



Guided Children's Hour of Adoration (Sacred Heart 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 x 2

Sacred Heart Background

Prayer to Sacred Heart of Jesus

Gospel reading: John 19:31-37

Pope John Paul II reflection on Gospel

Love Jesus

Repeat after line

Fatima prayer -- repeat

St. Margaret Mary Quote

Song: Make My Heart

Repeat after line

Litany to the Sacred Heart of Jesus

Prostration

Lines of Scripture mixed with silence

Actions of Love Reflection

Pope John Paul II quote

Prostration

Repeat after line

Thanking the Sacred Heart of Jesus

Closing thoughts

Last Prayer

Song: Open My Eyes

Benediction and Divine Praises

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



Guided Eucharistic Adoration for Children Sacred Heart 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.

This afternoon we will be reflecting on the Sacred Heart of Jesus. We will be praying to, singing, loving, and adoring our most wonderful Jesus - our 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 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 on the altar. The presider then kneels before the altar. If altar servers are available, the priest/deacon incenses the Blessed Sacrament with three double swings during the song. ¹]

¹ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.
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Priest/Deacon:

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 in the monstrance . . . see Him before you . . . Jesus in the white
 consecrated Host. . . Jesus in His throne. **(Brief pause)** Jesus is here with us. . . . The
 most sacred, the most loving Heart of Jesus, is hidden in the Holy Eucharist before us
 (based on Cardinal Newman's Prayer to the Sacred Heart) . . . Behold, look at, this Heart which has so loved
 men Jesus who has so loved children! (based on Jesus' words to St. Margaret Mary) Jesus that has
 so loved you How special **we** are that our God -- that our Jesus loves to spend time
 with us. . . . Whisper to Jesus hello in your heart. **(pause a moment)**

Look at the Heart of Jesus, the Host, who saves us. . . . Look at the Heart of Jesus, the
 Host, our Judge, who forgives us. . . . Look at the Heart of Jesus, our Friend who
 embraces us - loves us. . . . Look at the Heart of Jesus who died on the cross for us (based
 on words from St. Margaret Mary)

Close your eyes now. Feel Jesus being here with you this very second . . . Be so still that
 you can feel your heart beat. **(pause)**

Whisper with me now: *O make my heart / beat with your Heart Jesus.* (from Cardinal Newman's
 Prayer to the Sacred Heart)

² No 224 Holy Communion & Worship of the Eucharist Outside Mass
 www.guidedchildrensadoration.com

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

Now continue to be so still and put your hand over your own heart . . . with each of your heart beats feel Jesus' heart of love beat with yours. Jesus loves . . . Jesus loves . . . Jesus loves . . .

Open your eyes.

Sit

Look at Jesus in the Blessed Host and repeat after me: Jesus, / I know you are here / right now I know you are here!

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

We know Jesus is here . . . we know we love Him. Looking at the Most Blessed Sacrament repeat after me: "May the Heart of Jesus / in the Most Blessed Sacrament / be praised, adored, and loved / with grateful affection, / at every moment, / in all the tabernacles of the world, / even to the end of time."

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

We will now hear a little bit about the meaning and reason why we celebrate the Sacred Heart of Jesus

Over 300 years ago, St Margaret Mary had an apparition, which means a vision, during the Feast of Corpus Christi which is the Feast of the Body and Blood of Christ. Jesus appeared to St Margaret Mary and specifically asked for a Sacred Heart of Jesus Feast in reparation which means to make up for people not being thankful for everything Jesus suffered for our sake, for Him dying on the cross.

The Sacred Heart of Jesus shows us not just His physical heart, His beating heart, but **also** Jesus' enormous love, mercy, and compassion for all mankind- for all people.

Jesus gave several reasons for the feast. One reason in particular He gave to St. Margaret Mary was that the faithful should return thanks to Him for the great gift which He has left them in the Adorable Eucharist.

Let us thank Him now. Look at Jesus and repeat after me: Thank you Jesus / for this great gift before us / You in the most Adorable Eucharist.

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

Jesus told St. Margaret Mary of twelve promises for those people who are devoted to His Sacred Heart. A couple of these are: He will give peace in their families, He will console them in all their troubles, He will pour abundant blessings on all their undertakings, and He will bless the homes in which the image of His Sacred Heart is exposed and honored.

Let us pray together the Prayer to the Sacred Heart of Jesus in the booklet:

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Amen.

We will now listen to the Gospel that is read during Mass on the Feast of the Sacred Heart of Jesus this year.

Priest/ Deacon:

✠ A Reading from the Holy Gospel according to John:
Response: Glory to You O Lord

Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may [come to] believe. For this happened so that the scripture passage might be fulfilled: "Not a bone of it will be broken." And again another passage says: "They will look upon him whom they have pierced." (John 19:31-37)

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Brief Homily from president. Or continue to following reflection.

Leader:

In reflection, in thinking about this Gospel reading, Blessed Pope John Paul II said **"We come here to meet the Heart of Jesus pierced for us, from which water and blood gush.** It is the redeeming love, which is at the origin (meaning the start) of salvation, of our salvation, which is at the origin of the Church. Now still, today, the living Christ loves us and presents his heart to us as the source of our redemption... We are called not only to meditate and contemplate (meaning think deeply) on this mystery of Christ's love; we are called to take part in it. (take part in His love) It is the mystery of the Holy Eucharist, the center of our faith, the center of our worship of Christ's merciful love manifested in his Sacred Heart, a mystery which is adored here night and day."³

We . . . we are adoring Jesus right now . . . this very second . . . we are adoring Christ's merciful love in His Sacred Heart.

Close your eyes. Take a moment to adore Jesus, to love Jesus. **(brief pause)**

Repeat after me: Sacred Heart of Jesus, / I believe in Your love for me. X 2 or 3 times

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

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 any more.)

For a few minutes let us think about the words of St. Margaret Mary: "Oh, how fortunate you shall be to be able to receive every day this divine Sacrament, to hold this God of Love in your hands and place Him in your own heart! **(Silence)**

Hold your hands now as you would for communion. . . . Imagine this God of Love in your hands. . . . Even if you can't receive Jesus yet in Communion, you can ask Jesus as you approach Him at Mass with your parents - come into my heart Jesus.

Repeat that with me now: Come into my heart Jesus.

³ From Our Holy Father, Pope John Paul II's address at the Basilica of Montmartre in 1980, where he spoke of the Sacred Heart of Jesus in the Most Blessed Sacrament Who has been perpetually adored there for more than one hundred year; author's explanation in ()

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

Sing: Make My Heart Your Dwelling Place (booklet)

Prostrate - a couple of minutes

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

Step the children thru 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.

We humble ourselves before You, O Most Sacred, Divine and Adorable Heart of Jesus, to give You all love, praise and adoration that we have. (based on the words of St. Margaret Mary) Love Jesus . . . Praise Jesus . . . Adore Jesus

Take this time to say words of love to Jesus.

Sit

Looking at Jesus repeat after me: Most Sacred Heart of Jesus / I ask that I may ever love You / more and more.

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

We will now do part of The Litany of the Sacred Heart of Jesus. Repeat after me:

Lord, have mercy. / Christ, have mercy. /
Lord, have mercy. / Christ, graciously hear us. /

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

Now I will say something about the Heart of Jesus and your response will be "Have mercy on us." Let's practice this now.

Heart of Jesus, Son of the Eternal Father

R: Have mercy on us.

Heart of Jesus, holy temple of God

R: Have mercy on us.

Heart of Jesus, full of goodness and love

R: Have mercy on us.

Heart of Jesus, king and center of all hearts

R: Have mercy on us.

Heart of Jesus, in whom are all the treasures of wisdom and knowledge

R: Have mercy on us.

Heart of Jesus, patient and rich in mercy

R: Have mercy on us.

Heart of Jesus, pierced with a lance

R: Have mercy on us.

Heart of Jesus, our life and resurrection

R: Have mercy on us.

(pause)

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)

"My heart is moved with pity for the crowd" Matthew 15:32

"God is love" 1 John 4:16

"I will place my law within them, and write it upon their hearts; I will be their God, and they shall be my people." Jer 31:33

"Do not let your hearts be troubled. You have faith in God; have faith also in me."
John 14:1

"If you love me, you will keep my commandments." John 14:15

"God's teaching is in their hearts; their steps do not falter." Psalm 37:31

"Whoever is without love does not know God, for God is love." 1 John 4:8

Together let us say: Petitions to the Sacred Heart (booklet)

O most Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church, upon our Holy Father, and upon the clergy; give perseverance to the just; convert sinners; enlighten unbelievers; bless our parents, friends, and benefactors. Help the dying; free the souls in Purgatory; and extend over all hearts the sweet empire of Thy love. Amen.

In the silence of your heart, ask Jesus for your petitions now.

We know Jesus has a heart full of enormous love, mercy, and compassion for us and for all. Take a couple of moments to think of how you can show love to others by your prayers and the things you can do. (moment of silence)

Now, pick one or two of these ideas to do for a family member as a special act of unity in love with the Sacred Heart of Jesus. (pause)

Now let us take a moment to reflect, to think on the words of Blessed Pope John Paul II who wrote of his personal experience of Eucharistic Adoration - of what we are doing now: "It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in his heart. . . . How often, dear brothers and sisters, have I experienced this, and drawn from it strength, consolation and support!" ⁴

Pope John Paul II loved to spend time with Jesus in the Blessed Sacrament just like we are doing now. Spending time with Jesus made Pope John Paul II strong in his faith to make good choices. Spending time with Jesus made the pope feel better when he was sad. Jesus in the Blessed Sacrament was his friend. Jesus in the Blessed Sacrament is **your** friend too!

Again, we are going to prostrate, humble ourselves, before Jesus. Let us quietly in our hearts ask "Jesus, meek and humble of heart, make my heart like Yours." With each heart beat you feel, imagine or ask Jesus to make your heart more like His.

Prostrate -- **a couple minutes of silence - try for longer than last time.**

Sit

Repeat: "O Heart of Love / I place my trust / entirely in You."

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

(If time) We want to thank Jesus for all that He has given us, so looking at Jesus, repeat after me: Sacred Heart of Jesus, / I thank You for all the blessings You have given me.

(If time) Now I will say a particular blessing and your response will be "I thank you."

For my mother and father and our family,

R: I thank You.

For making me a child of God in baptism,

R: I thank You.

⁴ John Paul II, Encyclical Letter: Ecclesia de Eucharistia p. 34
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For letting me belong to Your holy Catholic Church,
R: I thank You.

For all the graces You have given me to help me to love and serve You,
R: I thank You.

For all the good things You have given me during my whole life,
R: I thank You.

For the heaven you promised me after this life,
R: I thank You.

Now repeat after me: Sacred Heart of Jesus, / be my love! ⁵

Shortly, we will be coming to a close, During Eucharistic Adoration Jesus shows us His Sacred Heart, opening His heart wide for us to receive lots and lots of graces won for us by His painful death on the cross. Jesus has wonderful graces and blessings beyond what we can even imagine but we have to come to Jesus and tell Him we want those blessings and graces. ⁶

Ask Jesus now to fill you with His Graces. - sit quietly for a few minutes to feel His graces come upon you.

(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.

⁵ The Promises of the Sacred Heart by Father Lovasik S.V.D pg. 32

⁶ Based on *The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist* by Lee Ann Schoofs
www.guidedchildrensadoration.com

[The priest or deacon goes to the altar, genuflects, and kneels. ⁷]

Song: Open My Eyes (hymnal)

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament" ⁸ with three double swings. After the hymn is finished, "the minister rises and sings or says." ⁹]

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. ¹⁰

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 takes the monstrance (or ciborium). He then makes the sign of the cross over the people with the monstrance (or ciborium), in silence. ¹¹ During the Eucharistic Blessing (actual Benediction), if altar servers are available and trained, one may incense the Eucharist while kneeling with three double swings, bowing before and after the incensation. ¹²

⁷ No 97 Holy Communion & Worship of the Eucharist Outside Mass

⁸ No 97 Holy Communion & Worship of the Eucharist Outside Mass

⁹ No 98 Holy Communion & Worship of the Eucharist Outside Mass

¹⁰ No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹¹ No 99 Holy Communion & Worship of the Eucharist Outside Mass

¹² Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.
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Another server may rings the bells three times, keeping pace with the blessing. ^{13]}

Priest/Deacon:
Benediction

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises. ^{14]}

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)

¹³ Ceremonies of the Modern Roman Rite no. 688

¹⁴ USCCB's Office of Divine Worship recommends presider's posture/position per phone call on August 8, 2014 when editor asked for clarification. USCCB's Office of Divine Worship recommends saying Divine Praises between Benediction and Reposition. Also according to how Pope Benedict and Pope Francis preside at Holy Hours.

Extra

[Sometimes you will get thru 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 a little different dependent on the age of the children, how long you pause, and where God leads you that particular time. I have done the same session of plans with multiple groups and each time it goes slightly different.]

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.

Repeat in sections:

Merciful Jesus, / I consecrate myself today / and always to Thy Most Sacred Heart.

Most Sacred Heart of Jesus, / I trust in Thee.

Most Sacred Heart of Jesus, / have mercy on us!

Sacred Heart of Jesus / Thy Kingdom Come.

Most Sacred Heart of Jesus, / convert sinners, / save the dying, / deliver the Holy Souls in Purgatory.

Prayer to the Sacred Heart of Jesus (Repeat in sections.)

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger, comfort me in my afflictions, give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.

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

"This I command you: love one another." John 15:17

"Let the words of my mouth meet with your favor." Psalm 19:15

"In this is love, not that we loved God, but that he loved us and sent his Son as
expiation for our sins." 1 John 4:10

"I will give them a heart with which to understand that I am the Lord. They shall
be my people and I will be their God, for they shall return to me with their
whole heart." Jer 24:7

" 'I will put my laws in their hearts, and I will write them upon their minds' " Hebrews
10:16

"and that Christ may dwell in your hearts through faith" Ephesians 3:17

Say the following to Adore Jesus (repeat in sections)

Jesus, You are the Light of the World, / we adore You.

Jesus, You are our Light and our Love, / we adore You.

Jesus, You are the only truth, / we adore You.

Jesus, You are Emanuel, / God with us, / we adore You.

Jesus, You are the King of Kings, / we adore You.

Jesus, You are the Lamb of God, / we adore You.

Jesus, You are the Prince of Peace, / we adore You.

(moment of silence)

Reflect on: "Set up your abode in this loving Heart of Jesus and you will there find lasting
peace and the strength both to bring to fruition all the good desires He inspires in you,
and to avoid every deliberate fault. Place in this Heart all your sufferings and
difficulties. Everything that comes from the Sacred Heart is sweet. He changes
everything into love." (St. Margaret Mary)

Reflect on: "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
Judea, 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." (St. Peter Julian Eymard)

Cardinal Newman's Prayer to the Sacred Heart (Repeat in sections)

Most sacred, most loving Heart of Jesus, you are concealed in the Holy Eucharist.
I worship you with all my best love and awe, with deep affection, and with my most
resolved will. For a while you take up your home within me. O make my heart beat
with your Heart. Purify it of all that is earthly, all that is proud, of all perversity,

and of all disorder. So fill it with you, that neither the events of the day, nor the circumstances of the time, may have the power to ruffle it; but that in your love and your fear, it may have peace. Amen

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.

References

Books:

Ceremonies of the Modern Roman Rite, Revised Edition, Peter J. Elliott, © Ignatius Press; San Francisco, 2005. All rights reserved.

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Internet Resources:

www.therealpresence.org, *The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist* by Lee Ann Schoofs, Eternal Life.

<http://therealpresence.org/eucharst/pea/element.htm>

Music:

(All listed songs hold copyrights and are subject to copyright laws. Please consult your own parish's rights to use the suggested songs.)

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.

Make My Heart Your Dwelling Place: Jim Cowan. 1986

Open My Eyes: Rise Up and Shine, Chicago: OCP Publications, 2000. #292.

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

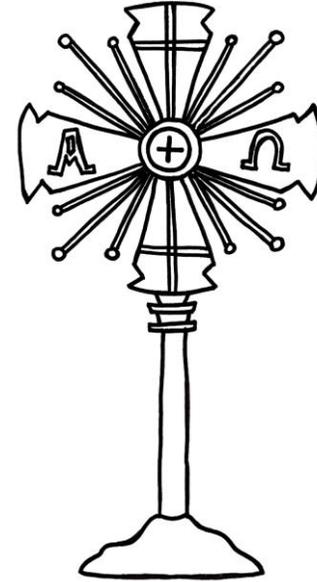
Holy God we praise Thy name; Lord of all we bow before Thee;
All on earth Thy scepter claim; All in heaven above adore Thee.
Infinite Thy vast domain, Everlasting is Thy reign!

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!

Holy Father, Holy Son, 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.



A Guided Hour of Eucharistic Adoration for Youth



Exposition Song: Come Adore

Gather: Comprehensive #888

I Believe!



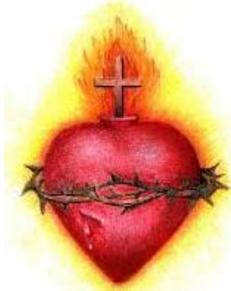


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Prayer to the Sacred Heart of Jesus

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Amen.

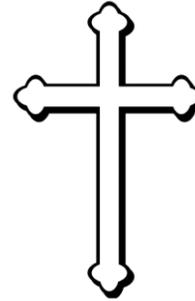
Song: Make My Heart Your Dwelling Place

By Jim Cowan 1986

Petitions to the Sacred Heart

O most Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church, upon our Holy Father, and upon the clergy; give perseverance to the just; convert sinners; enlighten unbelievers; bless our parents, friends, and benefactors. Help the dying; free the souls in Purgatory; and extend over all hearts the sweet empire of Thy love. Amen.

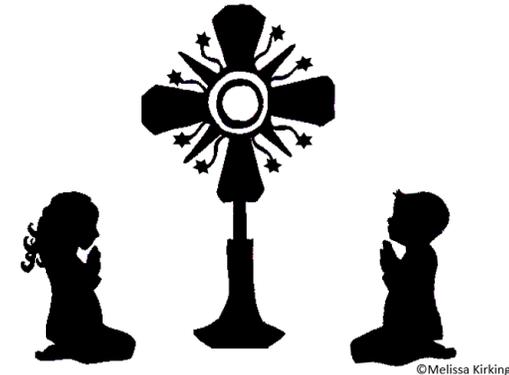
Most Sacred Heart of Jesus



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: Open My Eyes by Jesse Manibusan



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