

Adoration Chapel Expectations



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PREPARING TO GO



1. **OPTIONAL:** Bring a Bible, pen/highlighter, rosary, journal/notebook, etc. with you.
2. Line up in front of room when called, then walk quietly to the OLG Welcome Desk and wait for Mr. Aitchison.
3. Move from kind of quiet to *really* quiet when the color of the carpet changes (near the dining room).
4. First 2 people to the chapel please hold open doors.
5. Dippity dip with holy water, then genuflect towards Jesus on either one knee (*the right is always right*) or on both knees.
6. Find a seat where you can pray well and not be distracted by others (*at least* 1 seat away from someone else, preferably 2 or more).

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NOW THAT I'M HERE, WHAT DO I DO?

Some ideas:



1. Just sit and chill in the presence of Jesus - Breathe slowly, listen for God's voice in your heart, and let the Lord snuggle you. 😊
2. Pray traditional Catholic prayers (the rosary, Our Father, Hail Mary, Glory Be, Act of Contrition, etc.).
3. Pray free-style prayers (make up your own prayers using your own words).
4. Read from the Bible (the Gospels are a great place to start!)
5. Journal - Write the date at the top of the page, then start writing about whatever is on your heart and mind. You can:

- A. Count your blessings - Write "Thank You, God, for..." then make a list of all the things you can thank God for.
- B. Do an Examination of Conscience - Write about the times you've failed to be the saint you're called to be. Make a list of the sins that you would like to confess the next time you go to Reconciliation.
- C. Do a check-in: Write about how your day is going, what you have coming up, how you would like God to help you, etc.

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WRAPPING UP

1. When you see Mr. Aitchison give the wrap up signal, start wrapping up your prayer time.
2. Dippity dip with holy water, then genuflect towards Jesus on either one knee (*the right is always right*) or on both knees.
3. Walk quietly back to the OLG Welcome Desk and wait for Mr. Aitchison.
4. Walk quietly back to our classroom.

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