



THE BLESSED SACRAMENT

The Blessed Sacrament



Know that Jesus is present in the Blessed Sacrament.
Be aware of how his presence can help us.

The Blessed Sacrament

Jesus has promised to be with his Church until the end of time. One of the ways in which he fulfils this promise is through his permanent presence in the Blessed Sacrament.



To all Catholics, the Blessed Sacrament is very precious. It is what we call the consecrated hosts. These are kept in a ciborium in the tabernacle so that we can always pray in the presence of Jesus.

The Blessed Sacrament can also be taken to people who are very ill in hospital or at home and are unable to get to Mass.



Throughout the world, in every tabernacle, in every church Jesus waits for us to come to him. It is important to show reverence for Jesus in the Blessed Sacrament. While we are in church, we try to be very quiet. The sanctuary lamp is a sign that Jesus is present in the tabernacle. In reverence for the Blessed Sacrament, we genuflect towards the tabernacle when we enter and leave the church.



Task 1:

Make notes, picking out the important parts of this description of the Blessed Sacrament.

Pause to reflect

A visit to the Blessed Sacrament

- Jesus is waiting for us. He knows us so well.
- We allow time for our hearts and minds to become conscious of his presence.
- We share our deepest thoughts and desires with Jesus.
- We listen to Jesus.
- We can tell him everything and anything.
- We remember that Jesus has told us to trust in God and trust in him.
- Slowly and surely we will experience his peace coming over us.



Benediction: Adoration of the Blessed Sacrament



The Blessed Sacrament is kept in the tabernacle, but when we have Benediction, it is placed on the altar in a monstrance.



Benediction is a special time of prayer, of adoring Jesus in the Blessed Sacrament.

When entering or leaving the church during Benediction, we genuflect on both knees and bow our heads in reverence.

1. With the help of the glossary, write out the meaning of the following words:

Genuflect **Monstrance** **Sanctuary Lamp** **Tabernacle**

2. Make a leaflet to encourage others to make a visit to the Blessed Sacrament in the church.

Include:

- what the Blessed Sacrament is and where to find it;
- why it is helpful to make a visit;
- a few suggestions for what a person could do during a visit.

Task 2

Respond to these two questions.

