
✠ Explore 4 ✠

EUCCHARISTIC ADORATION

Goal: As a family, pray before the Blessed Sacrament at Adoration

“The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth.”

— St. Teresa of Calcutta

WHAT IS IT?

Eucharistic Adoration (or Exposition of the Blessed Sacrament) is the act of praying before Jesus in the consecrated Eucharist, presented on the altar.

WHERE AND WHEN?

Choose a time and place to take your family to Eucharistic Adoration. Verify beforehand, but as of June 2026:

- ◆ [St. Barbara](#): after the 9:00AM Mass on Fridays.
- ◆ [Sacred Heart](#): Thursdays, 9:30AM-9:00PM.
- ◆ [St. Stephen the Martyr](#): 24 hours a day. Call ahead (253-631-1940) for the door code if you'll be worshipping when the church is closed.

PRACTICAL TIPS FOR FAMILY ADORATION

- ◆ Prepare children beforehand: explain that Jesus is truly present, and you are going to visit Him like a friend. Consider reading Isaiah 55:1-3 or John 6:22-59 as a family.
- ◆ Bring a Bible, prayer book, journal, or rosary.
- ◆ Give kids something to do with the silence: talk to Jesus in their heart, draw a picture for Him, pray the Rosary, read their Bible, or simply look at the beautiful monstrance.
- ◆ Genuflect on both knees when the Blessed Sacrament is exposed. Maintain reverent silence.

- ◆ Let children see you pray—kids learn devotion by watching it modeled with peace and sincerity.
- ◆ Don't stress about perfection—a wiggly toddler or a whispered question isn't ruining Adoration. It's a family encountering Christ together.
- ◆ Start short. Even 10-15 minutes is fruitful. Build up over time rather than pushing young children too long.
- ◆ Consider stopping somewhere fun afterward - a playground or treat to eat can give the outing a positive association for especially little kids. Take the chance to talk about their interaction with Jesus in the car or when out together.
- ◆ Write and submit your family reflection on the experience of visiting our Lord in Adoration.

MORE RESOURCES

- ◆ [What Really Happens in Eucharistic Adoration](#) — YouTube video by Ascension Presents & Fr. Mike: great for parents and kids!
- ◆ [Take Your Kids to Adoration](#) — YouTube video with great tips for parents wishing to take their kids to Adoration regularly.
- ◆ [Pocket Guide to Adoration](#) — a beautiful resource to take along to adoration by Fr. Josh Johnson, with Ascension Press
- ◆ [Sacramentum Caritatis](#) — Encyclical by Pope Benedict XVI on the Eucharist as the Source and Summit of the Church's Life and Mission.

Submit your
Explore 4
reflection here.



<https://www.stbarbarachurch.org/explore-4>
