



**Guided Children's Hour of Adoration  
Younger/Preschool Children  
(Christ the King 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

The Thrones of Jesus

Repeat line

Prostration

Repeat line

Repeat line

Song: The King of Glory

Closing Prayer

Benediction and Divine Praises

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





## Guided Eucharistic Adoration for Younger/Preschool Children Christ the King 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.

Be sure to remind the children where they should look and that Jesus, the Eucharist, the Blessed Sacrament is the white circle in the middle of the monstrance, the metal cross on the altar.

Today you'll be hearing and praying about Jesus being our King.

In the Bible (Philippians) we hear, "that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord" *Philippians 2:10-11* So let us kneel now to honor Jesus and spend time with Him in adoration.

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  
(Repeat song in sections. Use hymnal for words.)

[During the opening song, 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.<sup>1</sup>]

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.<sup>2</sup>

Leader:

Close your eyes for just a moment. Feel the love of your King . . . Jesus . . . fill your heart so very, very full. (pause) This wondrous King . . . our Jesus . . . loves us more than we can ever know . . . loves us so much He died for our sake. (pause a moment)

Open your eyes now and let your eyes joyfully look at your King . . . your Savior . . . humbled in the Blessed Sacrament . . . He is truly present . . . here with us now. Take a moment to thank Him for being with us today and always. (pause)

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

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

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!"

(Fatima prayer taught by Our Lady of Fatima)

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

Sit

Jesus is the King of Kings. Every king, including Jesus, has a throne. In fact, Jesus has several thrones. Let us take some time to think about the different thrones of Jesus. Close your eyes if you wish . . . think about . . . picture in your head each throne with Jesus on it that you will hear about. (Moment of silence between each throne.)

First, Jesus has His heavenly throne where He sits at the right hand of God the Father. What would the throne look like, would it be simple or fancy . . . made of wood or something else? Picture Jesus . . . picture Christ the King seated on His heavenly throne. (Moment of silence)

A second throne is our hands when you are old enough to receive Jesus in the Eucharist, in the Host, during Mass . . . make that throne now with your hands . . . think of the reverence and the awe we should have each Sunday at Mass as we go up with our parents as they receive Jesus our King in the thrones of their hands during Communion. (Moment of silence)

Picture our King on the cross . . . the cross that Jesus was nailed to our salvation . . . this too is a throne. The throne of Jesus that gives us the chance to go to heaven. (Moment of silence)

The last throne is the Monstrance where we now see Jesus hidden in the Eucharist . . . the Blessed Sacrament where by faith we see Him. Open your eyes so you can see our King in His throne. (Moment of silence)

Just like we like to hear that we are loved, Jesus likes to know that we love Him and that we think He is wonderful. So looking at Jesus in the monstrance, repeat after me:

O Jesus, / You are the king of all. / Jesus, / You are the king of my heart. / 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.)

Prostration - a couple of minutes

In a minute, we will prostrate. We will say a silent prayer to Jesus over and over in our hearts and heads. You will say the words "Jesus, My King" over and over. I will say it the first couple of times to get you going and then you continue silently in your heart. If it helps, you can close your eyes so you can remain more attentive to Jesus' presence and His love.

We are going to tuck ourselves into a humble position before our Jesus because we love Him. Be as still and quiet as you can.

**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.**

OR

**If the children are sitting on the in front of the altar in the church: Kneel, put your bottom on your heels, place your hands on your face, and bring your face down to your knees or the floor.**

Children repeat: Jesus, my King. (say aloud several times getting softer and softer)

Sit

Looking at Jesus in the Blessed Host, repeat: "O Christ Jesus, / I know that You are / the King of the Universe."<sup>3</sup>

(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.<sup>4</sup>]

Sing: The King of Glory (Repeat song in sections. Use hymnal for words. One verse should be enough.)

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament"<sup>5</sup> with three double swings. After the hymn is finished, "the minister

<sup>3</sup> Altered Prayer to Christ, King of the Universe

<sup>4</sup> No 97 Holy Communion & Worship of the Outside Mass

<sup>5</sup> No 97 Holy Communion & Worship of the Outside Mass

rises and sings or says." <sup>6</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>7</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. (Make sure the children do the sign of the cross -- step them through it if needed)

[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. <sup>8</sup> During the Eucharistic Blessing (actual Benediction), if altar servers are available and trained, one may incenses the Eucharist while kneeling with three double swings, bowing before and after the incensation. <sup>9</sup> Another server may rings the bells three times, keeping pace with the blessing. <sup>10</sup>]

Priest/Deacon:

Benediction

<sup>6</sup> No 98 Holy Communion & Worship of the Outside Mass

<sup>7</sup> No 226 Holy Communion & Worship of the Outside Mass

<sup>8</sup> No 99 Holy Communion & Worship of the Outside Mass

<sup>9</sup> Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

<sup>10</sup> Ceremonies of the Modern Roman Rite no. 688

**After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises.<sup>11]</sup>**

Say The Divine Praises repeating after the presider.

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 in repeat after me fashion. (**You might not need or want to do all the verses.**)

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! /  
 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! /  
 Fill the heavens with sweet accord: / Holy, holy, holy, Lord! /

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<sup>11</sup> 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.]

Please repeat after me: "Jesus, / you are ruler of all. / Thank you for / your kindness and love."

(<http://faithfirst.com/html/catechist/lectionary/yearC/Nov25Cat.html>)

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

Keeping your eyes upon Jesus in the Monstrance, we are going to have silence mixed with me saying lines of Scripture. Listen to Jesus talking to you in the words and in the silence of your hearts. (Pause between lines)

"The Lord of hosts, my king and my God!" Psalm 84:4

"Who is this King of glory? The Lord of hosts is the King of glory." Psalm 24:8-10

"King of kings and Lord of lords." Revelations 19:16

"I will extol you, my God and king; I will bless your name forever." Psalm 145:1

Repeat this last Psalm after me with slightly different words, but the same meaning: *I will praise you, my God and king.*

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

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."

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

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

Look at Jesus, repeat after me: O most wonderful King, / we bow before You and pray.  
(adapted from Christ the King Novena) Bow now before our King and say your own prayer to Him.

**(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.

## References

### **DVD:**

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

*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](http://www.childrenofhope.org).

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### **Internet Resources:**

<http://faithfirst.com/html/catechist/lectionary/yearC/Nov25Cat.html>

### **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.

*The King of Glory: Gather: Comprehensive*, Chicago: GIA Publications, Inc. 1994. #486. Text by Willard F. Jabusch.

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