



## Guided Children's Hour of Adoration (Prayer 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 prayer

Repeat after prayer

Jesus Prayed

Contrition

Thanksgiving

Prostrate

Praise

Repeat after prayer

Psalm

Repeat after prayer

Song: I Believe

Matthew 6:7-15: The Our Father

Reflect on the words of the Our Father

Prostrate

Petitions/Intersessions

Petition Prayer

Repeat after prayer

Song: Now Thank We All Our God

Benediction and Divine Praises

Reposition of Blessed Sacrament and Song: Father, I Adore Thee

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Contact Information: [melissa@guidedchildrensadoration.com](mailto:melissa@guidedchildrensadoration.com)



## Guided Eucharistic Adoration for Children Prayer

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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.]

Prayer is very, very important. Prayer is talking and listening to God. It is so very much needed as we live our lives. The Catechism, which is a book that explains our Catholic faith, says prayer is a vital necessity. <sup>1</sup> **That means we need prayer!** So today we will focus on the different kinds of prayers: blessings and adoration -- where we meet with God, prayer of petition or intercession -- where we ask for our needs, prayer of thanksgiving -- where we say thank you, and prayer of the praise -- when we show we know God is God.

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

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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.<sup>2</sup>

Leader:

**Jesus is here before us.** As we know by our faith, but sometimes forget, He is hidden in the Eucharist, in the white Blessed Host in the middle of the monstrance. He is hidden, but **Jesus is here!** (A couple moments of silence.) Look at Jesus on the crucifix - what great love He has for us . . . for you . . . to die on the cross but then also to remain present for us in the Eucharist until the end of time. Now look again at Jesus in the Blessed Host - again **what great love!** (brief pause) He never ever leaves us alone - such love - love beyond what we can imagine. Close your eyes and feel Jesus' Presence now . . . .

<sup>2</sup> No 224 Holy Communion & Worship of the Eucharist Outside Mass

feel His love touching your heart. . . . (A couple minutes of silence.) Body, Blood, Soul, and Divinity - Jesus is present **now** with us in this very church. Let us grow in our relationship with God. Let us pray today because prayers allow us to spend more time with the one who loves us. (brief pause)

Please sit.

Looking at Jesus in the Blessed Host, repeat after me: "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!" <sup>3</sup>

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

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 time 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.)

In the Gospel of Luke we hear: "In those days he departed to the mountain to pray, and he spent the night in prayer to God" <sup>Luke 6:12</sup>

Our Blessed Lord, Jesus, often prayed to His Father. He prayed before He chose His Twelve Apostles, He prayed on the Mount of Transfiguration, He prayed before He raised Lazarus from the dead, He prayed at the Last Supper, He prayed in the Garden of Gethsemane before He was arrested, and He prayed on the Cross. Jesus loved to talk to His Father.

"Prayer is talking to God and listening. We listen with our heart when we are willing to accept and do whatever God wants of us, just as Our Lord did in Gethsemane." <sup>4</sup>

The Catechism states that asking forgiveness from God for our sins is important start for good prayer.<sup>5</sup>

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<sup>3</sup> part of Thanksgiving Prayer

<sup>4</sup> The New Saint Joseph Baltimore Catechism pg. 172

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Contrition - Sometimes we hurt God by our actions, thoughts, and words. Listen now to an Examination of Conscience to guide your thoughts as to how you might have hurt Jesus.

Think about the following questions and answer them to Jesus in your heart.

Have I said mean things or hurt someone's feelings? . . . . Am I jealous of anyone or wish bad things on someone? . . . . Do I listen to my parents and teachers? . . . . Do I help out when needed? . . . . Have I been saying my prayers? . . . . Do I trust in God at all times? . . . . Do I give God enough attention? . . . . Do I live my life the way Jesus wants me to? . . . .

Take the time to ask Jesus for His forgiveness for the ways you have sinned and hurt Him. Remember that once you have made your Sacrament of First Reconciliation you can always go to Confession. (A moment of silence.)

Thanksgiving: Now let us take time to pray to **thank** Jesus for some of our blessings. I will say something we will be thanking Jesus for and you will say: "We thank You Jesus." Let's practice that now: "We thank You, Jesus."

Response: "We thank You, Jesus"

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

Response: We thank You, Jesus.

For the world around us - the moon, the stars, the refreshing rain and the glorious sunshine, the very air we breathe,

Response: We thank You, Jesus.

For the gift of my faith,

Response: We thank You, Jesus.

For creating us,

Response: We thank You, Jesus.

For guarding us and keeping us safe,

Response: We thank You, Jesus.

For the forgiveness of our sins in the Sacrament of Reconciliation,

Response: We thank You, Jesus.

For coming to us in Holy Communion,

Response: We thank You, Jesus.

For having lived, suffered, and died for us,

Response: We thank You, Jesus.

For preparing a place for us in heaven where we hope to live for eternity,

Response: We thank You, Jesus.<sup>6</sup>

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<sup>6</sup> A condensed version of a prayer by John J Cardinal Carberry, Archbishop of St Louis Dec 8, 1977

(Pause long enough so the children don't respond anymore.)

Thanksgiving - Now think about all the good things that God has given each one of you - your parents, siblings, friends, sports, favorite foods, the Mass, the Eucharist, everlasting life plus all the countless other wonderful things God gives us. Think about the blessings and graces God has given **you** and thank Him for those silently into your head. (Say the following in a quiet voice to guide the children to know what to do.) So say: thank You Jesus for . . . and thank You Jesus for . . .

(A couple minutes of silence.)

Prostrate - A couple of minutes.

"The invocation [or the calling on] of the holy name of Jesus is the simplest way of praying always." <sup>7</sup> That means just saying Jesus' name is a prayer.

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.

Whisper: "Jesus . . . . Jesus . . . . Jesus"

Please sit.

Now, let us take some time to pray in **praise** to our Jesus. Praise says we know God is God and that we give Him glory. ["Praise is a form of prayer which recognizes most immediately that God is God" <sup>8</sup>]

Close your eyes and listen to the follow Psalm that praises Jesus. Imagine yourself and feel yourself praising Jesus:

Praise God in his holy sanctuary; give praise in the mighty dome of heaven. Give praise for his mighty deeds, praise him for his great majesty. Give praise with blasts upon the horn, praise him with harps and lyre. Give praise with tambourines and dance, praise him with flutes and strings. Give praise with crashing cymbals,

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praise him with sounding cymbals. Let everything that has breath give praise to the Lord. Hallelujah! (Psalm 150:1-6)

Again, looking at Jesus in the Blessed Sacrament in the monstrance, repeat after me: Jesus, "You are God: / we praise You." <sup>9</sup>

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

Song: I Believe (booklet)

Please stand.

**Priest/ Deacon:**

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

In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

"This is how you are to pray:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread;  
and forgive us our debts,  
as we forgive our debtors;  
and do not subject us to the final test,  
but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions." (Matthew 6:7-15)

The Gospel of the Lord.

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<sup>9</sup> Te Deum

Response: Praise to You, Lord Jesus Christ

Please sit.

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

**Leader:**

The Our Father is the only prayer that Jesus taught to His disciples so think about how important this prayer's words are to Jesus. St. Thomas Aquinas said, "The Lord's Prayer is the most perfect of prayers . . . . This prayer not only teaches us to ask for things, but also in what order we should desire them."

The Our Father consists of seven petitions or request to our merciful Father in heaven. The first three petitions relate to God and the right way of serving Him which are: the sanctification of His name, the coming of the kingdom, and the fulfillment of His will. The last four petitions present our basic human needs to Our Father in heaven. They asked that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil.<sup>10</sup>

We will now say the Our Father together. Our Father, who art . . .

We are going to enter into a silent period of prayer from our hearts. In this time, think about the words of the Our Father we just prayed.

**(A couple minutes of silence.)**

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

We are going to spend a minute of quiet time with Jesus. St. Pope John Paul II said "In prayer you become one with the source of our true light, Jesus himself." Listen! Be oh so still and oh so quiet so you can listen to God.

Please sit.

Let's take a moment to think about petitions and intercessions, things we might want to ask Jesus for -- for ourselves and for others. Jesus says in the gospel of Matthew "Ask and it will be given you; seek and you will find; knock, and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who

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*knocks, the door will be opened."* (Matthew 7: 7-8)

**(If time)** We are going to pray a Petition Prayer. During this prayer there are moments of silence. During this time reflect and pray to Jesus, name names, needs, and intentions in your heart.

Petitions Prayer: (booklet)

Lord Jesus, please help my family, friends, and loved ones with our needs and intentions that are in order with the will of the Father. **(Silence)**

Dear Jesus, please help all the sick, suffering, and dying, especially those that will die this day and those who have died. **(Silence)**

Please remember all those who are in need of God's love and mercy the most this day and at this very hour. **(Silence)**

Lord God, please help Our Holy Father to lead our church in the fullness of the truth of our faith. **(Silence)**

Send Your Holy Spirit upon all the clergy and religious of our church. **(Silence)**

We pray that our church may remain One, Holy, Catholic, and Apostolic. **(Silence)**

Ask Jesus in your heart for any special needs that are dear to your own heart. **(pause)**

"Have no anxiety at all, but in everything, by prayers and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." *Philippians 4: 6-7*

**(Pause)**

Look at Jesus in the monstrance and repeat after me: Thank You Jesus for hearing my prayers. / Jesus, I trust in You.

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

Please kneel

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

Song: Now Thank We All Our God (hymnal)

**[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. <sup>11]</sup>

**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. <sup>12</sup>

**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. <sup>13</sup> 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.

<sup>11</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>12</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>13</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

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.]

We want Jesus to know that we love Him so looking at Jesus again, repeat after me: O Jesus, I love You! . . . . O Jesus, I adore You! . . . . O Jesus, I love You!

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

Jesus is truly present in the Host on the altar. He is in the church with us right now. Jesus loves us very much and He wants to be loved by us. He waits for us night and day in the Eucharist. He longs to hear from us. He waits for us. We adore Him because He is God! Together let us adore Jesus. I will say something about Jesus and I want you to say "We adore You" when I am done.

Jesus, You are the Light of the World,

Response: We adore You.

Jesus, You are our Light and our Love,

Response: We adore You.

Jesus, You are the only truth,

Response: We adore You.

Jesus, You are Emmanuel, God with us,

Response: We adore You.

Jesus, You are the King of Kings,

Response: We adore You.

Jesus, You are the Lamb of God,

Response: We adore You.

Jesus, You are the Prince of Peace,

Response: We adore You.

(Pause long enough so the children don't respond anymore.)

Offering and Prayer of St. Ignatius Loyola (Repeat in sections.)

Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me: I surrender it all

to You to be disposed of according to Your will. Give me only Your love and Your grace; with these I will be rich enough, and will desire nothing more.

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

Eucharistic Prayer of Adoration (Repeat in sections.)

O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!

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

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! Thank You for Your ongoing merciful and tender loving care!

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

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!" <sup>14</sup>

(Pause long enough for the children not to repeat after you anymore.)

Looking at Jesus, repeat after me: Lord, / how great You are!

(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 Psalms. Listen to Jesus in the words of the Psalms and also in the silence between. (Pause between lines.)

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<sup>14</sup> Fatima Prayer taught by Our Lady of Fatima

*"Keep me safe, O God; in you I take refuge."* Psalm 16:1

*"Come, let us sing joyfully to the Lord... Let us greet him with songs of praise... Let us bow down in worship; let us kneel before the Lord who made us. For this is our God, whose people we are"* Psalm 95:1, 2, 6-7

*"I will extol you, my God and king; I will bless your name forever. Every day I will bless you; I will praise your name forever. Great is the Lord and worthy of high praise; God's grandeur is beyond understanding... My mouth will speak your praises, Lord."* Psalm 145:1-3, 21

*"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

## The Divine Praises

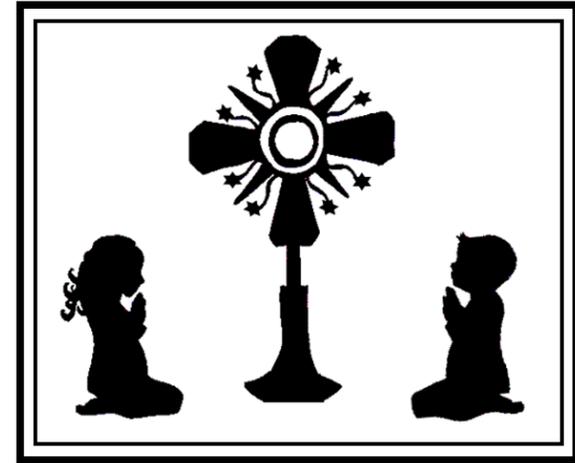
Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.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

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

by Karl Kohlhase, 2008, [www.k4communications.com](http://www.k4communications.com)

### **Petitions Prayer**

Lord Jesus, please help my family, friends, and loved ones with  
our needs and intentions that are in order with the will of  
the Father. (Silence)

Dear Jesus, please help all the sick, suffering, and dying,  
especially those that will die this day and those who have  
died. (Silence)

Please remember all those who are in need of God's love and  
mercy the most this day and at this very hour. (Silence)

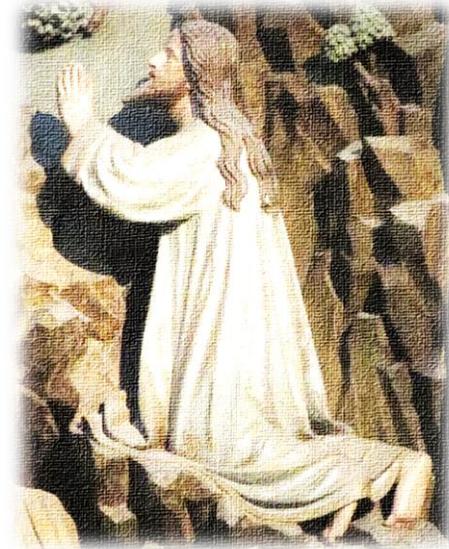
Lord God, please help Our Holy Father to lead our church in the  
fullness of the truth of our faith. (Silence)

Send Your Holy Spirit upon all the clergy and religious of our  
church. (Silence)

We pray that our church may remain One, Holy, Catholic, and  
Apostolic. (Silence)

### **Song: Now Thank We All Our God**

Rise Up and Shine #297



Blessings  
Adoration  
Petition  
Intercession  
Thanksgiving  
Praise

## References

### Books:

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*Youcat: Youth Catechism of the Catholic Church*, Ignatius Press, San Francisco. 2011

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

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

*Now Thank We All Our God: Rise Up and Shine, Chicago: OCP Publications, 2000. #297.*