

Day 4 Prayer: Adoring Christ



Objective: Explore the vocation of religious life by meeting St. Scholastica and St. Benedict, and praying before the Blessed Sacrament

Location: The lesson begins outside the church or chapel, then continues in the Adoration chapel or area in front of the tabernacle.

Day 4 - Materials

- Prayer Handouts**
- Two or three rosaries** for older children
- Adoration chapel** or area in front of the tabernacle
- The Holy Twins: Benedict and Scholastica**
Book by Tomie dePaola
- World Map**



Note: Spending time in front of the Blessed Sacrament is part of every **God is Good VBS program**. While we are Adoring Christ, we can be more easily led by the Holy Spirit.

Preparation:

- Make certain that the prayer station has a few extra volunteers today.
- Copy "Prayer Handouts" for children who can read. Leave in Adoration Chapel.
- Collect rosaries for older children to use while praying. Leave in Adoration Chapel.
- Check out from library or purchase **The Holy Twins: Benedict and Scholastica** by Tomie dePaola
- Reserve time in front of the tabernacle. If you have Perpetual Adoration at your parish, contact the adorers to inform them that you will be in Adoration during their time.

Procedure:

Before going to the church or chapel, discuss visiting with Jesus: **Today we are going to visit Jesus Himself! Under the appearance of bread, Jesus is placed in a holy place called the tabernacle. Sometimes the host is placed in a special holder called a monstrance, which lets us see Jesus. During this time, we will be very joyful, but quiet so that each of us can talk with Jesus in our hearts and minds. Jesus might share something with you that you hear deep inside, so spend time listening, too.

Begin lesson about Sts. Benedict and Scholastica, in your church or chapel. A good beginning is to point out any sets of twins attending VBS. Show the children the beautiful book *The Holy Twins*. Look closely at some of the illustrations of Sts. Benedict and Scholastica growing up together, then choosing religious life.

St. Scholastica and St. Benedict were twins who grew up in Rome in the fourth century, in a Christian family. Rome is in Italy where our Pope



Francis lives (point to map). **These holy twins were connected to one another, to Christ, and to their faith.**

St. Benedict is best known for beginning the Benedictine monastic community and writing the “Rule of St. Benedict.” In “child language” that means monks or brothers followed common sense rules from St. Ben.

St. Scholastica was devoted to Christ from the time she was a little girl. She became a nun and her convent, or community home, followed much of the same lifestyle her brother started with his monks. It was a very simple life that provided time for these twins to visit one another.

A fun story about the holy twins shows the power of a woman’s prayers! Are the boys in this group “blessed” with stubborn sisters or strong mom? (You will receive many fervent “yesses.”)

On a stormy evening, St. Benedict hoped to go back to his monastery after a visit with his sister. When this holy man saw that he could not get back to the monastery because of lightning and thunder, he was irritated. His frustration was because he knew his twin sister had prayed for the weather to turn angry so she could visit with her brother longer. The brother and sister spent the whole night in prayer, happily praying before the Blessed Sacrament! Secretly, St. Scholastica, like most women, might have also felt a bit of happiness that she was right about the weather and the man she was with was wrong!

Now bring the children closer to the tabernacle or your chapel.

Introduce the children to the guidelines for Adoration:

- **When we walk into the Adoration chapel, we come in one at a time and genuflect. This action helps us focus on praying and it is respectful to Jesus.**
- **Then, kneel down quietly.**
- **Don’t pray out loud or talk to your neighbor.**
- **After kneeling for awhile, you may sit if you wish to.**
- **Ask the Holy Spirit to guide you as you spend time with Jesus in Adoration.**

Once inside the church or chapel, you may wish to sing a traditional Catholic hymn during Adoration, such as *O Sacrament Most Holy*. The melody is easily found on YouTube, and most hymnals have the lyrics. Here are two verses:

O Jesus, we adore Thee,
Our Victim and our Priest,
Whose precious Blood and Body
Become our sacred Feast.

O Sacrament most holy,
O Sacrament divine!
All praise and all thanksgiving
Be ev’ry moment Thine.

Suggest that older children who know the rosary spend time praying part of this lovely prayer (if they’d like to). The “Prayer Handouts” should also be in the Adoration Chapel or near the tabernacle. Once again, remind the children to listen for Jesus. Adorers often reflect that they know more clearly what God wants from them after they’ve spent time in Adoration.

During Adoration you will be amazed at the respect and love shown toward Jesus. Children accept Jesus’ words and miracles, so they concentrate on prayer quite easily. Their

adoration toward Jesus will be a gift to Jesus and to the adults who observe them.

Younger children can spend ten minutes in the Adoration Chapel. As soon as you notice they are becoming restless, ask children at ages of five, six or seven, to quietly genuflect before they leave. If there are more groups waiting to come into Adoration, then older children and group leaders will need to leave, too. Those waiting can enjoy a *Prayer Station Leader reading Holy Twins*. If your parish is smaller and other groups are not waiting, then encourage older children to stay longer.

Older children will be surprised that they have been in Adoration fifteen minutes, before they are excused.

**** Just before leaving the older children, say the 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.”***

**** When we leave Adoration chapel, we genuflect just as we did when we arrived.***



IOG Reminder

If children strived to be clear images of God, while in the Prayer Station, compliment them.



DAY 4