

# Eucharistic Adoration Booklet for Children

*Jesus in the Blessed Sacrament:*

***Our Greatest  
Treasure***



## Welcome: We Are in Jesus' Presence

### Opening Reflection

When we come to Eucharistic Adoration, we are not just sitting quietly, we are sitting with Jesus Himself.

Jesus is truly present in the Blessed Sacrament: Body, Blood, Soul, and Divinity.

Archbishop Fulton Sheen once said that the Eucharist is “the greatest love story ever told.”

Today, we pray with him, asking Jesus to help us love Him more deeply.

### Quiet Prayer

Jesus, I believe You are truly here.  
Help me to love You with all my heart.

### Simple Action

Sit quietly for 1 minute and look at the Tabernacle or monstrance.  
Just say in your heart:

**“Jesus, I am here with You.”**



## Jesus Is Our Friend

### Reflection

Jesus is not far away or distant. He is our closest friend. He listens, understands, and loves us completely.

Fulton Sheen taught that Jesus in the Eucharist is always waiting for us, never too busy, never too tired.

### Prayer

Jesus, You are my best friend.  
Thank You for never leaving me alone.  
Teach me to talk to You every day.

### Activity

In your heart, tell Jesus one thing about your day, something happy or something hard.



## Silent Love: Learning to Be Still

### Reflection

In Adoration, we don't always need many words. Sometimes love is shown in silence.

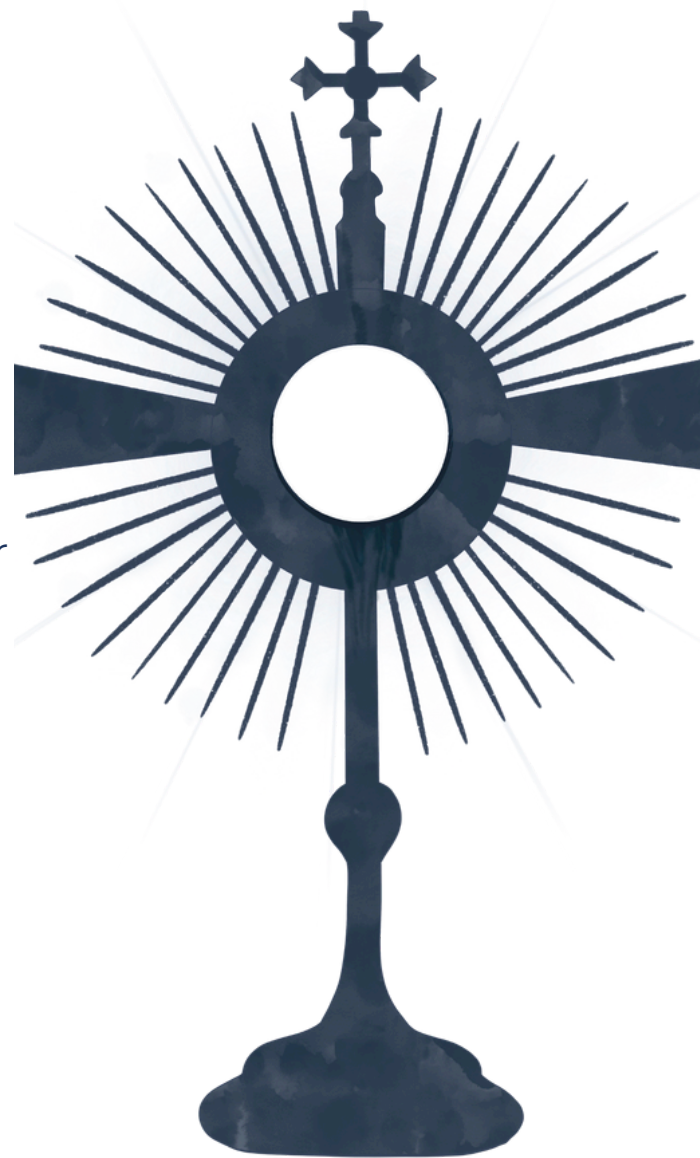
Fulton Sheen often spent long hours before Jesus in silence, teaching that quiet time with Jesus changes our hearts.

### Prayer

Jesus, quiet my heart so I can listen to You.  
Help me know that You are with me even in silence.

### Activity

Sit quietly for 2-3 minutes.  
If your mind wanders, gently say:  
"Jesus, I love You."



## Jesus Changes Our Hearts

### Reflection

When we spend time with Jesus, He helps us become more loving, kind, and patient.

Fulton Sheen believed the Eucharist transforms us into Christ-like people little by little, every time we visit Him.

### Prayer

Jesus, change my heart.  
Help me be kind like You, forgive like You, and love like You.

### Action Challenge

This week, do one hidden act of kindness for someone without telling anyone.

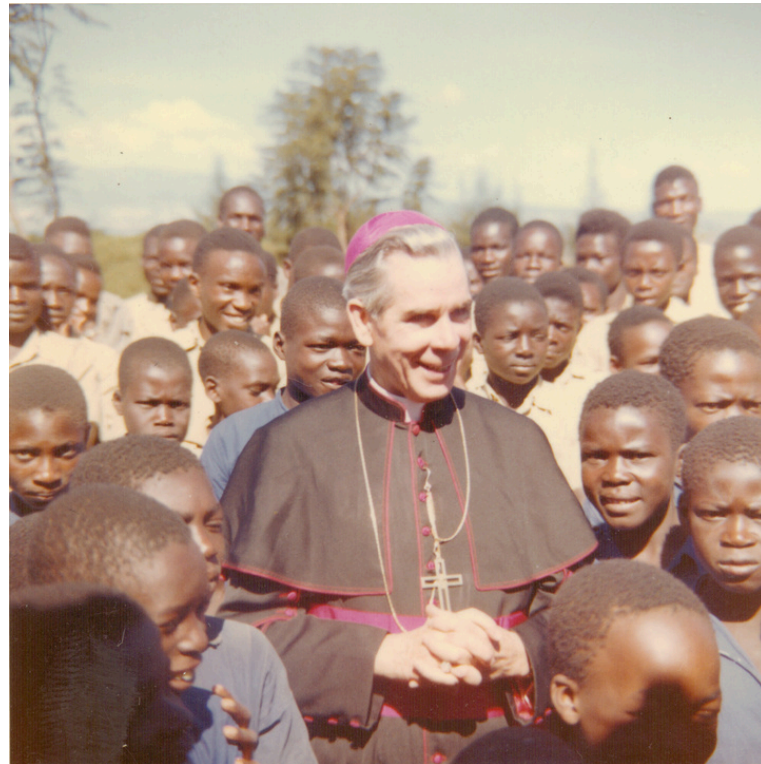


# Prayer for Beatification of Fulton Sheen

## Reflection

We thank God for the life and teachings of Archbishop Fulton Sheen, who loved Jesus in the Eucharist deeply and helped others do the same.

We pray for his beatification, that the Church may recognize his holy life.



## Prayer

Jesus in the Blessed Sacrament,  
Thank You for the gift of Archbishop Fulton Sheen. May his love for You inspire us to love You more. If it is Your will, may he be declared blessed by Your Church. Help us follow his example of prayer, silence, and love for You. Amen.

## Closing

Jesus, we love You.  
Stay with us always. Amen.

# Reflections

## 1. Jesus is Really Here

What do I believe is happening when I sit in front of Jesus in the Eucharist?  
How would I feel if Jesus was sitting right next to me in person?  
What would I want to say to Jesus if I could see Him face to face?

## 2. Jesus as My Friend

When do I feel closest to Jesus?  
Do I talk to Jesus like I talk to a friend? Why or why not?  
What is something I wish Jesus knew about my life today?

## 3. Learning from Fulton Sheen

Fulton Sheen spent quiet time with Jesus every day, what do I think he felt during that time?  
Why do I think silence is important when we pray?  
What do I think changes in a person who spends time with Jesus often?

## 4. Listening in Silence

Is it easy or hard for me to be still? Why?  
What distractions make it hard for me to pray?  
What might Jesus be trying to say to me in quiet moments?

## 5. Jesus Changes Hearts

What is one thing in my heart I want Jesus to help me with?  
How do I act when I am kind? When is it hard to be kind?  
What is one small change I can try to make this week because of Jesus?

## 6. Becoming a Little Missionary

How can I show Jesus' love to someone at school or at home?  
Who needs my kindness right now?  
If Fulton Sheen were here, what would he tell me about being brave in faith?

## 7. Prayer for the World

Who in the world do I want to pray for today?  
What do I think Jesus wants for children everywhere?  
How can my prayers help others even if I cannot see them?

## 8. Personal Conversation with Jesus

(Invite children to sit quietly and finish these sentences in their hearts)  
Jesus, today I feel...  
Jesus, I am thankful for...  
Jesus, please help me with...  
Jesus, I want to love You more by...