



Instructions: Print out the adoration guide for the team leader to use during the adoration time. .

Adoration Guide for the team leader

ADORATION



Introduction and Opening Prayer:

Prayer is a RESPONSE: we approach God with a humble heart, as his beloved sons. We will have 5 different moments during the Holy Hour that we try the 5 types of prayer mentioned in the YOUCAT.

OCCASION

1) PRAYER OF BLESSING AND ADORATION

- **Read YOUCAT #484: What is prayer of blessing?** A prayer of blessing is a prayer that calls down God's blessing upon us. From God alone all blessings flow. His goodness, his closeness, his mercy – that is blessing. Every Christian should call down God's blessing upon himself and upon other people.

- **Act:** Right now, we can start the adoration by taking a moment to pray in silence and ask God to bless our families, friends and those people we know who are in most need. Just like the YOUCAT says, some people need to feel God's closeness, his goodness or even his mercy if they are far away from him. Let's take a moment to pray for these things for the people we know.

- **Read YOUCAT #485: Why should we adore God?** Every person who understands that he is God's creature will humbly recognize the Almighty and adore him. Christian adoration, however, sees not only the greatness, omnipotence, and holiness of God. It also kneels before the divine Love that became man in Jesus Christ. Someone who really adores God kneels down before him or prostrates himself on the ground. This gives the expression to the truth about the relation between God and man: He is great and we are little.



CONQUEST

7TH & 8TH GRADE
WEEKLY ACTIVITY

ADORATION



OCCASION

•**Explain:** How even kneeling mindfully before the Blessed Sacrament or making a heartfelt genuflection is a way of adoring God. Let's think for a moment about what kneeling before someone means, like when you kneel before a king. We are kneeling before our creator who made us. We are kneeling before God who loved us so much that he would die on the cross for us. We are kneeling before the person who gives us everything that is good in our life. We kneel here out of love, and in adoration for God's goodness, greatness and love.

•**Act:** Have the boys either write down on a piece of paper 3 reasons why God is so great and what they adore about God.

2.) PRAYER OF PRAISE

•**Read YOUCAT #489 "What does it mean to praise God?** God needs no applause. But we need to express spontaneously our delight in God and the rejoicing in our hearts. We praise God because he exists and because he is good. We thereby join even now in the eternal praise of the angels and saints in heaven."

•**EXPLAIN:** Incense is something used in churches and used in benediction. The smoke that rises is symbolic of our prayers that are raised to heaven. Encourage them to make their own prayer of praise by telling God what they like or appreciate the most about him.

•**ACT:** With that in mind, they can go to the front and put a grain incense in the "incensor" for benediction. The coal should be glowing in the thurible. You can sing a song of praise that is appropriate. If someone there is a good singer, then they could also sing a song that will help the boys pray while they are bring up their incense.



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3.) PRAYER OF PETITION:

•**READ YOUCAT#486** “Why should we petition God? God, who knows us through and through, knows what we need. Nevertheless, God wants us to ask, to turn to him in times of need, to cry out, implore, lament, call upon him, indeed, even to struggle with him in prayer. Certainly God does not need our petitions in order to help us. It is for our own sake that we are supposed to offer prayers of petition. Someone who does not ask and does not want to ask shuts himself up in himself. Only a person who asks opens himself and turns to the Author of all good. Someone who asks goes back home to God. Thus the prayer of petition brings man into the right relationship to God, who respects our freedom.”

•**EXPLAIN:** Have each of them personally ask Jesus something, to let Jesus know what they need. Remember, that part of asking is being open to his response and he may not necessarily respond to us as we think.

•**ACT:** Once they have chosen what they are asking for they can light one of the tea lights and place it before the Blessed Sacrament.

4.) PRAYER OF INTERCESSION:

•**READ YOUCAT#487** “Why should we petition God for others? as Jesus prayed for his disciples, and as the early Christian community looked ‘not only to their own interests, but also to the interests of others’ (Phil. 2:4), so too Christians always pray for everyone—for people who are dear to their hearts, for people who are not close to them, and even for their enemies. The more a person learns to pray, the more profoundly he realizes that he has ties to a spiritual family through which the power of prayer is made effective. With all my concern for the people whom I love, I stand in the midst of the family of mankind and may receive strength from the prayers of others and may call down divine assistance for others.”



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•**EXPLAIN:** This is the type of prayer where we pray to God for others who may be too weak to pray or may not even realize they need prayers. . We can help other people through our prayers and we have to believe that God takes that into account. In Matthew 11.28, Jesus says, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Sometimes we carry our own burdens and the burdens of others. We take on the problems of the world and sometimes we need to put those intentions before God and trust in him. What are the things that are worrying us about other people that we wish we could help them with?

•**ACT:** Create this prayer station by taping out a cross shape on the floor with masking tape or if you have a wooden cross, you can use that. Have them write down their prayer intentions for others on the Post It Sticky notes and leave on the cross. While they are doing that a decade of the rosary could be said or a song could be sung.

5.) PRAYER OF THANKSGIVING:

•**READ YOUCAT #488 "Why should we thank God?"** Everything that we are and have comes from God. Paul says, 'What have you that you did not receive?' (1 Cor. 4:7). Being grateful to God, the giver of all good things, makes you happy.

•**EXPLAIN:** This is the type of prayer where we simply thank God for everything in life. Sometimes we ask for things in prayer but we forget to say thank you. Isn't it nice when you give someone a gift and they send you an email or card in the mail or call you to thank you for the gift? We need to do that with God too. He deserves our thanks each day.

•**ACT:** They can take the thank you cards left on their chairs or pews and write their thank you cards to God for all he has given them in this life and especially in this past year. Once they have completed, they can put it in a basket at the front. While they are doing this a song played or sung.

Closing Prayer and Benediction if possible with a priest.