A Social Story:
Eucharistic Adoration



Nativity Catholic Church, Burke VA

What Is Adoration?



Jesus is present in the Eucharist.
At Adoration, the Eucharist is placed in a
special holder called a monstrance.
Adoration is a special time to be with Jesus.
I can pray, talk to Jesus in my heart,
or simply sit quietly with Him.
Jesus is happy that I am here!

Nativity Catholic Church, Burke VA

Entering the Church



When I enter the church or chapel, I am entering a special place to be with Jesus.
I show **reverence** by treating Jesus and this holy place with love and respect.
I try my best to use a quiet voice and a calm body.
It is important to know that everyone is welcome here, and reverence may look different for each person.

Nativity Catholic Church, Burke VA

Greeting Jesus



When I see Jesus in the monstrance,
I can kneel or **genuflect** (bend down on one knee).
This is one way I show Jesus love and respect.
I can quietly say, “Hello, Jesus. I am happy to be with you.”

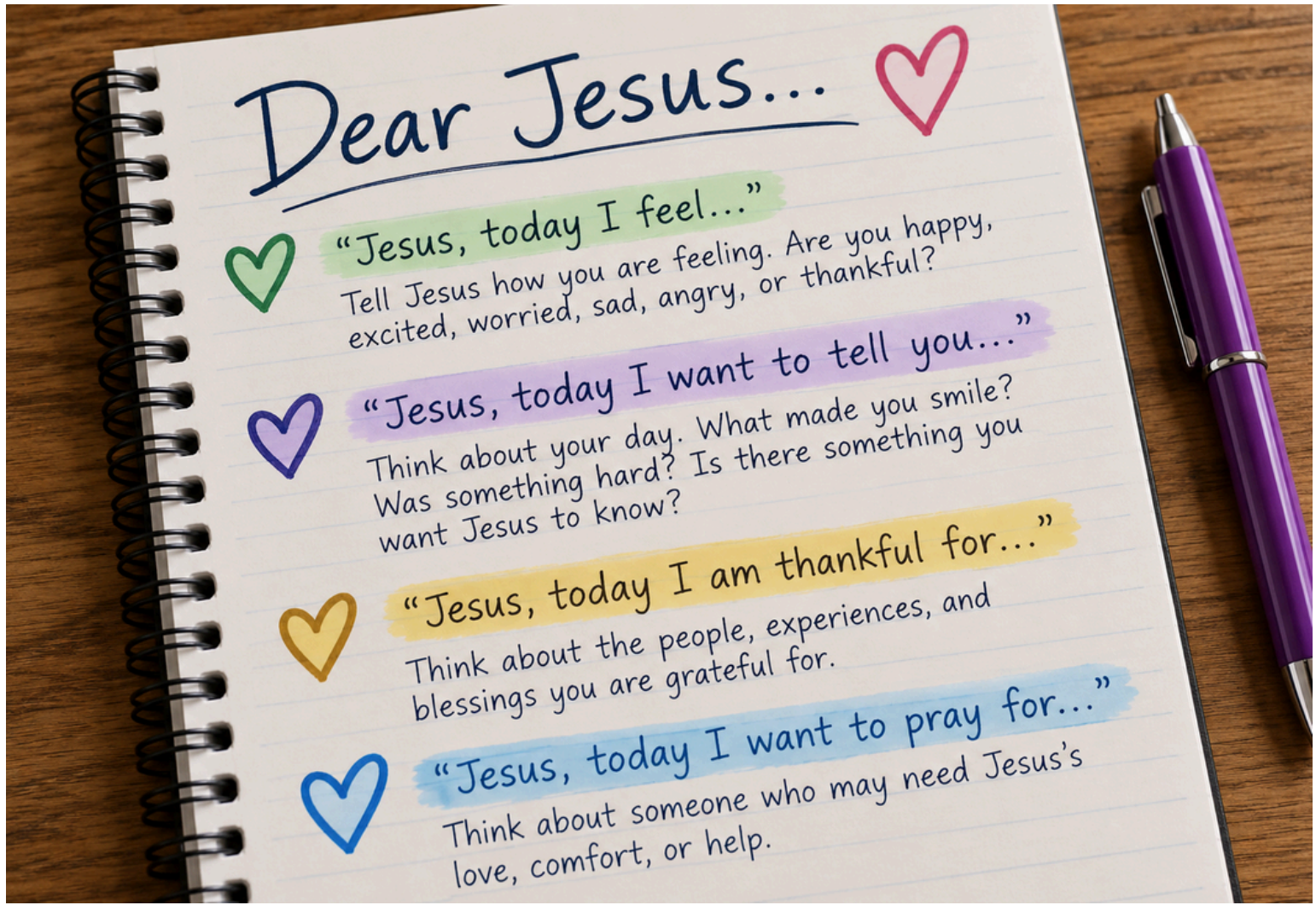
Nativity Catholic Church, Burke VA

Talk to Jesus



I can pray from my heart. I can tell Jesus about my day, something I am worried about, something I am thankful for, or someone who needs prayers, or say a prayer I already know.

Write or Draw



I can write about my feelings, something I am thankful for, a special prayer intention, or something I want to tell Jesus. I can also draw my prayer if that is easier for me.

Sitting in Prayer







I can choose a prayer to help me spend time with Jesus.
Another choice is to read the daily Gospel,
say a prayer I already know, or
I may want to pray some or all of the Rosary.
The prayer guide in the back of this book can also help me pray.

Nativity Catholic Church, Burke VA

Spending Quiet Time With Jesus



Sometimes I can simply sit quietly and look at Jesus in the Eucharist.
Being quiet with Jesus is also prayer.
It is okay if I need something to help my body feel calm and comfortable while I pray.
I may use a quiet fidget, a wobble cushion, or another quiet regulation tool that helps me spend time with Jesus.

Nativity Catholic Church, Burke VA

Spiritual Communion





I can pray an Act of Spiritual Communion.
I tell Jesus that I love Him and want Him close to my heart.

Nativity Catholic Church, Burke VA

Closing Prayer





Before I leave, I can thank Jesus for our time together.
I might say, “Thank you, Jesus, for being with me.
Please stay close to me and help me share your love with others.”

Nativity Catholic Church, Burke VA

Saying Goodbye



When it is time to leave, I kneel or genuflect toward Jesus again. I do my best to leave quietly so other people can continue praying.

Nativity Catholic Church, Burke VA

Jesus Goes With Me





Adoration may be finished, but Jesus is still with me.
I can talk to Him anytime and anywhere.

Nativity Catholic Church, Burke VA

Adoration Prayer Guide

THE DIVINE PRAISES

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be His most Sacred Heart.
Blessed be His most Precious Blood.
Blessed be Jesus in the most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary, most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste Spouse.
Blessed be God in His angels and in His saints.



ANIMA CHRISTI

SOUL OF CHRIST



Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Separated from Thee let me never be.
From the malignant enemy, defend me.
At the hour of death, call me.
And close to Thee bid me.
That with Thy saints I may be Praising Thee, forever and ever.
Amen.

Jesus, I trust in You! ♡

O SACRAMENT MOST HOLY

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine!



Hail, Holy Queen

Hail, Holy Queen,
Mother of Mercy,
our life, our sweetness,
and our hope.
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping
in this valley 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.

Amen.

The Fatima Prayer



O my Jesus,
forgive us our sins,
save us from the fires of hell,
lead all souls to heaven,
especially those in most need
of Your mercy.

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.

Our Father

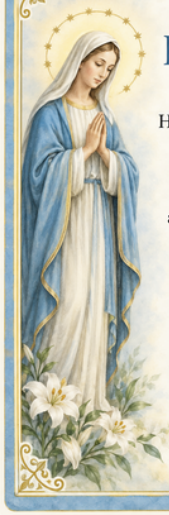


Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who
trespass against us.
And lead us not into temptation,
but deliver us from evil.

Amen.

With Jesus, We Pray

HAIL MARY



Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou
among 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.

THE 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;
from there he will come 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 life everlasting.

Amen.

Nativity Catholic Church, Burke VA