



Blessing Sacramentals

1. Invite the children to bring in a sacramental they have.

If some children do not have a sacramental, you might like to provide a small sacramental as a gift, such as a saint medal.

2. Invite each child to show their sacramental to the rest of the group. Ask them to share where they keep their sacramentals.
3. After everyone has shared their sacramental invite the children to hold up their sacramentals while you offer a blessing.
4. Use a simple blessing, such as,
“Loving God, we ask your blessing upon these sacramentals. May they remind us that you are always with us. We ask this in the name of the Father, and of the Son, and of the Holy Spirit.
Amen.”