**Do I have to stay the entire time?**

No. You are welcome to come and attend Adoration at any time. You are always welcome to stop by Church to say a prayer before Jesus with your children, even if it is not during an Adoration time.

**What specific things should children know?**

They should know that Jesus is present in the monstrance and that they can love Him by spending time with Him.

**How do I prepare my child for adoration?**

Explain what is going to happen: that is, explain that we are going to spend time with Jesus to show our love. Practice quiet and stillness at home in prayer times. Talk about REVERENCE and practice showing reverence – in handling objects, movements, postures, stillness. Learn and practice “mindfulness” in your own adult prayer and let that guide your prayer with your children; it will “rub off” on them.

**Is there an age limit? Do my children have to have received First Communion?**

No. Jesus would enjoy if even the smallest infant were to come to Adoration. Adoration is about spending time with Jesus. This could be an excellent preparation exercise for children preparing for the Sacrament of First Holy Communion.

**How will I keep my child quiet?**

Hold them. Practice at home. Your children may not be quiet; they may not sit still – this is okay. Adjust your expectations and be patient. Bringing toys defeats the purpose of Adoration, but a rosary might help busy hands. We also will have plenty of Adoration resources that you can participate in with your children. We will do whatever we can to support you in enjoying this experience as a family.

**What if my child can’t be quiet?**

If they are truly disruptive, take your children outside for a minute and regroup, or utilize our beautiful cry room or the Gathering Area. If the church is too distracting, our Sacred Heart Chapel is always available and a bit more intimate for children to focus on praying. We don’t mind that there are vocal children and babies in our church. We know how difficult it is to take the steps and make the effort to be at adoration in the first place. That’s why we have a cry room. We want children especially, to feel that they always belong. Eventually they will learn – and we will be here supporting those who bring their young children to pray. WE GET IT AND WE LOVE YOU FOR IT! While at home, try practice praying with this stillness – help create a sense of awe/mystery. Use quiet voices and quiet bodies to help them learn so they’re ready for next time. It will get easier!

**How are we supposed to feel? What if we don’t feel God’s presence?**

You won’t always feel something special. That is okay. St. John Vianney said that he wanted to spend time in adoration like a dog at the feet of its master. Mary sat at the feet of Jesus, while her sister Martha worried about the serving: Jesus said that the “better part” was sitting at his feet. The feelings that come to you are most likely what God wants you to feel – you don’t have to exert yourself to feel a certain way – just be as present to God as you can, loving God.

**Do children really like it? Do they understand it?**

We don’t know that anyone can answer that question, but just like anything else – children love routine. They enjoy knowing what to expect. Working prayer and adoration into your regular routine will make your children more comfortable with the experience of adoration.

**What should I do if we don’t like the silence?**

Practice! Silence, stillness, and mindfulness are crucial habits for the spiritual life. Practice at home, in your car, etc. Use a simple word like: “Jesus” or “Mary”, or “Jesus, I love you” to recollect your thoughts. Then, rest in silence.

**How do I take care of my child and still get my own quiet time?**

You may have to change your expectations. You will have many opportunities to Adore. If some of the Adoration times do not go the way you feel they should, accept this and know you will have many more chances – and that Jesus was glad you came. It is as important to introduce your child to love for God as it is to have that love yourself – the two go together for parents. Think about “listening to God together” – knowing that your togetherness in love for God may be as important as your own quiet time – and keep working to find your own time adoring God, trusting that God will help you find this time.

**What if my children enjoy it, but I don’t enjoy it or understand it?**

This is a good question for you to answer for yourself!

**How do I know/believe that Jesus is really present?**

It is a matter of assent – wanting to believe. Pray an act of faith asking God to increase your faith.

**What can I bring? Snacks for kids? Electronic devices?**

We prefer that you don’t bring snacks or drinks into the church during Adoration, but we understand that sometimes it’s unavoidable. Electronic devices may be acceptable sometimes for rosary, reading scripture, etc, but the best use of this time is simply to spend quiet time loving God.