spend 55 minutes trying to quiet my mind, and 5 minutes truly connecting with the Lord God, it is an hour well spent." (a wise Friar)

WHAT NOT TO DO:

- Chew gum, eat or drink in the Chapel
- Talk above a whisper
- Distract others who are trying to pray

WHY DO WE DO IT?

Our Catechism of the Catholic Church states:

Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us⁹⁹ and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory,"¹⁰⁰ respectful silence in the presence of the "ever greater" God.

Adoration helps to strengthen the spiritual gifts of Reverence (Piety) and Wonder and Awe (Fear of the Lord): the understanding that God is God, and I am not.

WHAT IF IT'S HARD TO BELIEVE?

PRAY: "LORD, I BELIEVE, HELP MY UNBELIEF." (Mk 9:24). As Catholics, we believe the consecrated host is *actually* the body, blood, soul and divinity of Jesus. No, it does not seem logical. Yes, it is a leap of faith.

Faith is the realization of things hoped for and evidence of things unseen. (Hebrews 1:1)
Disbelief is normal. Doubt is normal. Doubt is a part of faith. Sit with this doubt for a while and talk to Jesus about it.

WHY COME HERE? ISN'T JESUS EVERYWHERE?

Yes, Jesus is everywhere in Spirit. As Catholics, we believe that in the Eucharist, Jesus is present not just in Spirit, but is actually physically present.

Think of someone you love who is not actually here in the Chapel with you right now – you might have their presence with you in your memory, in a picture, in your heart, in your genes, but unless they are sitting with you in this Chapel, they are not bodily present. When you come to Eucharistic Adoration, you are able to be in the physical presence of Jesus. (Note: the same is true at Mass!)

The Catechism of the Catholic Church states:

In the most blessed sacrament of the Eucharist "the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained.*"²⁰² "This presence is called 'real' - by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, it is a *substantial* presence by which Christ, God and man, makes himself wholly and entirely present.

WHAT'S HERE?

On the altar, you will see a monstrance holding the Eucharist:

"Monstrance" – this is the big gold sun frame that holds the consecrated host. It symbolizes kingship, sacredness and the importance of what is being held within it.

"Consecrated host" or "Eucharist" or "Blessed Sacrament" – this looks like the circular white bread inside the monstrance but because it has been consecrated, it is Jesus himself. When a priest prays the Eucharistic Prayer over the bread, we have faith that a miracle occurs and Jesus' real presence enters into it. This is called "transubstantiation" – a big word that basically means actually becoming the substance itself.

Breathe - A Guided Meditation

Sometimes it's hard to believe God is really near me.

Take a moment and think of the times you felt God was nowhere near.

Emptiness, darkness, loneliness...

Now breathe in...

Now breathe out...

Know this: God Himself created you. He does not make mistakes. He knit you in your mother's womb. Before you were born, he knew you. He will never abandon you.

He created the moon, the stars, the sky, the mountains, trees, ladybugs, grass, the wood that built this chapel, the hands that built this chapel. The same God that created the Grand Canyon created you. You are miraculous and unrepeatable.

When you say, "I feel far from God..." Take a breath.

Notice your breathing.

Breathe in.

When you breathe in, God is breathing His life and His love into you.

Breathe out.

When you breathe out, you are breathing His life and love into the world.

Repeat.

In between each breathing in and breathing out, God kisses you. He knows you by name. He knows every hair on your head. He loves you.

You are alive. Your breathing is evidence of the God who created you.

When you feel God is far from you, remember He is only a breath away.

(Taken from a personal testimony by a CYM youth)

Look Around

The reason you are here is for Jesus in the Holy Eucharist. He sits on the altar now. Look at him. Yes, it looks like a circle of bread. But we trust that He is truly here. "Lord, I believe. Help my unbelief." Just look. Look. Notice the cross imprinted on the surface. Meditate on Jesus in all his humanity. Notice the gleaming crown encircling the Eucharist. Meditate on Jesus in his divinity. Look at the Eucharist and think about these phrases. Jesus, true God and true man. Jesus, the word made flesh. Jesus, the king of kings. Jesus, the prince of peace. What other titles would you give Jesus? What do you wish to say to him now?

Look at St. Joseph. Jesus' earthly father. Notice the details. What do you notice? What is St. Joseph known for? Do you want to know more about him? Make a note of what you'd like to look into later. Ask St. Joseph to pray for you.

Look at the statue of Mary behind the candles. Maybe you'd like to light a candle for a special intention. What do you notice about Mary? Look up at her eyes and imagine her gazing at you. The same eyes that gazed at Jesus. Ask her to pray for you. She is Jesus' mother, so she has his attention.

Look at any of the Stations of the Cross on the wall. What is happening in the image? What is Jesus going through? Is he hurting? Why? Who are the others in the scene? Imagine yourself in the scene. What would you say to Jesus? What would he say to you?

Other things to notice:

The stained glass windows. The light bouncing off the walls. The hum of the air conditioning or heating. The silence. Cobwebs. The beams in the ceiling. The hard wood of the seats. The cushion of the kneelers. Pay attention to everything around you and know God is here too. Ask Him to direct your gaze at what He wants you to see.

The Word of the Lord

Find daily bible readings here: <http://www.usccb.org/bible>

Search the Scriptures. (John 5:39)

Have you ever picked up your Bible, read a passage from it, and then sat back and wondered what in the world God was trying to say to you? It's possible that you may have walked away and decided either that you were spiritually deaf or that the passage didn't have any consequence for your life. But somewhere inside your heart, you sensed that there was something in that passage for you—you just couldn't put your finger on it.

We all know that God wants to reveal himself to us through Scripture. But just like everything else in the Christian life, Scripture won't just magically make sense to us. We need to cooperate with the Spirit, and that takes some time, attention, and perseverance.

The following guidelines can help you hear the Lord as you read his word. Try them over the next few days, and see if they make a difference.

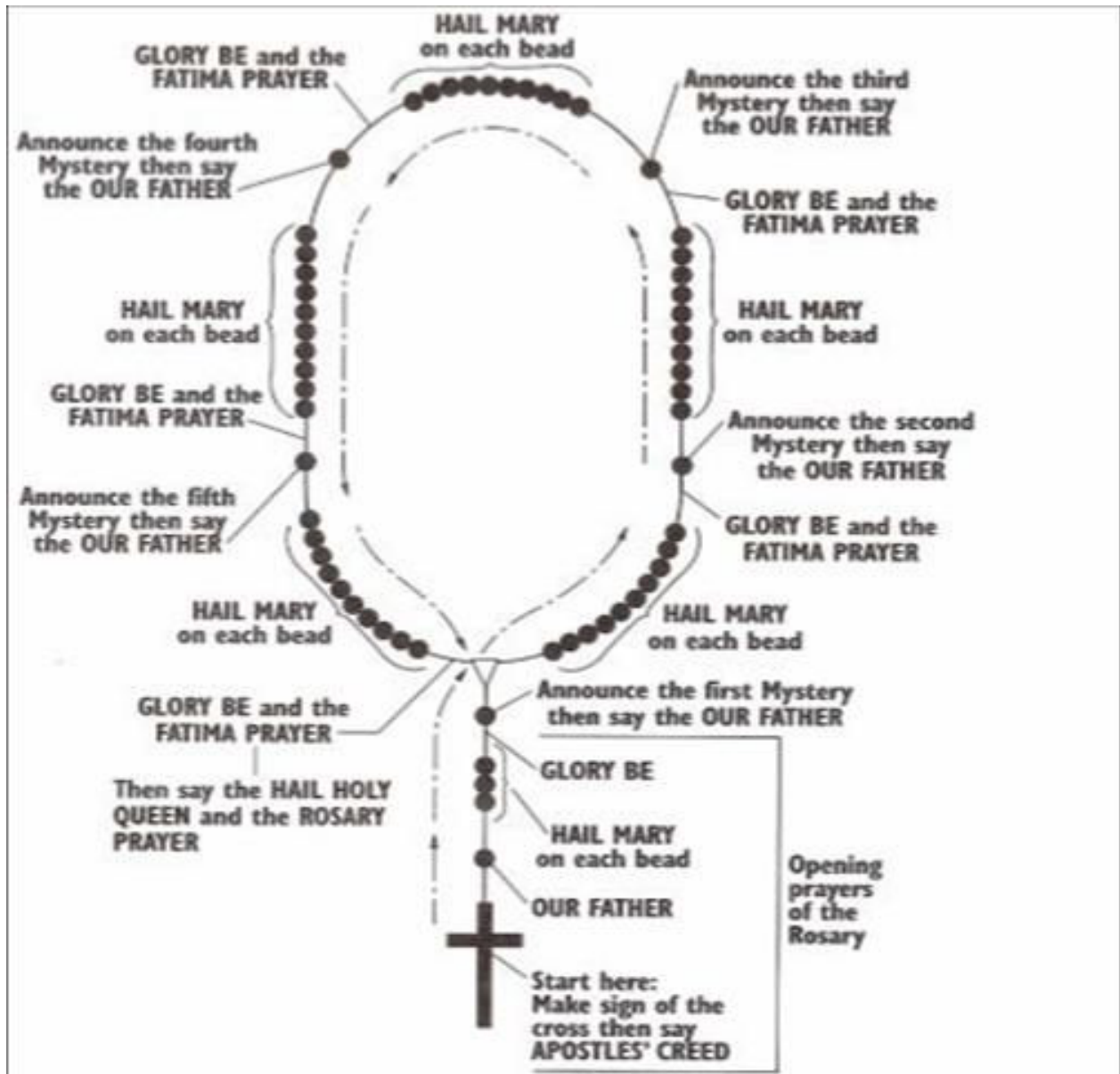
- Select a Scripture passage that you want to read. Maybe you will choose to follow the daily Mass readings.
- Don't read right away, but begin with prayer. If you feel like singing or humming a hymn from Mass, do it.
- Next, read the Scripture passage you have chosen.
- Read it again slowly, dwelling on the words or phrases that struck you.
- Use your imagination to place yourself in the scene described in this passage.
- Imagine that Jesus is sitting across from you and telling you this story himself.
- Be still. During this quiet period, some words or pictures may bubble up in your thoughts. This may be God speaking to you—especially if the images and thoughts lead you closer to Christ, fill you with hope, or stir your heart to love and forgive.
- Try to write out what you think God is saying to you, and close with a prayer of praise and thanksgiving.

God wants to reveal himself to us in Scripture. Only by quiet reflection will we learn to hear his voice.

“Holy Spirit, quiet my heart, and help me to read Scripture with new ears. Let your revelation guide me to become more like Jesus.”

[Taken from Word Among Us meditations www.wau.org]

The Rosary



Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Apostles' Creed

I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty. He will come again in glory to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Our Father

Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, And blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Hail Holy Queen

Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee we send up our sighs, mourning and weeping in this vale of tears. Turn then most gracious advocate, Thine eyes of mercy toward us, and after this, our exile, show unto us, the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God, That we may be made worthy of the promises of Christ. Amen.

Rosary Prayer

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

Joyful Mysteries

MONDAYS
and SATURDAYS
The Annunciation
The Visitation
The Nativity
The Presentation in
the Temple
The Finding in the
Temple

Sorrowful Mysteries

TUESDAYS
and FRIDAYS
The Agony in the
Garden
The Scourging at the
Pillar
The Crowning with
Thorns
The Carrying of the
Cross
The Crucifixion

Glorious Mysteries

WEDNESDAYS
and SUNDAYS
The Resurrection
The Ascension
The Coming of the
Holy Spirit
The Assumption of
the BVM
The Coronation of the
BVM

Luminous Mysteries

THURSDAYS
The Baptism of Jesus
The Wedding of Cana
The Proclamation of
the Kingdom
The Transfiguration
The Institution of the
Eucharist

Pray with Music

Suggestions to try:

- Holy Spirit by Francesca Battistelli
- Oceans (Where Feet May Fail) by Hillsong
- O Come to the Altar by Elevation Worship
- This is the Air I Breathe by Elevation Worship
- Who Am I by Casting Crowns
- What Do I Know of Holy by Addison Road
- It is Well with My Soul by Audrey Assad
- God is With Us by Casting Crowns
- How Deep the Father's Love For Us by Selah
- Lord I Need You by Matt Maher
- How He Loves by David Crowder Band
- Come As You Are by Crowder
- Good Good Father by Chris Tomlin
- Lauren Daigle (any)
- Matt Maher (any)
- For King and Country (any)
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