



SPIRITUAL COMMUNION

ADORATION: OBSERVING & DESIRING GOD

OVERVIEW

- Adore: to love something to deeply, to worship.
- The Art of Observation opens our eyes to God's action in our lives, helping us to Adore Him.
- Jesus asks us to approach us like little children.
- Prayer is responding to the love that God has first given to us.
- The word "blessing" means adoration.
- Key References: CCC 1078, Psalm 145

PRAYER IS A SURGE OF THE HEART, IT IS A SIMPLE LOOK TURNED TOWARD HEAVEN, IT IS A CRY OF RECOGNITION AND OF LOVE, EMBRACING BOTH TRIAL AND JOY."

- SAINT THERESE OF LISIEUX -

ADORATION



Fun fact! The Church is open for prayer and for Adoration of the Blessed Sacrament. These special days and times of Adoration are:

- Tuesdays: St. Bernard, 2pm—8pm
- Thursdays: Christ King, 6am—8pm
- Saturday: Christ King, 9am –12pm

Scheduled adorers needed! Sign up at:

triparishfaithformation.org/mass

JOIN THE CONVERSATION

Join us each week for an online conversation to discuss the weekly video and to encourage and support one another in spiritual communion. Discussion group begins this week. You can call into the discussion or join via video chat. Wednesdays: 12-12:35pm, sign up online:

www.triparishfaithformation.org/spiritual-communion



REFLECTION QUESTIONS

1. How does the prayer space in your home look? What elements have you added to help this space to be set apart from the rest of your home?
2. Recall a moment in your life when you experienced a blessing. How did this blessing make you more aware of God's presence in your life?
3. Sam shared about a time when she experienced an awe and reverence for God in a powerful way. When have you been in awe of God?
4. How does the Church help you in your search for God?



WEEKLY CHALLENGE

This week, Take time to be silent and observe the world around you. Where do you observe God? Where do you notice His presence? Begin each morning in your prayer space adoring God by using words such as, "God, you are _____," (good, faithful, loving, forgiving, etc.), help me to notice you throughout this day." Before bed, write down one way you observed God's presence (This might have been during work, with your family, on a walk outside, etc.)



FAMILY FOCUS

Adoration tends to come naturally for children and a great way to facilitate this attitude in prayer is through the making of prayer cards. You can find a great resource online with who to make prayer cards with your child here:



<https://www.cgsusa.org/wp-content/uploads/Prayer-Cards-2020-ScriptureCharts.pdf> .

Prayer cards highlight words and phrases of prayer so that your child can learn a "language" of prayer as they grow in their own friendship with Jesus.

GREAT IS THE LORD AND WORTHY OF MUCH PRAISE, WHOSE GRANDEUR IS BEYOND UNDERSTANDING.

- PSALM 145:3-