A Little Time with Jesus

A short lesson for home, parish, or classroom

Suggested ages 6-10 | Video 5:37 | Lesson about 30-35 minutes

Central truth

In Eucharistic Adoration we worship Jesus and give him our loving attention.

Learning goals

Explain whom we adore in the Eucharist; offer a simple honest prayer; practice returning gently to prayer when distracted; connect prayer with an act of love.

Prepare

Have the video, a Bible, pencils or crayons, and a student activity. Preview the film. Choose a few questions rather than trying to cover every detail.

A simple lesson plan

Welcome (3 min): Ask what the children already notice or wonder about this topic.
Watch (6-8 min): Give the listening purpose below.
Talk (7 min): Choose two or three questions from page 2.
Respond (10 min): Use Draw & Tell or Read & Write.
Share and pray (3 min): Invite an optional response and pray together.

Listening purpose

What can we bring to Jesus when we pray, and how can that prayer change what we do afterward?

Try it together

Practice a short quiet moment: thank Jesus for one gift, remember someone who needs help, and sit quietly for 20-30 seconds. Afterward, invite children to name one loving action, such as calling a lonely relative or asking forgiveness. Sharing a personal prayer is always optional.

Carry it home

Choose one person to pray for. Then show that person love in a practical way, just as Noah plans to call his grandmother.

A Little Time with Jesus

Discussion, vocabulary, and teaching notes

Whom do we adore when we pray before the Blessed Sacrament?
Jesus himself, truly present: Body, Blood, Soul, and Divinity.

Does the monstrance make Jesus present?
No. The Host is consecrated at Mass; the monstrance holds the Blessed Sacrament with honor.

What can you do when your mind wanders?
Notice gently and turn back to Jesus. Begin again patiently.

Must you hear a voice or feel something special to pray well?
No. We make room for God's word and give him our attention. His love does not depend on our feelings.

Helpful words

Adoration: Worship offered to God, recognizing him as our Lord.
Blessed Sacrament: Jesus Christ truly present in the Eucharist.
Monstrance: The sacred holder in which the consecrated Host is displayed for Adoration.
Tabernacle: The place where the Blessed Sacrament is reserved.
Benediction: A blessing with the Blessed Sacrament given by a priest or deacon.

Teaching with care

Explain that God hears us everywhere; Christ's Eucharistic presence is a special sacramental presence. Adoration continues the love and thanksgiving of Mass and does not replace Sunday Mass. Children may pray before First Communion. Do not suggest that prayer requires hearing an audible voice or a special feeling. Start briefly, welcome appropriate seating, and follow the parish's guidance. Never require children to reveal sins or private family needs.

Pray together: Jesus, I am here. Thank you for loving me. Please help the people I am thinking of, and teach me to bring your love to them. Amen.

For leaders - Scripture and Church teaching
Devotions and Eucharistic Adoration - USCCB
Christ truly present - Catechism 1373-1381
Prayer and loving action - John 15:9-12