

Five Tips to Help You Take Children to Adoration

www.somedaysaints.com

- 1.** Prep your kids that they're going to see Jesus and keep Him company. Even if they don't have much to say/pray, their presence makes Jesus happy.
- 2.** Bring spiritual readings for yourself and for your kids. A saint book, children's bible, saint graphic novel, coloring pages of saints, etc.
- 3.** Pack some pencils/pens/crayons plus journal + coloring pages in a bag. I like having a pen to write any prayers in my journal, and my littles enjoy quiet coloring while I pray.
- 4.** Set your hopes high and your expectations low: sometimes kids are just too wiggly to stay very long. Don't sweat it, instead praise them for their effort and remind them how sweet the time with our Lord is. Thank Jesus for His graces extended to you even and especially when you feel frazzled. No effort is wasted.
- 5.** Go. Tell your children about Jesus' real presence, how He asked the Apostles to stay awake and pray with Him, how our visit consoles Him and how He is giving them graces by being there. Pray together. Encourage them to pray silently on their own.

Bonus Idea:

Light a votive candle (if that is available in your parish) while you are at the church.