



Guided Children's Hour of Adoration (The Beatitude Theme Overview)

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

Opening Prayer

Focus on Jesus' True Presence in the Eucharist in the Monstrance.

Fatima Prayer

Prayer to the Holy Spirit

Read Sermon on the Mount: Matthew 5:1-10

Decade of the Rosary - 3rd Luminous Mystery: The Proclamation of the Kingdom of God

Prostrate

Praying the Beatitudes prayer

Song: Lead Me, Lord

Litany: Who is Jesus to Me? By Blessed Mother Teresa

Prostrate with Quote from Mother Teresa

Act of Spiritual Communion Prayer

(If time) Thanksgiving

Last Word Prayer

Closing Thoughts and Song: I Believe

Closing Prayer

Benediction and Divine Praises

Reposition of Blessed Sacrament and Song: Holy God We Praise Thy Name

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Guided Eucharistic Adoration for Children The Beatitude Theme

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[As we wait for the students to file in and get settled, play reflective music in the background to encourage silence and reflection.]

Leader:

[Welcome the children to Eucharistic Adoration. Issue reminders as needed about Christ's True Presence in the Eucharist, behavior expectations, posture, booklets only being held when needed, what to do in the silence, etc. See: "An Introduction for Children about Eucharistic Adoration" for suggestions.]

Tonight, we are going to reflect with Jesus on His beatitudes that He gave in His Sermon on the Mount. Using His beatitudes, Jesus taught His listeners about Gospel values. These values are just as important now as they were 2000 years ago.¹ Jesus is teaching us how we should live; He is giving us a guide when we have choices to make. He is showing us the way to live in unity with Him.

Kneelers down. Remember the kneelers stay down the whole time. Please kneel.

Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord. Take a few deep breathes and feel the Lord's peace fill you.

¹ *Blessed are You: Mother Teresa and the Beatitudes* by Eileen Egan & Kathaleen Egan p. 9

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: Come Adore (hymnal)

[The Blessed Sacrament is placed in the monstrance on the altar. The presider then kneels before the altar. If altar servers are available, the priest or deacon incenses the Blessed Sacrament.]

Priest/Deacon:

[The priest or deacon may begin the time of Adoration with a prayer, such as the following.]

Opening Prayer:

Let us pray.

After a brief pause for silent prayer, the presiding minister continues:

Lord our God,
in this great sacrament
we come into the presence of Jesus Christ your Son,
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.

All: Amen.²

Leader:

Look at Jesus now. (brief pause) Look for Him in the Blessed Sacrament before you the Consecrated Host, His awesome gift of Love for us for you know He is here! He rejoices in His time with you. Just be for a moment in His Presence. (A couple minutes of silence.)

Jesus, You are Divinity "You are God, the Almighty! You were meek and gentle when you were on Earth. Help us to be meek and gentle. . . . You always obeyed Your Father even when You knew You would die a painful death on the cross."³ Help us to obey Your Father. (Silence)

² No 224 Holy Communion & Worship of the Eucharist Outside Mass

³ The Beatitudes for Children by: Rosemaire Gortler & Donna Piscitelli p. 25

We are going to say one of the Fatima prayers taught by Our Lady. Repeat after me: "O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!" ⁴

(Pause long enough so the children don't repeat after you anymore.)

Please sit.

Let's take a moment to pray to the Holy Spirit. (Children repeat in sections.): Holy Spirit, we ask that You help us to pray / during this wonderful hour with Jesus, / to keep our minds and souls focused on Jesus, / and to keep us close to Him. / Thank You. Amen.

(Pause long enough so the children don't repeat after you anymore.)

Listen now to a section of the Gospel of Matthew that tells about the Beatitudes which is also known as "The Sermon on the Mount".

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Matthew
Response: Glory to You, O Lord

When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek; for they will inherit the land.
Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
Blessed are the merciful, for they will be shown mercy.
Blessed are the clean of heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Matthew 5:1-10

The Gospel of the Lord.

⁴ Fatima prayer taught by Our Lady of Fatima

Response: Praise to You, Lord Jesus Christ

Please sit.

Brief Homily from presider. Or continue with the following reflection.

Leader:

Like we said during our opening, Jesus gives us the Beatitudes to teach us how we should live. They are a guide when we have choices to make. Jesus is showing us the way to live in unity with Him.

Jesus followed the Beatitudes as well. "The Beatitudes are, basically, about following Jesus. He was poor in spirit, lowly. He sorrowed with those in pain. He had a hunger and thirst for justice. He was merciful in his dealings with those in trouble. He was so single-hearted in his commitment that he was persecuted for it. He was a peace-maker, even at his moment of death."⁵

Or

Jesus followed the Beatitudes as well. For example, He was merciful to sinners. He offered them forgiveness. He offers us that mercy as well in the Sacrament of Reconciliation. Think of anything you need to tell Jesus you are sorry for . . . anything that might have hurt Him.

The Beatitudes show us how to get to heaven. If we live our life following what they describe, we will be happy right now and when we join Jesus in heaven.

Take some quiet time in your heart. Listen to what Jesus wants to tell you about His Beatitudes. Ask Him to point out **your** way to Heaven. **(A couple minutes of silence.)**

We are going to pray one Decade of the Rosary. Let's say the words slowly and think about the words as we say them. I will lead the Decade by saying the first part of the prayers and then you will say the second half.

We are going to focus on the 3rd Luminous Mystery: The Proclamation of the Kingdom of God: Jesus went out to the people to teach the Good news about God's Kingdom.

Our Father, 10 Hail Marys, Glory Be

⁵ *Praying the Beatitudes* by Max Oliva SJ pg.11

End Rosary with O My Jesus.

We are now going to enter into a silent period of prayer from our hearts. In this time, think about the Decade we just prayed. (A minute of silence.)

Looking at Jesus in the Blessed Host, repeat: O Jesus, I love You! (Fatima Prayer) . . . O Jesus, I Adore Thee! . . . O Jesus, I love You!

(Pause long enough so the children don't repeat after you anymore.)

One of the Beatitudes is "Blessed are the peacemakers; for they will be called children of God." In Jesus' time, peace meant being in God's Presence and doing His work. We are in God's Presence right now! . . . (pause) Ask God to show you how to do His work. (A minute of silence)

We will say a short Act of Adoration and then we will prostrate - do a humbling act before God. Please kneel and repeat:

"O Jesus, great God, / present on the Altar, / I bow down before You, / I adore You."

(Pause long enough so the children don't repeat after you anymore.)

Prostrate - A couple of minutes of silence.

Step the children through prostration. Kneel on the kneeler, put your bottom on your seat behind you, place your hands on your face, and bring your face to the back of the pew in front of you.

Please sit.

Song: Lead Me, Lord (hymnal)

One of the beatitudes says, "Blessed are they who hunger and thirst for righteousness; for they will be satisfied." Some translations say holiness instead of righteousness. Let us ask Jesus for an "inward, gnawing hunger for holiness and righteousness and the thirst for it that nothing worldly can quench" ⁶ (A moment of silence.)

Look at Jesus and repeat: "O Lord, / I give my life to You / because You are the Father / of all that exists / especially of my soul." ⁷

⁶ *Blessed are You: Mother Teresa and the Beatitudes* by Eileen Egan & Kathaleen Egan p. 69

⁷ *Children of Hope Present Children's Adoration DVD* with Father Antoine

(Pause long enough so the children don't repeat after you anymore.)

Mother Teresa created and said many prayers. I am going to read a portion of her litany called Who is Jesus to Me? Close your eyes now. As you hear the words of the litany, reflect on them. Let images of Jesus come into your mind. Listen to Jesus calling to your heart.

Who is Jesus to Me? (A small pauses between each line.)

(* Leave these out if a time concern.)

Jesus is the Word made Flesh.

Jesus is the Bread of Life.

*Jesus is the Victim offered for our sins on the Cross.

*Jesus is the Sacrifice offered at the Holy Mass for the sins of the world and mine.

*Jesus is the Word - to be spoken.

Jesus is the Truth - to be told.

Jesus is the Way to be walked.

*Jesus is the Light - to be lit.

Jesus is the Life - to be lived.

Jesus is the Love - to be loved.

Jesus is the Joy - to be shared.

Jesus is the Sacrifice - to be offered.

Jesus is the Peace - to be given.

Jesus is the Bread of Life - to be eaten.

Open your eyes now and look at Jesus in the Blessed Host and repeat:

Jesus, You are the Bread of Life.

(pause)

Jesus, You are Truth, Love, and Joy.

(Pause long enough so the children don't repeat after you anymore.)

Prostrate - Try for 4 or 5 minutes of silence.

We are going to prostrate before Jesus. Mother Teresa says in the Rules of the Missionaries of Charity, her religious order: "God is the friend of silence. His language is 'Be still and know that I am God' (Psalm 46:10). He requires us to be silent to discover Him. In

the silence of the heart God speaks." So prostrate before our Lord and let Him speak to you in the silence.

Please sit.

Let us say together the Act of Spiritual Communion (booklet)

O God, in the wonderful Sacrament of the Eucharist, You have left us a memory of Your Passion, let me, I ask You, receive spiritually the Presence of Jesus. May I now and always feel within me the fruits of Your redemption, You who live and reign forever. Amen.

Another Beatitude says: "Blessed are they who are persecuted for the sake of righteousness; for theirs is the kingdom of heaven." That means we need to be "willing to suffer to save our soul" ⁸ so we can enter heaven upon our death. When our peers, TV, and culture tell us to do things that we know would make God unhappy, we sometimes suffer by our choosing not to do those things. Ask Jesus to make you strong enough to suffer when people make fun of you for following God's path. **(A moment of silence.)**

(If time) Thanksgiving: We are going to take time to thank Jesus for some of our blessings.

Response: "I thank You, Jesus"

For the gift of life, and every moment that I live,

Response: I thank You, Jesus.

For the world around me - the moon, the stars, the refreshing rain, the glorious sunshine, the very air I breathe,

Response: I thank You, Jesus.

For the gift of my faith,

Response: I thank You, Jesus.

For creating me,

Response: I thank You, Jesus.

For guarding me and keeping me safe,

Response: I thank You, Jesus.

For forgiveness of my sin in the Sacrament of Reconciliation,

Response: I thank You, Jesus.

For coming to me in Holy Communion,

Response: I thank You, Jesus.

For having lived, suffered, and died for me,

Response: I thank You, Jesus.

For preparing a place for me in heaven where I hope to live for eternity,

⁸ The Eight Beatitudes by: Father Lovasik S.B.D. p. 28

Response: I thank You, Jesus.⁹

Now in the quiet of your heart thank Jesus for your other blessings.

(A moment of silence.)

Our time with Jesus is coming to a close. Let us recall one beatitude in particular, "Blessed are the clean of heart; for they will see God." "Being clean of heart or single-hearted means that one cannot be deflected from the path to God, from doing his will."¹⁰ Ask Jesus now to stay by your side and keep you on the path to God. Ask Him to let nothing deflect you from doing His will. *(pause)* Know that when things get busy, or stressful, or you have a hard choice to make that Jesus is right there, taking you by the hand, leading you to God, if you just ask Him and trust. *(Silence)*

Pray The Last Word (booklet).

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon. Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again. Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and those I have promised to pray for.

Please kneel.

[The priest or deacon goes to the altar, genuflects, and kneels.]

Song: I Believe (booklet)

[During the song, the minister may incense the Holy Eucharist. After the song is finished, he stands and sings or says a prayer such as the following.¹¹]

Priest/Deacon:

Let us pray.

After a brief pause for silent prayer, the presiding minister continues:

⁹ A condensed version of a prayer by John J Cardinal Carberry, Archbishop of St Louis Dec 8, 1977

¹⁰ *Blessed are You: Mother Teresa and the Beatitudes* by Eileen Egan & Kathaleen Egan p. 103

¹¹ No 98 Holy Communion & Worship of the Eucharist Outside Mass

Lord our God,
 you have given us the true bread from heaven.
 In the strength of this food
 may we live always by your life
 and rise in glory on the last day.

We ask this through Christ our Lord.

All: Amen. ¹²

Moment of silence.

Leader:

Father/Deacon will now do Benediction and Divine Praises. Be sure to make the Sign of the Cross when you receive your blessing from Jesus during Benediction.

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. ¹³ During the blessing, servers may incense and ring the bells, according to local tradition.]

Priest/Deacon:
Benediction

[After replacing the monstrance on the altar, the priest or deacon may kneel and lead those assembled in the Divine Praises. The Divine Praises can also be said as the priest or deacon reposes the Blessed Sacrament.]

Say The Divine Praises repeating after the presider. (booklet)

Blessed be God.
 Blessed be His Holy Name.
 Blessed be Jesus Christ, true God and true man.
 Blessed be the name of Jesus.
 Blessed be His Most Sacred Heart.
 Blessed be His Most Precious Blood.
 Blessed be Jesus in the Most Holy Sacrament of the Altar.
 Blessed be the Holy Spirit, the Paraclete.
 Blessed be the great Mother of God, Mary most holy.

¹² No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹³ No 99 Holy Communion & Worship of the Eucharist Outside Mass

Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in His angels and in His Saints.

The priest/deacon reposes the Blessed Sacrament and Song: Holy God, We Praise Thy Name (booklet)

Extra

[Sometimes you will get through the whole set of plans, sometimes you won't. Here are some extra prayers and reflections in case you get done early. Each group and each session will flow differently depending on the age of the children, how long you pause, and where God leads you that particular time.]

"Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me."" (John 14:6) Take time now to thank Jesus for being the Way, the Truth, and the Life so that one day you may enter the gates of heaven. (A moment of silence.)

One Beatitude says: "Blessed are they who mourn; for they will be comforted." These times when we mourn and have sorrowful experiences are also when we learn to be compassionate and kind to others in need. (A moment of silence.)

Jesus said whatever you do to least of my people that you do unto me. So let listen now to some more of Mother Teresa's litany: Who is Jesus to Me? Reflect on how what we do to help others also helps God.

Who is Jesus to Me?

Jesus is the hungry - to be fed.

Jesus is the Thirsty - to be satiated.

Jesus is the Naked - to be clothed.

Jesus is the Homeless - to be taken in.

Jesus is the Sick - to be healed.

Jesus is the Lonely - to be loved.

(A moment of silence.)

Mother Teresa said, "Jesus made himself the Bread of Life to satisfy our hunger for God and for his love." ¹⁴ Thank Jesus for this awesome gift! (A moment of silence.)

We pray for the poor souls in Purgatory because they need many prayers to go to Heaven. Say Prayer for the Souls in Purgatory. (Repeat in sections.)

Eternal Father, / I offer Thee the most Precious Blood / of Thy Divine Son, Jesus,

¹⁴ *Blessed are You: Mother Teresa and the Beatitudes* by Eileen Egan & Kathaleen Egan p. 70

/ in union with the Masses / said throughout the world today, / for all the Holy Souls in Purgatory, / for sinners everywhere, / for sinners in the universal church, / those in my own home and within my family. / Amen.

(Pause long enough so the children don't repeat after you anymore.)

Act of Hope (Repeat in sections.)

O my God, / relying on Your infinite goodness and promises, / I hope to obtain pardon of my sins, / the help of Your grace, / and life everlasting, through the merits of Jesus Christ, / my Lord and Redeemer. / Amen.

(A moment of silence.)

The Last Word

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon. Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again. Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and those I have promised to pray for.

The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

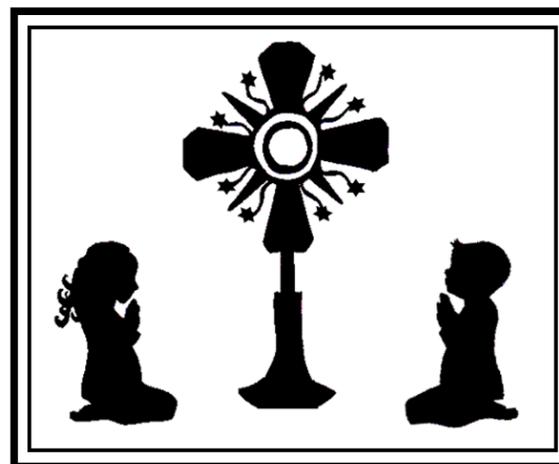


Repose Song: Holy God We Praise Thy Name

Holy God we praise Thy name; Lord of all we bow before Thee;
All on earth Thy scepter claim; All in heaven above adore Thee.
Infinite Thy vast domain, Everlasting is Thy reign! x 2

Hark, the loud celestial hymn; Angel choirs above are rising;
Cherubim and Seraphim, In unceasing chorus praising,
Fill the heavens with sweet accord: Holy, holy, holy, Lord! x 2

Holy Father, Holy Son, and Holy Spirit: three we name Thee,
Though in essence only one; Undivided God we claim Thee,
And adoring bend the knee while we own the mystery. x 2



Guided Children's Adoration



Exposition Song: Come Adore

Gather: Comprehensive #888

I Believe!





The Beatitudes
show us how to get
to heaven.

Song: Lead Me, Lord

Rise Up and Sing #284

Act of Spiritual Communion

O God, in the wonderful Sacrament of the Eucharist, You have left us a memory of Your Passion, let me, I ask You, receive spiritually the Presence of Jesus. May I now and always feel within me the fruits of Your redemption, You who live and reign forever. Amen.

Song: I Believe by Karl Kohlhase, 2008, www.k4communications.com

Your blood, Your body,
Your soul, and Your divinity,
Jesus, truly present
In this most Blessed Sacrament

I believe, I believe, I believe it's true
I believe, I believe, I believe it's You

I believe, I adore You,
I hope, and I love You,
Jesus, truly present
In this most Blessed Sacrament



References

Books:

The Beatitudes for Children, Rosemaire Gortler & Donna Piscitelli, 2009, Our Sunday Visitor. All rights reserved.

Blessed are You: Mother Teresa and the Beatitudes, Eileen Egan & Kathaleen Egan, 1992, Servant Publications. Used with permission.

Children of Hope Present Children's Adoration DVD with Father Antoine of the Community of Saint John DVD, Gregg Clemons Audio/Video Productions, www.childrenofhope.org.

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Come Adore: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #888. Text by Thomas Aquinas.

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Permission is granted to copy the song's words for use of the worship aide/booklet for Adoration. (It can be heard on his website: <http://www.k4communications.com/karl/recordings.html> under the album title, "Bread Of Life: Eucharistic Reflections")

Lead Me Lord: Spirit and Song, Portland: OCP Publications. 1999. #107.

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