

Jesus, Our Eucharistic Friend

Each and every church, no matter how big or small, fancy or simple, is a home for God. Inside of all Catholic Churches, you will find Jesus waiting for you.

When you come in through the doors of the church, you are an invited guest into the house of God. If you were invited to dinner with someone famous, how would you dress and behave? Well, Jesus is the MOST famous and most amazing, and we should always dress our best and be on our best behavior.

When we come into God's house, we should walk standing straight and tall, with our hands folded in front of us. We should keep our eyes on Jesus in the tabernacle, and not be distracted by people around us. As we pass in front of the tabernacle, we pass before the throne of Jesus Christ, the King. When we meet a king, we bow before him. But Jesus is the HIGHEST King, and we genuflect before him. When we genuflect, we touch our right knee to the ground and make the sign of the cross in front of us. We don't do this super-fast because that would look silly. We do it with respect and love for Jesus.

When we come into church, we shouldn't be talking to anyone. Why? Because we should always be listening and attentive to Jesus. We are here for Him – to show Him our love.

Adoration

The Eucharist is present when we have Mass, and it is present in the tabernacle always. But there are special times when the Eucharist, which is the Body of Jesus, is brought out of the tabernacle for us to see. We call this "ADORATION."

What does it mean to adore something or someone? Who do you adore? Do you adore Taylor Swift? Or your Mom or Dad? TO adore someone means to love someone with all your heart.

When we see Jesus in the Eucharist, we love him with all our heart, like we love our best friend. How do you become best friends with someone? You have to spend time together and talk to each other, right? If we want to be best friends with Jesus, we have to spend time with him, seeing him and talking to him, and listening to him. That's why we have Adoration.

In Adoration, we should tell Jesus how we're doing. He wants to know the bad things that have happened to you, and the good things too. When you have something bad, he wants to be there to make you feel better. When you have something good, he wants to be there to celebrate with you! Jesus wants to be your BFF!

Exposition

Then, the priest will take the Eucharist in the beautiful golden stand that looks like the sun, and he will hold it up high, and make the sign of the cross with it. We call this BENEDICTION, which means "to bless." As he makes the sign of the cross, Jesus passes over us and blesses us, and we make the sign of the cross on ourselves. Jesus' friendship is the greatest blessing we can have.

Then the Body of Jesus is put back into the tabernacle, where he will be waiting for you the next time you want to come and spend time with your BFF. He will always be waiting for you.