



Guided Children's Hour of Adoration (Divine Friend Theme Overview)

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

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

Repeat after line

Gospel reading: Matthew 11:28-30

St. Pope John Paul II Quote

Jesus' love for us

Fatima Prayer -- repeat

Isaiah 49

St. Pope John Paul II Quote

Prostrate

Fatima Prayer -- repeat

Being in the palm of God's hand

Song: Isaiah 49

If time - Decade of the Rosary - 5th Luminous Mystery

Lines of Scripture Mixed with Silence

St. Pope John Paul II Quote

Prostrate

Psalm 103 -- repeating

Communion reflection

Paying attention to Jesus

St. Dominic Savio Story

Closing Thoughts

Last Prayer

Song: Thy Word Is a Lamp

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 Divine Friend 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.]

There are many things we want in life. We want to have friends. We want to fit in. We want to feel good about ourselves. We want to know how to make good choices. But the biggest want we have, one we sometimes can't even name or don't understand is a want to be with Jesus. It is a place within us that only Jesus can fill. He can fill us with **His** guidance, **His** mercy, and **His** love when we spend time with Him. We are being offered something wonderful here - time with Jesus in Adoration, time to fill our wants. How wonderful for us to be able to be in the same room as our Lord, **your greatest friend** sitting and praying with Him, loving Him, and feeling Him love us!"

Tonight you will hear several quotes from St. Pope John Paul II who refers to Jesus as our Divine Friend.

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

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.

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.¹

Leader:

Look at Jesus in the monstrance . . . see Him before you . . . really look at Jesus in the Blessed Sacrament, the consecrated Host. (brief pause) Jesus is here with us. . . "God dwells in our midst in the Blessed Sacrament of the altar."² . . . We are in the awesome Presence of our God . . . God who created us. . . . How special we are that our God -- that

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass

² St. Maximilian Kolbe

our Jesus loves to spend time with us. . . . Tell Jesus hello in your heart. (Pause a moment.)

We thank You Lord for waiting for us in the Eucharist . . . for always being there. Jesus we love being able to run to You always knowing that You are always . . . forever . . . every second . . . there for us! (slight pause)

Close your eyes now and feel Jesus being here with you this very second . . . His love warmly and wonderfully surrounds you like a gentle hug. (pause)

Open your eyes.

Please sit.

Look at Jesus in the Blessed Host and repeat after me: Jesus, / I know You are here.

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

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Matthew:

Response: Glory to You, O Lord

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11: 28-30)

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

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

Leader:

St. Pope John Paul II said, "He alone can calm (your) fear. . . He is your inseparable friend." ³ "He alone is the solutions to all your problems. He alone is the way, the truth,

³ Poland -- June 1997

and the life; he alone is the real salvation of the world; he alone is the hope of mankind." ⁴
 (pause)

Jesus is always ready to love and be there for us when we struggle. He is our Hope! Look at Jesus and let's tell Him (repeat after): Jesus, You are my Hope!

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

Take a minute now to share with Jesus any struggle you may be experiencing. (A moment of silence.)

St. Pope John Paul II also told some youth/children, "First of all I tell you that Jesus loves you! This is the most beautiful truth! Jesus loves you!" ⁵ (A slight pause for transition.)

Jesus loves you! He loves you more than you can even understand bigger than you can imagine. Enormous, huge Love! That's how Jesus loves **you**.

Take a moment to "Let yourselves be loved by Christ!" ⁶

(A moment of silence.)

Repeat after me: Jesus, thank You for loving me!

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

We want Jesus to know that we love Him too so, looking at Jesus in the Blessed Host, repeat after me: O Jesus, I love You! (Fatima Prayer) O Jesus, I adore You! O Jesus, I love You!

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

There is a song (Isaiah 49 by Carey Landry) with the words: "I will never forget you, I have carved you on the palm of my hand." The Lord has written **your** name on the palm of His hand. Jesus knows each of you in a special way and cares for you with great love. He knows you so well that He has even counted the number of hairs on your heads. (Matthew 10:30) That is

⁴ St. Pope John Paul II: Speech to the 8000 children in Guadalajara, Mexico

⁵ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

⁶ St. Pope John Paul II: Speech to the children in the Church of San Basilio, Rome, Italy

how important you are to God.

St. Pope John Paul II also said: "Jesus knows you one by one, personally. He knows your name. He follows you, accompanies you, walks with you every day. He participates in your joys and consoles you in moments of grief and sadness. Jesus is the friend we cannot do without when we have met him and understood that he loves us and wants our love. . . . Make a pact of friendship with Jesus and never break it! In all situations of your life (that means always, always), turn to the Divine Friend . . . Jesus is waiting for us." ⁷

(Silence)

Jesus is your Divine Friend -- your friend from heaven -- your friend who is God. Daily . . . even hourly, Jesus is waiting for **you** . . . waiting to hear from you . . . waiting to be asked to be part of your day . . . waiting to share your burdens . . . waiting to give you His love. You have delighted Jesus by visiting with Him in Eucharistic Adoration today.

Prostrate - **A couple of minutes.**

We are going to spend some quiet time in prostration with our Divine Friend who is Jesus. You can quietly talk to Him in your heart about anything that is important to you because these things are important to Jesus too.

We are going to tuck ourselves into a humble position before our Jesus because we love Him.

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.

We are going to say one of the Fatima prayers taught by Our Lady. Looking at Jesus, repeat after me: "O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!" ⁸

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

We talked earlier about our name being written in the palm of God's hand. He is so much bigger than us, yet he holds us so gently, so lovingly in His hand. Imagine yourself cradled -- being held in our Lord's hands.

⁷ On the Solemnity of the Body and Blood of Christ celebrated with First Communicants in St. Peter's Basilica June 14, 1979

⁸ Fatima Prayer taught by Our Lady of Fatima

(Pause)

Sing: Isaiah 49 (hymnal)

We are going to pray one Decade of the Rosary.

We are going to focus on the 5th Luminous Mystery: The Institution of the Eucharist. At the Last Supper, Jesus gave the Apostles and therefore us the amazing gift of the Blessed Eucharist - His true Body and Blood. Jesus told his disciples, "Take and eat; this is my body." He did this because He loves us!

Our Father, 10 Hail Marys, Glory Be

End Rosary with O My Jesus.

We are now going to enter into a silent period in our hearts. In this time, think about the Decade we just prayed and the treasure our Divine Friend has given us -- the Eucharist.

(A moment of silence.)

Keeping your eyes upon Jesus in the monstrance, we will have some silence mixed with me saying lines of scripture. Listen to Jesus in the words and in the silence. (Pause between lines.)

"Before I formed you in the womb I knew you." Jeremiah 1:5

"But to those who did accept him he gave power to become children of God, to those who believe in his name." John 1:12

"Even all the hairs of your head are counted" Matthew 10:30

"For: 'In him we live and move and have our being'" Acts 17:28

"Lord you have probed me, you know me: you know when I sit and stand." Psalm 139:1-2

"You understand my thoughts from afar." Psalm 139:2

"Even before a word is on my tongue, Lord, you know it all." Psalm 139:4

"Behind and before you encircle me and rest your hand upon me". Psalm 139:5

St. Pope John Paul II said "Jesus is not only an outstanding figure of human history, a hero, a representative man: **He is the Son of God**; He is Immanuel, the God with us, the Divine friend who alone has words of Eternal Life! He is the light in darkness; He is our joy because we know that he loves each of us, personally" ⁹

Again, we are going to prostrate before Jesus. Let us quietly in our hearts ask our Divine Friend, the Son of God, to light our lives and lead us to Eternal Life.

Prostrate -- **Try for 4 or 5 minutes of silence.**

Please sit.

We will now say part of Psalm 103. Looking at Jesus, repeat after me: "Bless the Lord, my soul; all my being, bless his holy name! Bless the Lord, my soul; do not forget all the gifts of God, who pardons all your sins... fills your days with good things.... Merciful and gracious is the Lord, slow to anger and abounding in kindness." Psalm 103:1-3, 5, 8

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

St. Pope John Paul II told us to receive Communion often in order to keep a close friendship with Jesus. ¹⁰ So not only do we want to attend Mass and receive Jesus in the Eucharist, we want to do so with a loving and pure heart. Take a few minutes to review your attitude and your attention towards Jesus as you receive Him in the appearance of the Host when you attend Mass or as you prepare to receive Him this spring at your First Communion. Do you clear your heart from sin? Do you truly focus on Him? Do you walk forward towards Him full of joy, wonder, and love? **(A few moments of silence.)**

Let's take a minute to talk to Jesus about the times we don't pay any attention to Him. Tell Jesus you are sorry for ignoring Him at times . . . not paying Him enough attention at times Ask Jesus to please help you love Him more and more . . . to love Him more and more to spend time with Him. **(A moment of silence.)**

Listen now to the story of St. Dominic Savio, the Patron of Children.

St. Dominic was born in 1842 in Northern Italy. By the age of five, he served at Mass. He was allowed to receive his First Communion six years earlier than what was normal at the time because Dominic was so knowledgeable and ready to receive Jesus in the

⁹ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

¹⁰ Letter from St. Pope John Paul II to Children in the Year of the Family from the Vatican December 13, 1994

Eucharist.

Sometimes, after Dominic received Communion at Mass, he would be so deep in prayer with Jesus, that he would lose track of time for hours and not realize that Mass was even over. One day he missed breakfast, classes, and lunch because he was so focused on Jesus.

One of the top things that Dominic wanted to do with his life was to be the best friend of Jesus and Mary that he could. He loved to spend time with Jesus in the Blessed Sacrament every day and would ask his friends to come also. "Of being in the Presence of his Best Friend, Jesus in the Holy Eucharist, St. Dominic used to say, "What else do I need to be happy? Nothing in this world but to see Him, [Jesus in the Sacred Host] Whom I see by faith and adore on the altar." ¹¹

If Dominic saw a priest bringing Communion to the sick, he would kneel wherever he was (even in the street) to adore Jesus. He knew that Jesus had a great love for us in the Blessed Sacrament and Dominic wished to be able to give that love also.

Shortly, we will be coming to a close, remember: "Jesus wishes to be our closest friend, our companion along the way." ¹² Make that pack of friendship with Jesus now. (A moment of 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: Thy Word Is a Lamp (hymnal)

¹¹ *Stories of the Eucharist* by Linda & Mary Beth Bracy p. 16

¹² St. Pope John Paul II on the Solemnity of the Body and Blood of Christ celebrated with First Communicants in St. Peter's Basilica June 14, 1979

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament"¹³ with three double swings. After the hymn is finished, "the minister rises and sings or says."¹⁴]

Priest/Deacon:

Let us pray.

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

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.¹⁵

Moment of silence.

Leader:

We will now have Benediction which is a wonderful blessing **directly** from Jesus. Father will wear a special veil which keeps his hands from touching the monstrance. Father will then make the Sign of the Cross over us with the Blessed Sacrament, Jesus, in the monstrance. Since Father's hands aren't touching the monstrance, we know this blessing comes right from Jesus. Make sure you make the Sign of the Cross as you receive Jesus' special blessing.

[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.¹⁶ During the blessing, servers may incense and ring the bells, according to local tradition.]

Priest/Deacon:

Benediction

¹³ No 97 Holy Communion & Worship of the Eucharist Outside Mass

¹⁴ No 98 Holy Communion & Worship of the Eucharist Outside Mass

¹⁵ No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹⁶ No 99 Holy Communion & Worship of the Eucharist Outside Mass

[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.

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.]

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.

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

Keeping your eyes upon Jesus in the monstrance, we will have some more silence mixed with me saying lines of scripture. (Pause between lines.)

"You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself." Luke 10:27

"This is the day the Lord has made; let us rejoice in it and be glad." Psalm 118:26

"The heavens declare the glory of God" Psalm 19:2

"Whoever believes in me believes not only in me but also the one who sent me" John 12:44

Reflect on the words of St. Pope John Paul II: "Jesus loves you! Jesus came to this earth to reveal to us and to guarantee to us God's love. He came to love us and to be loved. Let yourselves be loved by Christ!" ¹⁷ (A moment of silence.)

Jesus is always ready to love and be there for us when we struggle. He is our Hope! Look at Jesus and let's tell Him (repeat after): Jesus, You are my Hope!

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

¹⁷ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

Take a minute now to share with Jesus any struggle you may be experiencing. (A few moments of silence.)

Reflect on a quote by Blessed Brother Andre: "O Holy angels, make me see God on the altar as you see Him in heaven," (A moment of silence.)

Reflect on a quote by St. Peter Julian Eymard: "Our Lord did not want to remain on earth only through His grace, His truth or His words; He remains in person. We possess the same Lord Jesus Christ Who lived in Judeo, although under a different form of life. He has put on a sacramental garment, but He does not cease being Jesus, the Son of God and the Son of Mary." (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "May you experience the truth that he, Christ, looks upon you with love!" ¹⁸ (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "Let no one mislead you or prevent you from seeing what really matters. Turn to Jesus, listened to him, and discover the true meaning and direction of your lives." ¹⁹ (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "Dear young people, like the first disciples, *follow Jesus!* Do not be afraid to draw near to Him, to cross the threshold of His dwelling, to speak to Him face to face, as you talk with a friend." ²⁰ (A moment of silence.)

Thanksgiving Prayer (Repeat in sections.)

Lord Jesus I adore You! Thank You for Your awesome love which keeps You on earth with us, night and day, in the Holy Eucharist! Thank You for the gift of life! Thank You for my family, friends and loved ones, for the countless graces and blessings that You have showered upon me and every person in the entire world!

¹⁸ St. Pope John Paul II, *Dilecti Amici*

¹⁹ St. Pope John Paul II, St. Louis, Missouri

²⁰ St. Pope John Paul II, World Youth Day XII

Thank You for Your ongoing merciful and tender loving care!

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

Take time now to thank your Divine Friend for all your many blessings. Take time to name them one by one and say thank you. (A moment of silence.)

Prayer to Jesus in the Blessed Sacrament (Repeat in sections.)

Hail to You, Lord Jesus Christ, present in the Blessed Sacrament. We hail You, our Savior and Redeemer of the world. You are the King of heaven and earth, our joy and the eternal spring of Grace. Before You returned to the Father in the Ascension, You promised never to leave us orphaned. How wondrously You fulfilled this promise in the gift of the Eucharist, by which Sacrament You are with us until the end of time. Bread of Heaven, we praise You and ask Your continued mercy upon our nation and upon ourselves as well. May glory be given to the Holy Sacrament, the true Body and Blood of Christ, both now and forever. Amen.

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

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, / 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.)

Reflect on: St. John Chrysostom said, "How many of you say: I should like to see His Face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also be your food and nourishment."

(A moment of silence.)

The Divine Praises

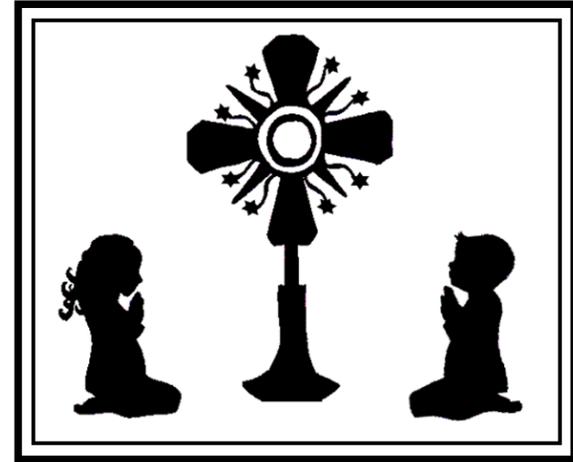
Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be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

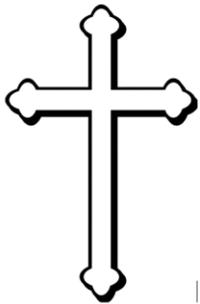


Song: Isaiah 49 by Carey Landry



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.



Song: Thy Word is a Lamp

Spirit and Song #211



Jesus is your Divine Friend –
your friend from heaven –
your friend who is God.

-St. Pope John Paul II



References

Books:

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Music:

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

Holy God, We Praise Thy Name: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #524.

Isaiah 49: Carey Landry.

Thy Word is A Lamp: Spirit and Song, Portland: OCP Publications. 1999. #211.