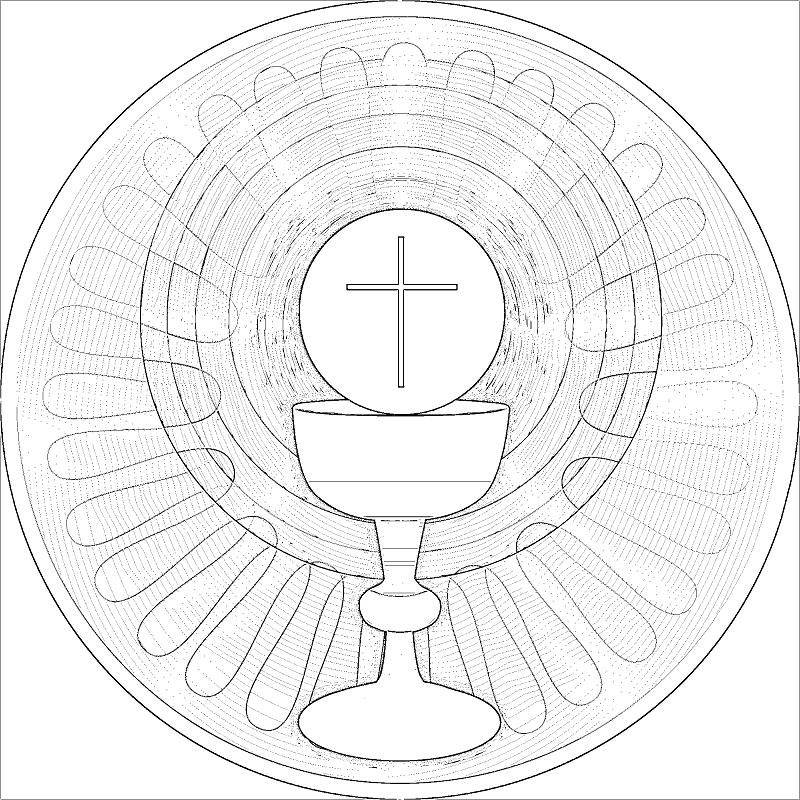
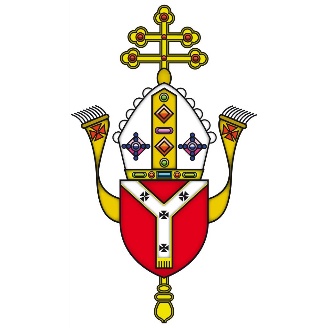


The Basics of our Faith using the **Divine Praises**

Activity Booklet

ADVENT AND CHRISTMAS 2020

**My Blessed Sacrament Booklet**



NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dear Friend,**

**How are you? I watch you every day with your family and friends as you share food and conversations. I see you as you listen to music and spend time with your gadgets. You're always so busy... at home and in school. I long to spend time with you, to listen to you and share my peace with you.**

**I want you to know, dear Friend, that I am always here for you, waiting... You can speak to me anytime but I am present in a very special way in the Blessed Sacrament. I know that this may seem like a big mystery to you but my love for you is real and uncomplicated: I will love you always, no matter what...**

**This booklet may help you to know and understand my presence in the Blessed Sacrament a little more. Do not worry about anything.**

**All I ask, dear Friend, is that you come to me with an open heart. There is so much I want to give you - a peace and joy that the world cannot offer. I have such plans for you and my heart is burning with love for you.**

**Although I am present in a special way in the Blessed Sacrament, I am with you always in prayer too. Just call on me.**

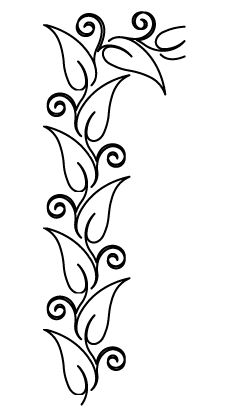
**And so, I will wait for you, dear Friend, and look forward to being with you, just as you are.**

**With all my love,**

**Your friend,**

***Jesus***

***The Divine Praises***



**Blessed be God.**

**Blessed be His Holy Name.**

**Blessed be Jesus Christ, true God and true man.**

**Blessed be the name of Jesus.**

**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 Jesus in the poorest of the poor)**

**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.**

**O Sacrament most holy, O Sacrament Divine,**

**All praise and all thanksgiving**

**be every moment thine.**



**Blessed be God**

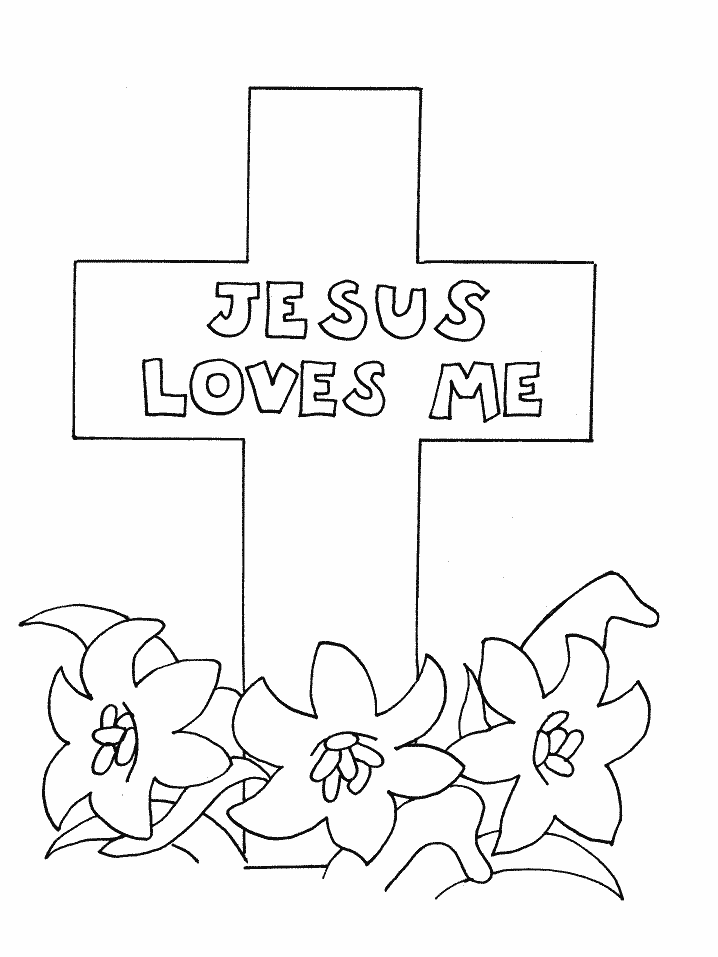
**What would you like to praise God for? Write or draw all the wonderful gifts.**



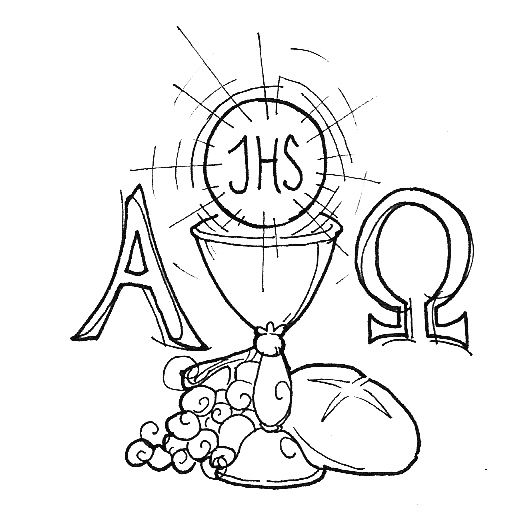
**What names do you have for God? Write all the names above and decorate your favourite.**

**Blessed be His Holy Name**

**Blessed be Jesus Christ, true God and true man**

**Blessed be the name of Jesus**

**Who do you say Jesus is? Write about or draw your image of Jesus.**



**Write the other names or titles for Jesus above and illustrate using symbols.**

**Blessed be His most   
Sacred Heart**

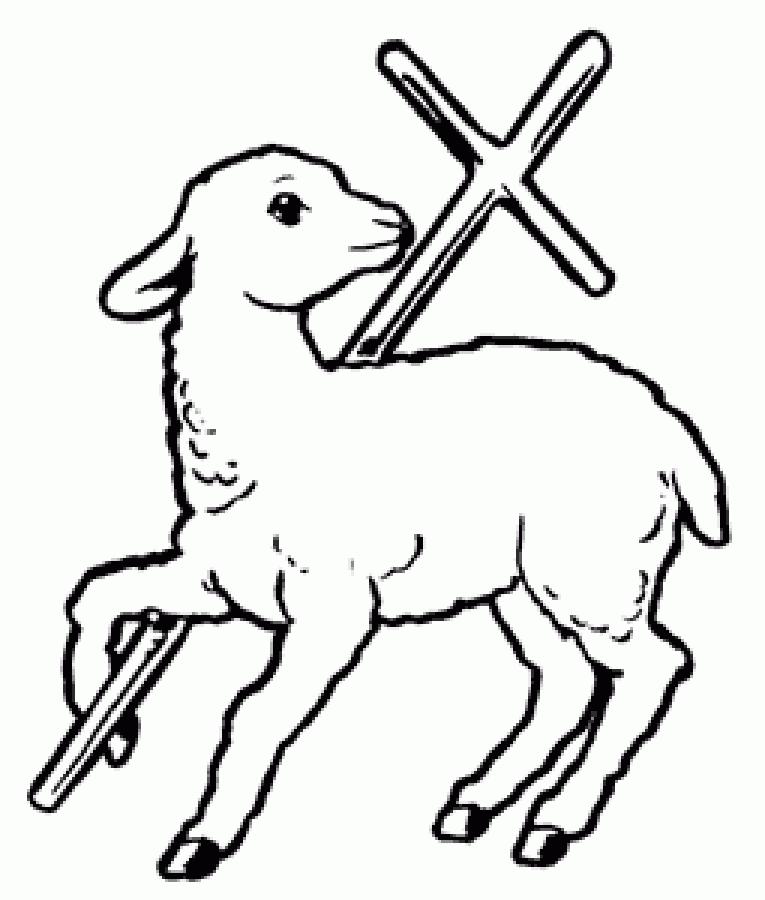


**How does Jesus love? How can you have a heart like Jesus? Write or illustrate above.**

**Blessed be His most   
Precious Blood**

**Jesus shed his blood for you and others. He was a ‘Servant King’. What can you do to serve others?**

**Blessed be Jesus in the Most Holy Sacrament of the Altar**



**Jesus sacrificed Himself to save us from sin and reconcile us to the Father. What can you do to be reconciled with God?**

**Blessed be Jesus in the poorest of the poor**

**NOTE: This is an additional Divine Praise said by St Teresa of Calcutta and her missionaries.**



**Who are the poorest of the poor in my neighbourhood? How can we help and serve them?**

**Blessed be the Holy Spirit, the Paraclete.**



**Blessed be the great Mother of God, Mary most holy.**

**The Holy Spirit brings love, joy and peace and helps us in our relationships with others. How can you improve your relationships with others?**

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**Mary said ‘yes’ to God to be the mother of His son. How can you say ‘yes’ to God? What could He be asking of you?**

**Blessed be her holy and Immaculate Conception.**

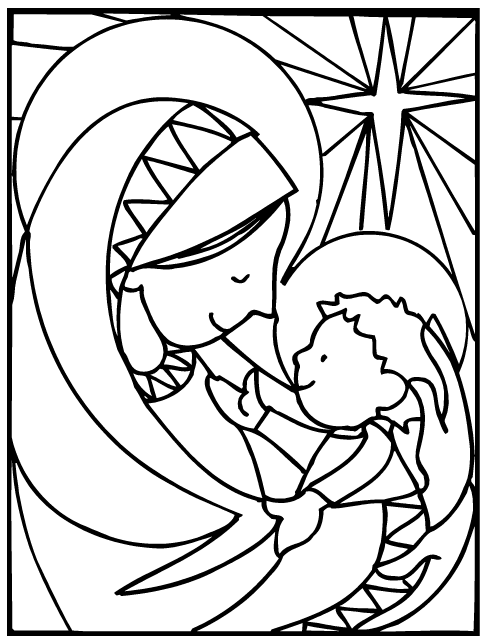


**Mary was conceived without sin and lived a holy life. How can you follow her example?**

**Blessed be her glorious Assumption.**

**Blessed be the name of Mary, Virgin and Mother.**

**Mary is Queen of Heaven. What is your image of Heaven? How can you bring about Heaven on Earth?**



**What names or descriptions do you have for Mary? Write the names or descriptions above and illustrate.**

**Blessed be St Joseph, her most chaste spouse.**



**Joseph took great care of his family as God asked. How can you take care of your/God’s family?**

**Blessed be God in His angels** **and in His saints.**



**We are called to be saints. Which saint do you admire most and why? How can you follow their example?**