

FAMILY ASSIGNMENT: ENCOUNTERING JESUS IN EUCHARISTIC ADORATION

THEME: "COULD YOU NOT KEEP WATCH WITH ME FOR ONE HOUR?" (MATTHEW 26:40)

Part I: Learn (Before Adoration)

As a family, read and discuss the following Scripture passages:

John 6:35–58 (Bread of Life Discourse)
Luke 22:14–20 (Institution of the Eucharist)
Matthew 26:36–46 (Jesus in the Garden)



Family Discussion Questions Before You Go

Discuss together:

1. Why do Catholics believe Jesus is truly present in the Eucharist?
2. What is the difference between attending Mass and Eucharistic Adoration?
3. What distractions make prayer difficult?
4. How can quiet prayer strengthen family relationships?

Write 3–5 sentences summarizing your family's discussion on the back of this paper.



Part II: Attend Eucharistic Adoration

As a family, attend a Holy Hour or spend at least 30–60 minutes in Eucharistic Adoration at your parish.

Monday evenings at Most Holy Trinity Church
6 pm - 7 pm

**BEGIN WITH PRAYER
PRAY TOGETHER:
SIGN OF THE CROSS
OUR FATHER
HAIL MARY
GLORY BE**

**SPEND TIME IN
SILENCE
SPEND AT
LEAST 15
MINUTES
SIMPLY SITTING
QUIETLY WITH
JESUS.
NO PHONES.
NO TALKING.
JUST BE
PRESENT.**

Suggested Prayer Activities

- ☐ READ SCRIPTURE
- ☐ PRAY A DECADE OF THE ROSARY
- ☐ PRAY THE DIVINE MERCY CHAPLET
- ☐ PRAY SILENTLY
- ☐ JOURNAL

During the Holy Hour include at least four of the following:

- ☐ PRAY FOR SOMEONE IN NEED
- ☐ THANK GOD FOR BLESSINGS
- ☐ PRAY FOR YOUR PARISH
- ☐ PRAY FOR VOCATIONS
- ☐ OFFER YOUR WORRIES TO JESUS

**"PRAYER IS NOTHING ELSE THAN BEING ON TERMS OF FRIENDSHIP WITH GOD."
— ST. TERESA OF ÁVILA**

Part III: Family Prayer Scavenger Hunt

During Adoration, quietly notice these things.

Can your family find...

- ☐ The Monstrance
- ☐ The Altar
- ☐ The Sanctuary Lamp
- ☐ The Tabernacle
- ☐ A Crucifix
- ☐ A Bible

Talk quietly afterward about why each is important.

The Divine Praises

Blessed be God.

Blessed be the Holy Spirit, the Paraclete.

Blessed be His Holy Name.

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

Blessed be Jesus Christ, true God and true Man.

Blessed be her holy and Immaculate Conception.

Blessed be the Name of Jesus.

Blessed be her glorious Assumption.

Blessed be His most Sacred Heart.

Blessed be the name of Mary, virgin and mother.

Blessed be His most Precious Blood.

Blessed be St. Joseph, her most chaste spouse.

Blessed be Jesus in the most Holy Sacrament

Blessed be God in His Angels and Saints of the Altar

Amen

PART IV: REFLECTION

EACH FAMILY MEMBER SHOULD ANSWER THESE QUESTIONS INDIVIDUALLY ON THE BACK OF THIS PAPER.

Personal Reflection

What did you notice during Adoration?

What was the easiest part?

What was the most difficult part?

Did you experience peace, distraction, joy, or something unexpected?

What do you think Jesus was inviting you to do?

What prayer intention did you bring to Jesus?

Family Reflection

Discuss together.

1. What surprised us about Eucharistic Adoration?
2. How did our family experience silence?
3. What did we learn about Jesus?
4. What can we do differently at home to make room for prayer?
5. Would we like to return for another Holy Hour? Why?

Write a paragraph summarizing your conversation on the back of this paper

Part V: Living the Eucharist

Jesus sends us from prayer into the world. As a family, choose one act of discipleship this week.

Choose one:

- | | |
|---|---|
| ☐ Visit someone who is lonely. | ☐ Help a neighbor. |
| ☐ Pray together every day this week. | ☐ Donate food. |
| ☐ Forgive someone. | ☐ Read the Sunday Gospel together. |
| ☐ Write a thank-you note. | ☐ Attend daily Mass. |
| ☐ Spend ten minutes each evening in family prayer. | ☐ Pray before every meal. |

Describe what you chose and how it went.

Closing Family Prayer

Jesus, we believe You are truly present in the Blessed Sacrament. Thank You for inviting us to spend time with You. Help our family to listen to Your voice, to love You more each day, and to share Your love with everyone we meet. Bless our home with peace, joy, kindness, and faith. Stay close to us always. Amen.

Parent Verification

Parish: _____

Date of Adoration: _____

Time Spent in Prayer: _____

One thing our family learned: _____

Parent/Guardian Signature: _____