



## **Guided Children's Hour of Adoration Younger/Preschool Children (Lent Theme Overview)**

Introduction

Exposition of the Eucharist - kneeling and Song: Come Adore

Opening Prayer

Focus on Jesus' true presence in the Eucharist in the Monstrance.

Fatima Prayer

A Reading from the Gospel of Matthew

Reflection

Lent Prayer

Lent Prayer

Prostration

Litany of Forgiveness

Repeat Line

St. Veronica story and Reflection

Song: I Believe

Benediction

Divine Praises

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





## Guided Eucharistic Adoration for Younger/Preschool 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.

We are fortunate to have time with Jesus today. We will focus with a Lenten theme in preparing our hearts for Easter. Remember the Eucharist - the Blessed Sacrament is not a representation of Jesus or a memory of Jesus, **this is Him.**

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.

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:**

Look closely at the white consecrated host in the middle of the monstrance. . . . At the very center, look and see Jesus, the Lamb of God who takes away the sins of the world . . . . Hidden before us in the Blessed Host in the monstrance is Jesus, Christ, our Savior, who died on the cross . . . . how incredibly blessed we are that Jesus makes Himself known to us in what appears, what looks like, bread. . . . **This is Jesus, this is our God. . . .** He is the best gift we will ever . . . in our whole lives . . . receive. Jesus loves you so very, very much . . . . Give Him your love now . . . whisper in your heart I love you Jesus . . . I love you Jesus . . . I love you Jesus. . . . (Silence)

We are going to say one of the Fatima prayers taught by Our Lady. Look at Jesus and 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)

<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

(Pause long enough for the kids not to repeat the next part.)

Sit

‡ A Reading from the Holy Gospel according to Matthew.

Response: *Glory to You O Lord*

"When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you." (Matthew 6:16-18)

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

When we fast, we give up something for God. We can fast, or give up our favorite food like candy or cookies for Jesus. We can even fast or give up certain habits like fussing at our parents or shouting at people. We fast or give up things to bring us closer to Jesus. The Gospel is saying God, our Father, knows what we give up even if no one else notices and He is proud of you.

Think of one thing you can fast from for the rest of today -- one thing you can give up to help you get closer to Jesus. (Pause)

Look closely at the Eucharist in the monstrance. Look and see Jesus, our Lord and God. (pause) Looking at Jesus, repeat after me: "Jesus, during the Lenten Season /draw me closer to you / with my prayer and fasting."

(Pause long enough for the children not to repeat the next part.)

On Good Friday, right before Easter, we remember Jesus dying on the cross so that we might one day join Him in heaven. We want to take the time to be glad for all He did for us on Good Friday and always so repeat after me: "We adore You, / Lord Jesus Christ / and we praise You, / because by Your Holy Cross / You have saved (redeemed) the world." (moment of silence)

In a minute, we are going to prostrate before Jesus. Take this silent time to reflect on - - to feel and think about God's great love for you. Be as still and quiet as you can.

### Prostration - a couple of minutes

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.

### Sit

We will now say parts of a Litany of Forgiveness (sections reworded and new ones added). We will tell Jesus things we are sorry for and we will ask our Lord to forgive us. I will say the first section and you will respond with: Forgive me Lord. Try that with me now: Forgive me Lord.

For the times I was not kind to others:

Response: Forgive me Lord.

For the times I don't share:

Response: Forgive me Lord

For staying mad at my friends

Response: Forgive me Lord

For the times I yelled at someone:

Response: Forgive me Lord

For the times I did not listen to my parents:

Response: Forgive me Lord

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

Take a moment now and search your heart for anything you might need to ask Jesus forgiveness for. (A moment of silence)

Repeat: Have mercy on me, God, / have mercy on me (Psalm 57:2)

### The story of St. Veronica

According to tradition, St. Veronica was one of the holy women in the crowd that Jesus spoke to while carrying His cross to Calvary. By that point, Jesus was so very tired. St. Veronica loved Jesus so much and felt such sadness at His pain. She tried to provide a small amount of comfort to her Lord by wiping His face with a cloth. The image of Jesus' face was miraculously imprinted upon that cloth.

Jesus still suffers and feels sad today when He sees the mean things people do to each other, when He sees people don't believe in Him, or they say bad things about Him. **We** can comfort Jesus today and every day with our words of love to Him, our prayers and devotion to Him. We can offer Jesus our pain when our feelings get hurt or when our bodies get hurt. We comfort Jesus also will we do kind things to others. All of these things are offerings of love to Jesus just like St. Veronica offering her love to Jesus by her act of kindness by wiping His face.

Especially during this season of Lent, think now about the ways you can show Jesus your love and provide Him comfort from His sufferings by your prayers, offerings, and kindness towards others. (A minute of silence)

Our time before and with Jesus, our Savior, is coming to a close. In our hearts let us again tell Jesus of our great love for Him. (Silence) Thank Him again for dying on the cross for you. (Silence)

Please kneel.

[The priest or deacon goes to the altar, genuflects, and kneels. <sup>3</sup>]

Sing: I Believe (repeat after fashion)

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 / <sup>4</sup>

[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 rises and sings or says." <sup>6</sup>]

<sup>3</sup> No 97 Holy Communion & Worship of the Outside Mass

<sup>4</sup> by Karl Kohlhasse

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

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

**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 incense the Eucharist while kneeling with three double swings, bowing before and after the incensation. <sup>9</sup> Another server may ring the bells three times, keeping pace with the blessing. <sup>10</sup>]*

**Priest/Deacon:**

**Benediction**

*After replacing the Monstrance on the altar, the priest/deacon kneels and leads those*

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<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

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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! /

<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.]

### 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 for the kids not to repeat the next part.)

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

*"I wait for you, O Lord; I lift up my soul to my God."* Psalm 25:1

*"For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life."* John 3:16

*"Guide me in your truth and teach me, for you are God my Savior."* Psalm 25:5

*"I love you, Lord, my strength, Lord, my rock, my fortress, my deliverer."* Psalm 18:3

We are going to say a prayer asking Jesus to help us during this Lenten season. Looking at Jesus in the Blessed Host, repeat after me:

Jesus, / "in this holy season of Lent, / help us to turn our minds and hearts back to you. / Lead us into sincere repentance / and renew our lives with your grace. / Help us to remember that we are sinners, / but even more, / help us to remember your loving mercy." <sup>12</sup> / Prepare us for your Resurrection on Easter Sunday.

(Pause long enough for the kids not to repeat the next part.)

Prayer of St. Gertrude the Great:

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 souls in

<sup>12</sup> Catholic Update Feb 2004 Ash Wednesday: "Our Shifting Understanding of Lent" - A Prayer for Ash Wednesday by Fr. Lawrence E. Mick

Purgatory, / for sinners everywhere, / for sinners in the universal church, / those  
in my own home and within my family. / Amen.

Repeat: O Lord, / I give my life to You / because You are the Father / of all that exists /  
especially of my soul. <sup>13</sup>

**Say 3 Times:** O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving  
be every moment Thine.

We believe that Jesus is really present here in the Eucharist. We want to express this  
belief so together we make an act of faith. (Act of Faith)

O my God, / I firmly believe that You are one God in three divine  
Persons, / Father, Son, and Holy Spirit; / I believe that Your divine  
Son became man and died for our sins, / and that He will come to  
judge the living and the dead. / I believe these and all the truths  
which the Holy Catholic Church teaches, / because You revealed  
them, / who can neither deceive nor be deceived. / Amen.

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<sup>13</sup> Children of Hope Present Children's Adoration DVD  
[www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com)

## References

### Books/DVDs:

*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:

[www.americancatholic.org](http://www.americancatholic.org), Catholic Update, Feb 2004 Ash Wednesday: "Our Shifting Understanding of Lent" - A Prayer for Ash Wednesday by Fr. Lawrence E. Mick. Used with permission.

### 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.

*I Believe: Words and Music for Eucharistic Adoration* by Karl Kohlhasse, 2008, [www.k4communications.com](http://www.k4communications.com). Song/words used with permission by Karl Kohlhasse.

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

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