

Blessed sacrament

These notes support My Blessed Sacrament Booklet which is based on the Divine Praises. They are suitable for supporting formation in primary schools as well as enhancing catechesis during sacramental preparation.

Divine Praises

|  |
| --- |
| Divine Praises |
|  |

An Overview

**Divine Praises**It is useful to have a background to the Divine Praises so these notes could be shared with parents/children:

* Saying the Divine Praises is only part of Adoration/Benediction
* The Divine Praises is a special prayer said during/after Benediction
* Originally there were only 8, 6 more were added (by a number of Popes). This version, in *My Blessed Sacrament Booklet,* has an extra praise from Saint Teresa of Calcutta
* It is recited over the world in many languages
* Normally the priest leads the prayer and worshippers echo his words and praises
* The Divine Praises were written by an Italian Jesuit priest in the 18th Century (Luigi Felici, 1797)
* They are a prayer to make up (reparation) for bad language, using the Lord’s name in vain and speaking badly about God (blasphemy) although there is nothing in the prayer about sin directly.
* You can say this prayer silently as a way of giving thanks to the Trinity, Holy Family, God’s angels and His saints
* It can be sung (“Whosoever who sings prays twice”)
* It can be said at any time as a prayer, especially during the month of January (month dedicated to the holy name of Jesus)
* All praises begin with “Blessed be…” Blessed means holy or consecrated

**Song**

**O Sacrament most holy, O Sacrament Divine,   
All praise and all thanksgiving be every moment thine**

**Prayer**

*May the heart of Jesus, in the Most Blessed Sacrament,   
be praised, adored, and loved with grateful affection,   
at every moment, in all the tabernacles of the world,   
even to the end of time.   
Amen.*

|  |
| --- |
| Divine Praises (1) |
|  |

Blessed be God

**Getting started**Who is God? What is your image of God?

**Input**Can you think of where you might have heard these words or words like them before? (Mass – the Eucharist – great act of thanksgiving)

We give thanks to God in a special way during Mass but we can give thanks to God at any time or place. A good time might be before we go to sleep at night.

During Mass we say ***“It is right to give Him thanks and praise”*** and ***“Thanks be to God.”*** Why do you think this is? What can you give thanks/praise for? (DISCUSS)

The psalms are special poems/songs in the Old Testament of the Bible and many of them give thanks and praise to God. Here is one:

***“I will exalt you, my God the King; I will praise your name for ever and ever… Great is the Lord and mostworthy of praise; His greatness no-one can fathom.”*** (Psalm 145)

*‘Exalt‘* means ‘to hold up in high regard’ *‘fathom’* means understand

As King David wrote, no-one can ‘fathom’ or understand God and all His greatness. We never will, certainly not in this life. God doesn’t need us to understand everything. He just wants us to love Him and others as best we can. Of course, we should try to understand Him more and more through prayer, worship and His word.

**Suggested task to choose**

* Write/decorate what you would like to praise God for
* Write your own psalm/prayer/song of praise and thanks
* Ask God a question you don’t understand about Him/His creation

**Thought/reflection**You will see on this page a ‘monstrance’ which we will be learning more about. Note that in the centre the Blessed Sacrament (which is Holy Communion and Jesus’ body) is placed. Jesus, God made man, wants to be with YOU. This same God who created all of the universe, the heavens and the earth in all of eternity is TRULY present in the tabernacle/monstrance. Isn’t that amazing!

|  |
| --- |
| Divine Praises (2) |
|  |

Blessed be His Holy Name

**Getting started**What is special about a name?

**Input**There is great power in a name? Names are very important to us – they are part of our identity and sense of self. It is what we are known by/called by all those around us. The name of God, then, is most powerful. The Bible says the name of God is like a ***‘strong tower. The righteous can turn to it and be saved’.*** When we feel scared and alone, even saying God’s name can give us comfort and strength. When might you feel scared? Do you know any names for God? (DISCUSS)

When God appeared to Moses in the burning bush, Moses asked God what His name was and he was told, ***“I AM WHO I AM.***” The word *‘Yahweh’* means *‘I am’.* This name is so holy that many Jews even feared to say it and they do not write it. In fact, out of respect to Jews, Catholics do not do use this name any more either.

Jesus called God *‘Abba’* which means *‘Daddy, Father’.* It is the most loving, friendly name and shows that He can be trusted because He knows us (His children) so well and loves us so deeply.

We know that Jesus called God this because when Jesus was suffering in the garden, the night before He died, He said, ***“Abba! Father! All things are possible for You, remove this cup from me; yet not what I want, but what You will.” (***Mark 14:36) Jesus also told us to call God ‘Father’ because He taught us to pray the Our Father (Mathew 6:9)

Another name is *‘Elohim’* which means *‘God’*. It means He is the ‘*Mighty One’* over all nature, this world and the heavens above. Notice in the picture in your booklet, even the angels are adoring Him and keeping His name holy. ‘*Adonai’* is a common name for God in the Old Testament. It is the word meaning *‘Lord’*. It means He has power, authority and influence. He is a master or ruler.

**Suggested task to choose**

* Write/decorate your favourite name(s) of God from the list given
* Think of your own name for God and decorate it (e.g. Heavenly Father)
* Draw your image of God’s name (e.g. a strong tower)

**Thought/reflection**While you are writing/decorating the names, practise saying them in your heart. Know that God will always be there when you call His name. This can be a prayer in itself, when you can’t think of anything else to say. How incredible is it that even God’s name can have great power, authority and healing!

|  |
| --- |
| Divine Praises (3) |
|  |

Blessed be Jesus, true God and true Man

**Getting started**Who is Jesus?

**Input**We have been looking at God the Father. Now we are going to learn about the second person in the Trinity: God the Son – Jesus. The name Jesus means *‘God saves’*. Jesus is truly God – spiritual, powerful, holy; he is also truly man – he can feel, struggle, fall…- like each of us. God sent His Son so that we could see what a perfect human being looks like. He came to show us the way to heaven, to save us and to show that each and every human being is truly loved by God. He is our *‘Emmanuel’* which means *‘God-with-us’.*

Can you think of when you might have heard the words: ***“God from God, Light from Light, true God from true God… For us men and for our salvation he…became man”?*** We call this the incarnation – when God became man. (The Nicene Creed at Mass) Who is this taking about? How do we know Jesus is really God? Can you think of anything he said or did? (DISCUSS)

When Jesus was baptised, there was ***“a voice from heaven, saying:*** ***‘This is my beloved Son, in whom I am well pleased”.*** (Mtt 3:16-7) Jesus himself said, ***“I and the Father are one”.*** (John 10:30) Jesus proved he was God through His miracles: ***“The works that the Father has given me to finish- the very works I am doing – testify that the Father has sent me.”*** (John 5:36). He also proved He was God by His holiness, the perfection of His teaching and by fulfilling the prophecies in the Old Testament.

Jesus asked Peter who/what others thought He was. Some said He was a great prophet back from the dead (Elijah or John the Baptist) and some thought He as a holy man or prophet. Peter believed Jesus was the ***‘Messiah’****,* the Son of the living God. (Messiah/Christ mean *‘anointed one’-* different languages.) For his faith, Jesus changed His name from Simon to Peter and later he became the first pope. Jews believe He was a holy man. Muslims believe He was a prophet. Christians believe He ***is*** the Son of God. What is your belief?

**Suggested task to choose**

* Write/decorate who you think Jesus is
* Jesus knows what it is like to be human. Ask Him for some help with something you find difficult
* Jesus is also truly God. Write a prayer to Him, saying whatever is in your heart

**Thought/reflection**Look at the image in your booklet. This all-powerful God loves us so much that He became man to tell us about this great love. This involved a huge sacrifice and it saved us. Isn’t His love wonderful!

|  |
| --- |
| Divine Praises (4) |
|  |

Blessed be the Name of Jesus

**Getting started**Do you know any other names/titles/images for Jesus?

**Input**We talked about how special a name is and Jesus’ name is the most special alongside the name of God.

In Greek the name of Jesus is Iesous and means *‘God saves’* (like Joshua). The shortened form of this is IHS - IH∑OY∑ (Jesus). Look at the picture in your booklet. On the host you will receive at Communion there may be the letters IHS to show it is Christ you are receiving. The fish is a Christian symbol because of this. It is also an acrostic for Jesus (I) Christ (H) Son (∑) of (O) God (Y) Saviour (∑). *‘Christ’* means *‘anointed one’* in Greek. ‘*Messiah’* means *‘anointed one’* in Hebrew. Jesus did not have a surname. He would have been known as ‘Jesus, son of Joseph’ or ‘Jesus, the carpenter’s son.’

Can you think of anywhere you have seen the symbols: IHS, a fish and ☧ (chi ro)? (eg on a Paschal candle)

You may also see A (first letter of Greek alphabet – alpha) and Ω (last letter of Greek alphabet –omega) This means He is eternal – at the beginning and end of all things (see your picture). There are many names of Jesus in the Bible. Here are some that Jesus said He was:

***“I am the bread of Life.”*** (John 6:35, 48, 51) ***“I am the light of the world.”*** (John 8:12; 9:5)  
***“I am the door of the sheep.”*** (John 10:7, 9) ***“I am the good shepherd.”*** (John 10:11, 14)  
***“I am the resurrection and the life.”*** (John 11:25) ***“I am the way, the truth and the life.”*** (John 14:6)  
***“I am the true vine.”*** (John 15:1)

**Suggested task to choose**

* Write/decorate your favourite name(s) of Jesus
* Draw the symbols used for Jesus’ name to design your own paschal candle
* Draw images of your favourite ‘I am’s (see above)

**Reflection**The name of Jesus is so powerful it can cause healing and cast out demons. It can protect and comfort us and we can call on Him at any time. Jesus was so unique that He has been given many names/descriptions, many of which can be found in the Bible. These help us to get to know Him more fully. Isn’t Jesus’ name powerful indeed!

|  |
| --- |
| Divine Praises (5) |
|  |

Blessed be His Most Sacred Heart

**Getting started**Who/what is the Sacred Heart? Look at some images.

**Input**Why do you think some images of Jesus show His heart on the outside of His body? How is the heart drawn? What surrounds it? (flames, shining with divine light, cross, crown of thorns, lance wound, bleeding…) Why?

Jesus’ Heart was pierced on the Cross. This means that His love was not just words but real action.

When Jesus was asked what the greatest commandment was, he replied: ***“’Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’ All the Law and the Prophets hang on these two commandments.”*** (Mtt22:36-40)

Jesus’ whole teaching was about love. He was love in human form. He taught us to love, even when it is difficult. ***“But to you who are listening I say: Love your enemies, do good to those who hate you... Do to others as you would have them do to you.”*** (Luke 6:27-31) ***“Greater love has no one than this: to lay down one’s life for one’s friends.”*** (John 15:13)

Do you think following Jesus’ teaching is easy/possible? (DISCUSS)

Think about the people in your life who can be difficult to love/forgive. Remember that Jesus came for all people, especially sinners. He spent a lot of time with those in society who were naughty and had made poor choices because He wanted to help them to change and feel God’s love and forgiveness.

**Suggested task to choose**

* Write/draw how you could love/forgive those who are difficult
* Write a prayer to Jesus asking for His help to love as He does
* Write a letter/prayer thanking Jesus for His sacrifice/love

**Thought/reflection**When you choose to be a Christian, you try to follow in Jesus’ footsteps and bring His love to all people, good and bad alike. We are all sinners. Jesus knows that loving others can be painful and involve sacrifice but He will help us as we cannot do it without Him. Isn’t Jesus so awesome that He would sacrifice so much for us, even though we are sinners, because He truly loves us! Nothing can separate us from this love.

|  |
| --- |
| Divine Praises (6) |
|  |

Blessed be His Most Precious Blood

**Getting started**What happened to Jesus to make Him bleed? What does this tell us about him?

**Input**Every time we go to Mass, we remember the Last Supper when Jesus shared the chalice/cup. He said, ***“Each of you drink from it for this is my blood, which seals the covenant between God and His people. It is poured out to forgive the sins of many.”* (Mtt26:28)**

The covenant Jesus mentions is an agreement between God and his people. He will be our God, we will be His people. We can do this by following Christ and doing as He commanded: by loving one another.

As we know, Jesus taught us to love God and all others. He gave his whole life, body and blood, to serve others. ***“For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.”*** (Mark 10:45) Before Jesus died, after the Last Supper, He showed us that He wants us to serve others by washing his disciples’ feet.

Jesus was a *‘servant king’*. How can you offer yourself to God by serving others? (DISCUSS)

Think about people in your life who need help, company, a friend, a smile, a listening/understanding ear… They might be members of your family, class, club, street, church community…

**Suggested task to choose**

* Write/illustrate how you can serve God and others through your life, words or actions
* Write a prayer asking Jesus to help you to be obedient and self-sacrificing for God like Him

**Thought/reflection**As you do this, remember that God wants us to love others as ourselves. It is important that we love ourselves and recognise ourselves as special, made in the image and likeness of God. Only then can we love others fully. How awesome is it that this God who made the stars and the heavens also came to serve others by washing their feet and tending to their needs. He is indeed great!

|  |
| --- |
| Divine Praises (7) |
|  |

Blessed be Jesus in the Most Holy Sacrament of the Altar

**Getting started**What is an altar? (table of sacrifice). What is the Most Holy Sacrament? (Mass, Jesus)

**Input**We have looked at the different names of Jesus. One of these is ***‘Lamb of God’***. Have you heard that phrase before? Where/when? Jesus is like a lamb because He is humble, spotless/pure and innocent.  
In Jesus’ time, people sacrificed animals as a way of showing penance. They believed that their sins were transferred into the spotless animal which was then sacrificed and the person was then forgiven. In the Bible it says, ***“Without the shedding of blood there is no forgiveness”*** (Hebrews 9:22) The person had to identify with this animal (which could be a sheep, goat, bull etc).

Do you think this is a good way to be free of your sins? (DISCUSS)

At the Passover, Jews celebrated the Exodus and sacrificed a lamb. Jesus is the Passover lamb. He is the ***‘Lamb of God’*** and His blood is of the new covenant. This means that the animal is no longer needed. Christ is the eternal sacrifice. This means that He only needed to die once. We relive His death (and resurrection) every time we go to Mass. We say these words at Mass: ***‘Lamb of God, you take away the sins of the world have mercy on us… Lamb of God you take away the sins of the world, grant us peace.’*** We are united with God through Christ but we must be willing to change to find peace. Jesus forgave many people like Zacchaeus, Peter, the tax collector… He told them their sins were forgiven and to go in peace and sin no more. They changed their ways and became better people, and so they were filled with great peace and strength of faith.

**Suggested task to choose**

* Write/draw how you can be reconciled to God by making amends
* Write a sorry prayer/letter to Jesus asking for His help to change and make good choices

**Thought/reflection**Think about Jesus – He did nothing wrong, He never sinned, He always did what was right and did His best…. Yet He was prepared to take the blame for our sins and the sins of others. That same Jesus is present in Holy Communion, the tabernacle and the monstrance. He’s happy He did this because He wants you to be happy and at peace too. Isn’t that beautiful!

|  |
| --- |
| Divine Praises (8) |
|  |

Blessed be Jesus in the Poorest of the Poor  
**Getting started**What do we mean by poor? Are there other ways we can be poor?

**Input**As we know, Jesus came to show us God’s love to all people. He spent a lot of time with sinners and those who were outcasts in society – those who were ill, unloved, rejected, downcast… Jesus said, ***“Whatever you do to the least of my brethren, you do to me.” (Mtt 25:40).*** In other words, when we feed the hungry, we are feeding Jesus. When we include other children in our games, we are including Jesus. When we are helping someone who is hurt, we are helping Jesus. We know that Jesus doesn’t just want us to love our friends, but our enemies too. As Christians, we try to see the face of Jesus in our friends, enemies and in the poor.

There have been many saints throughout the ages who have been kind to the poor; one of these is Saint Teresa who was known as Mother Teresa of Calcutta. This Divine Praise was added in her memory as she lived these words of Jesus so profoundly. She spent time with those who were so poor and ill, that no-one else wanted them including one man who was so close to death that he was being eaten alive by rats. She helped to cure the sick including one man who could not walk. This man, who was all skin and bone, could only walk on all fours. Through prayer and loving care, the man was not only able to walk but he could also run. It was a miracle! She took in babies who were left in the streets to die and she nursed them to health. Not only did she help the poor, she lived as one of them. She lived on the street, she begged for food and she taught the poor by writing in the dirt. She saw beauty in every human being and she helped to make the lives and deaths of those around her more peaceful and full of love.

How can you help the poor in your society/community? (Remember that there are different ways of being poor!) (DISCUSS)

**Suggested task to choose**

* Write/draw how you can help the (poorest of the) poor around you
* Write a prayer for the poor in your world asking Mother Teresa to help you to see the world with her eyes

**Thought/reflection**St Teresa of Avila (a different saint!) said, ‘*Christ has no body on earth but yours, no hands, no feet on earth but yours, yours are the eyes with which he looks compassion on the world*….’ When you spend time with Jesus in Holy Communion or Adoration, He lives in you and gives you the strength and joy to do His work. If you keep spending time with Him, people may see Him when they look at you. Isn’t that incredible!

|  |
| --- |
| Divine Praises (9) |
|  |

Blessed be the Holy Spirit, the Paraclete

**Getting started**Who/What is the Holy Spirit?

**Input**We have looked at God the Father and the Son. Now we will learn about God the Holy Spirit, the third person of the Trinity. The Spirit was present at the very beginning of time when God created the world as the Spirit ***‘hovered over the water’(Gen 1)*.** He was present throughout the Old Testament as He has ***‘spoken through the prophets’ (Creed)***. In fact, the Bible is inspired, literally *‘God-breathed’* by Him.

We hear about the Holy Spirit throughout the New Testament. He was there when Mary said yes and she conceived by the power of the Holy Spirit. We heard the Father’s voice at Jesus’ Baptism and we hear about the Spirit’s power on the day of Pentecost, when the Church was born. We can see the Holy Spirit in some pictures as He is shown as a dove, cloud, light or fire

The Holy Spirit, like God and Jesus, has other names too. He is known as the *‘paraclete’* (which means *‘counsellor’*, an adviser/a guide), *‘advocate’* (which means helper) and *‘comforter’*. Jesus called Him ‘the Spirit of Truth’. When we say the Creed at Mass we affirm that he is **‘the Lord, the giver of life’.**

The term *‘Spirit’* translates the Hebrew word ‘*ruah’* which means breath, air, wind. We cannot see the Holy Spirit but, like breath, air or wind, we can see the effects of them. For example, we know it is a windy day because we can see the leaves and branches on the trees move and we can feel it on our skin. In the same way, we can see the Holy Spirit at work because we can see the fruits of the Holy Spirit and good relationships and we can feel joy and peace. ***“But the fruits of the Spirit are love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control.”*** (Galatians 5:22-23) This is how we know the Spirit is alive in us and others.

Where do you see the Holy Spirit at work in your life? When might you need the Holy Spirit? (DISCUSS)

**Suggested task to choose**

* Write/illustrate how you can improve your relationship with someone/others
* Write a prayer to the Holy Spirit asking for help to mend/improve a relationship

**Thought/reflection**Spending time with Jesus in the Eucharist helps us to become filled with the Spirit’s gifts. This means that we can grow closer to God in prayer and then be ready to live peacefully with others, as Jesus taught us.

|  |
| --- |
| Divine Praises (10) |
|  |

Blessed be the Great Mother of God, Mary most Holy

**Getting started**What does it mean to be a great mother?

**Input**We first hear about Mary when the angel Gabriel visits her to announce that she is to be the mother of God’s son, even though she is quite young and has no husband. The angel greets her with, **“Rejoice, you who enjoy God's favour! The**[**Lord**](https://www.catholic.org/encyclopedia/view.php?id=5217)**is with you.”** (Luke 1:28) He tells her not to be afraid. Naturally, she is quite shocked and confused, but Mary is full of faith and is obedient to God’s will. Her response is, **“You see before you the Lord's servant, let it happen to me as you have said.”** (Luke 1:38) In short, Mary says *‘yes’* to God and her *‘yes’* changes the world.

Why do you think Mary was highly favoured over all the other women in the world? (DISCUSS)

Mary was like other mothers: she gave birth to Him and nursed and clothed Him; she taught Him how to walk, talk and pray, leading Him by example. She saw Him grow up and was with Him when He died. When Herod threatened to kill Him, she protected Him, and when He was lost in the Temple, she worried about Him. Jesus loved His mother and was always respectful to her. When she told Him to help out at the wedding at Cana, Jesus did as His mother asked.

But Mary also experienced things other mothers didn’t: she was visited by an angel and told that she was going to have the **“Son of the most high”** (Luke 1:32); then she was visited by shepherds and wise men who brought unique gifts. Mary **“**[**treasured up**](https://biblehub.com/greek/4933.htm)[**all**](https://biblehub.com/greek/3956.htm)[**these**](https://biblehub.com/greek/3778.htm)[**things**](https://biblehub.com/greek/4487.htm)[**and pondered them**](https://biblehub.com/greek/4820.htm)[**in**](https://biblehub.com/greek/1722.htm)[**her**](https://biblehub.com/greek/846.htm)[**heart.**](https://biblehub.com/greek/2588.htm)**”** (Luke 2:19) In other words, she always trusted God and prayed to Him, even though she didn’t understand everything that was happening.

**Suggested task to choose**

* Write or draw how you can say ‘yes’ to God
* Write a prayer to Mary asking for her help to be *‘full of grace’* like her

**Thought/reflection**We can say ‘yes’ like Mary and do God’s will. As we spend time in front of Jesus in adoration, He will help us to know God’s will. It is a time for us to ‘treasure’ God’s goodness just like Mary.

|  |
| --- |
| Divine Praises (11) |
|  |

Blessed be her Holy and Immaculate Conception

**Getting started**What does it mean to be holy?

**Input**When we think about holiness we think of being *‘sacred’*, *‘pure in heart’*, having a relationship with a *‘divine power’*, being ‘*perfect’* in a moral sense. This was Mary. She was perfect and pure and set aside for a special purpose for God. She was holy and faithful in all that she did. We know this because when she appeared to St Bernadette at Lourdes, she said **‘I am the Immaculate Conception’** which means that from the very first moment of her existence, her conception, she was free from sin. No human beings are perfect, we inherit a flawed human nature from our parents. Yet, as God and as our Saviour, this cannot be true for Jesus. Therefore, God intervened in a particular way at Mary's conception to give her a sinless nature to prepare for Jesus’ coming.

When the angel Gabriel visits Mary, he talks about another conception, this time it is Jesus’. He tells her: **“You are to conceive in your womb and bear a son, and you must name him Jesus”** (Luke 1:31). He also says, **“The**[**Holy Spirit**](https://www.catholic.org/encyclopedia/view.php?id=5854)[**will**](https://www.catholic.org/encyclopedia/view.php?id=12332)**come upon you, and the power of the Most High will cover you with its shadow. And so the child**[**will**](https://www.catholic.org/encyclopedia/view.php?id=12332)**be holy and**[**will**](https://www.catholic.org/encyclopedia/view.php?id=12332)**be called Son of God.**” (Luke 1:35). This means that God is undoubtedly the real father of Jesus.

We hear these words at Mass when we say the Creed: **“For us men and for our salvation, He came down from heaven and by the Holy Spirit was incarnate from the Virgin Mary and was made man”**. In other words, Jesus became man through Mary and the Holy Spirit. How can you be holy like Mary? (DISCUSS)  
  
**Suggested task to choose**- Write/illustrate how you can follow Mary’s example to be more holy  
- Ask for Mary’s help with something in your life that could be better and more holy

**Thought/reflection**The Blessed Sacrament rests in the tabernacle and we know Jesus is there because the sanctuary lamp is lit. Mary was the first tabernacle as she was the very first vessel to hold Jesus. When we receive Communion, we can be tabernaclesbecause we carry Jesus. Isn’t that powerful!

|  |
| --- |
| Divine Praises (12) |
|  |

Blessed be her Glorious Assumption

**Getting started**What do you think Heaven is like?

**Input**

Mary is known as ‘Queen of Heaven’. Having served God on earth and been pure in body and soul, we believe that she was assumed (taken), body and soul, into Heaven to be with God and Jesus. Jesus also went back to heaven, body and soul, when He ascended. This is called the Ascension.

In the book of Revelation 12:1 we read: **“A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.”**

Mary is a perfect model of how we should live to prepare us for heaven and to bring about God’s kingdom on earth.

Saying the Rosary is one way of helping us to understand God’s story and Mary’s place in it as it allows us to reflect on the moments /events in the life of Jesus. We can say this prayer, or many others, in front of the Blessed Sacrament. Prayer is a way of speaking and listening to God, a way of communicating with Him and growing closer to Him.

How do you like to pray? What helps you? (DISCUSS)

**Suggested task to choose**

* Draw/describe your image of Heaven
* Illustrate/write about one or two ways you can help to bring about God’s Kingdom
* Write a prayer asking for Mary’s help for you to be pure in heart and ready for Heaven

**Thought/reflection**

Jesus told us several parables about the Kingdom of Heaven and how valuable it is. He said we must always be ready for it because we don’t know when the time will come. Being with Jesus in Adoration helps us to prepare for Heaven, as it is a time when we are with Jesus face to face and can be at peace. It also gives us the strength to go out to love and serve God in others.

|  |
| --- |
| Divine Praises (13) |
|  |

Blessed be the name of Mary, Virgin and Mother

**Getting started**What other names do you have for Mary?

**Input**Some of the other names of Mary include: *‘Mother of God’, ‘God-bearer’, ‘Madonna’, ‘Star of the Sea’, ‘Queen of Heaven’, ‘Virgin Mary’, ‘Immaculate Conception’***.** There is no doubt that Mary is indeed special and that her name is special too.

When the angel Gabriel came to announce that she was to be the mother of God, he did not even say her name. He said, ‘Hail, full of grace’. As we know from looking at the names of God and Jesus, the Jewish people do not dare to name God because the name is so holy. Neither did Moses when God appeared to Him at the burning bush. Perhaps, for this reason, the angel did not dare to speak the sacred name of Mary. After the name of God and Jesus, her name is above all other names.

Mary is not only the mother of Jesus, she is our mother too as well as Mother of the Church. We know this because when Jesus was on the cross with Mary His mother and John, His beloved friend, at the foot of the cross, he said, “**Woman, behold your son** (and to John) **…behold your mother”** (John 19:25-27). Through these words Jesus is giving His mother to us, to love and guide us as she did Him.

When could you use our Mother Mary’s help? (DISCUSS)

**Suggested task to choose**

* Write/illustrate some of the different names of Mary
* Draw your favourite image of Mary and pray to her about what is in your heart

**Thought/reflection**

Mary said yes to being the Mother of God, even though she did not understand everything. There are many things that we might not understand because our faith is a great mystery. When we are confused about God and Jesus, we can ask Mary for help because she truly understands how we feel. She can help us to get closer to her son, Jesus, in the Blessed Sacrament.

|  |
| --- |
| Divine Praises (14) |
|  |

Blessed be St Joseph, her Spouse Most Chaste

**Getting started**

What qualities would Joseph have had to be a good step-father to Jesus?

**Input**

Joseph was Mary’s ‘spouse’, her husband. He was ‘chaste’ because he was pure in heart and body. Like Mary, he was faithful and obedient to God, even when it was difficult. God chose him to do a very special job – to be the stepfather of His only Son. This was not an easy job! To act as the father of someone else’s child meant that Joseph would have been laughed at and rejected; his family would have been very disappointed. Life would have been very challenging indeed!

But Joseph listened to God in his dreams. When he was going to break it off with Mary, he was told **"Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit” (**Mtt1:20). Like Mary he trusted God. He then protected the young Jesus by following the angel’s advice when he said, **“Arise, take the young Child and His mother, flee to Egypt, and stay there until I bring you word; for Herod will seek the young Child to destroy Him.”** (Mtt 2:14) Like Mary, he ‘pondered’ over God’s word and said ‘yes’.

Joseph is a perfect example of kindness, goodness, strength and humility; he shows us how to follow God’s will in a real and ordinary way. He dedicated his whole life to caring for his wife Mary and lovingly bringing up God’s greatest treasure, His Son Jesus.

Joseph is so special that, like Mary he is often mentioned in the prayers during the Mass and there are many churches and schools name after him. How can you dedicate your life to loving Jesus like Joseph did? (DISCUSS)

**Suggested task to choose**

* Write/illustrate how you can care for and protect your family
* Write a prayer asking St Joseph for guidance in making good choices for your family

**Thought/reflection**God chose Joseph, an ordinary man, to look after His only Son. God chooses you, too, to do a special job for Him that no-one else can do. Listen to His voice as you pray in adoration.

|  |
| --- |
| Divine Praises (15) |
|  |

Blessed be God in His Angels and in His Saints

**Getting started**   
What is a saint? What is an angel?

**Input**   
We have already heard about the Angel Gabriel who is God’s messenger. In fact, there are a number of references to angels in the Bible. We have also heard about two saints – Mary and Joseph.There are hundreds of other famous saints. Can you name any others? (DISCUSS)

The word ‘*saints’* literally means ‘**holy ones’** (Acts 9:13) or ‘**faithful ones’** (1 Sm 2:9). For this reason, all faithful Christians are ‘*saints*’ in this sense. God is speaking to all Christians when He says in Scripture, “**Be holy because I [am] holy**” (see 1 Pt 1:14-16). In our churches, there are many stained glass windows of saints. These are colourful and beautiful, each telling a different story, and they let the light shine through. In the same way we are called to be saints, to let the light of Christ shine through us in our words and actions and in how we love others.   
   
St Pope John Paul II said: **“My Dear Young People, do not be afraid to be saints of the new millennium! Be contemplative, love prayer; be…generous in the service of your brothers and sisters, be active members of the Church and builders of peace. To succeed in this demanding project of life, continue to listen to His word…”**   
   
How could you follow this advice and be a saint of the new millennium? (DISCUSS)

**Suggested task to choose**

* Write/draw how you could be generous in the service of others
* Write/draw how you can be an active member of your parish

**Thought/reflection**   
Spending time with Jesus in the Eucharist and receiving His body and blood strengthens us. It gives us hope that we too will be saints and live with Him eternally in Heaven. 

|  |
| --- |
| Useful Resources |
|  |

Websites and Music links

**Archdiocese of Westminster Adoremus resources**-­ My Blessed Sacrament Booklet and notes  
- Adoremus Launch Pack for schools with examples of worship and suggested activities  
- Eucharistic Art PowerPointhttps://education.rcdow.org.uk/re-catholic-life/adoremus/

**Praying with Children Before the Eucharist resources**<http://www.liverpoolcatholic.org.uk/index.php?p=116>

**Music for Worship**<https://www.youtube.com/watch?v=g5hN_m55uoM&list=PL4A2B54B268D57207> (Here I am to worship…)  
<https://www.youtube.com/watch?v=COQ6cni_TG8> (Lord I lift your name on high)  
<https://www.youtube.com/watch?v=I71XhjqoHvs> (My Jesus, my Saviour)  
<https://www.youtube.com/watch?v=D2BXeZCDTgA> (Our God is an awesome God)  
<https://www.youtube.com/watch?v=AjR_A2pGPrY> (In Christ alone)  
<https://www.youtube.com/watch?v=2DorNUsi5LE> (You raise me up)  
<https://www.youtube.com/watch?v=LonOTKVmkeo> (I can only imagine…)  
 <https://www.youtube.com/watch?v=USQn4IUmS20> (Come, now is the time to worship)  
<https://www.youtube.com/watch?v=DuXB1a3NBCw> (El Shaddai by Amy Grant)  
<https://www.youtube.com/watch?v=zC617kE1maU> (You are my all in all)  
<https://www.youtube.com/watch?v=NWeEYKqAdQ8> (Who am I?)  
<https://www.youtube.com/watch?v=PKSppoYF9Yg> (God is here)  
<https://www.youtube.com/watch?v=FrCDh3wizQk> (More love, more power)  
<https://www.youtube.com/watch?v=7x2IpLSfqp8> (All to Jesus I surrender)  
<https://www.youtube.com/watch?v=TF27EczT_pU&list=PLdHi_OBLaWmd20D8JeVxmbPEa1ViVPmEB> (As the deer panteth for the water)  
<https://www.youtube.com/watch?v=UHGF2qPvhn4> Children of Hope  
<https://www.youtube.com/watch?v=fVk7jhvhrLY> (Matt Maher Remembrance)  
For other useful links search for Matt Maher on youtube, [http:// childrenofhope.nz/music/](http://childrenofhope.nz/music/)  
and <https://www.youtube.com/watch?v=w8fVgqTtPfA>

Materials written by Elaine Arundell and edited by Fr Mark Vickers