



## **Guided Children's Hour of Adoration (Catholic Schools Week Overview)**

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

Opening Prayer

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

Repeat after Line

Repeat after Line

Repeat after Line

Act of Faith

Pope Benedict Reflection

Gospel Values

Gospel reading: Matthew 5:13-16

Homily

Saint Elizabeth Ann Seton Based Reflection

Prostrate - Jesus You are Amazing

Song: You are My All In All

Saint Don Bosco's Steps to a Sound Education

Act of Contrition

Intercessions

Saint Alberto Hurtado

Repeat after Line

Prostrate

Repeat after Line

Pope Francis Quote & Reflecting

Repeat after Line

Quiet Time with Jesus

Song: Lead Me, Lord

Closing Prayer

Divine Praises

Closing Song: Holy God We Praise Thy Name

Based on previous plans' rubrics that have been published with the approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

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## Guided Eucharistic Adoration for Children Catholic Schools Week 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.]

\_\_\_\_\_ 0 minute mark  
in plan timing.

Leader:

[Leader should stand at the front of the church for this Introduction.]

[Please note the estimated timing in the right side margins. For your ease, you can write the actual minutes of the hour prior to beginning. Example: 4:15, 4:18, etc. However, a firm time is you must start the closing kneel by 48-50 minutes past the start of the Adoration to close on time.]

[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.]

Welcome! We gather today to spend time with Jesus and to adore Him as a community during Catholic Schools Week. Pope Leo XIII wrote the following about Catholic Schools, "For it is in and by these schools that the Catholic faith, our greatest and best inheritance, is preserved whole and entire. . . . it is by these schools that good citizens are brought up for the State; for there is no better citizen than the man who has believed and practiced the Christian faith from his childhood." <sup>1</sup>

<sup>1</sup> Spectata Fides: Encyclical of Pope Leo XIII on Christian Education. November 27, 1885

Your Catholic schooling mixes your academic skills and faith together in a powerful combination that allows God to be part of every aspect of your learning and daily life.

In thinking about our upcoming visit with our Lord, we recall the words of Saint Josemaria Escriva who said, "Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you." Think about that, Jesus knew before you were even born that you would be coming today to visit Him during this Catholic Schools Week! He has been waiting for **you!**

As a reminder, Jesus, in the form of a Host which was consecrated at Mass by a priest, is placed inside the Monstrance in a clear window for us to see. Jesus is seen in the form of a white host in the middle of the Monstrance.

Be sure to take time to really think about the fact that you are in the very Presence of God!! His Body, His Blood, His Soul, and His Divinity.

St Francis once wrote, "I beg you to show the greatest possible reverence and honor for the most holy Body and Blood of our Lord Jesus Christ." (Say x 2 to be sure children hear the importance.)

We show Jesus our reverence and readiness to listen to Him by:

- keeping our voices off with no whispering
- either bowing your head, closing your eyes, or looking at Jesus in the Blessed Sacrament
- stilling your hands or folding them in prayer. Keep your hands to yourself.
- You also need stay in your pew.

[Request teacher/parent assistance prior to Exposition:]

Teachers, if you see a student that needs redirecting, I ask that you help encourage and guide that child to show reverence before our Sacramental Lord with the items I just talked to them about.

[Redirect during the Holy Hour as needed with reminders:]

- Let's take a moment to remember how to show God we are listening.
- Please put your worship aid down.
- Let's try to still our bodies and quiet our voices.

- Remember Jesus is truly here.
- I need you to stay in your pew.
- Remember we leave the kneelers down the whole time.
- Give Jesus your full attention. If you are whispering to a neighbor or fiddling with your papers, you might miss something that Jesus wants to share with you.
- Etc....

Please put your kneelers down and kneel. The kneelers will 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.

Moment of silence. (30 seconds - 1 minute)

[Leader should be seated behind the children.]

\_\_\_\_\_ 3 minute mark  
in plan timing.

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: Come Adore (booklet)

[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>

Moment of silence. (30 seconds)

\_\_\_\_\_ 7 minute mark  
in plan timing.

Leader:

### Key for Pauses

. . . . indicates 1-2 seconds of silence  
small pause: 5-10 seconds  
pause: about 30 seconds  
silence: 30-60 seconds

Look at Jesus, the Blessed Sacrament, the white consecrated Host upon the altar . . . see Jesus, your God and King, in front of you . . . you are kneeling before "Christ, the unique Teacher"<sup>3</sup> of all. (small pause: 5-10 seconds)

As you look at "Jesus Christ the Teacher"<sup>4</sup> . . . He too looks at you for you are a "unique creation of God"<sup>5</sup> . . . His special child . . . a "valued treasure"<sup>6</sup> . . . oh how Jesus loves you! (small pause: 5-10 seconds)

Whisper "Hello" to Jesus in your thoughts inside your heart [optional: or in a soft whisper so He hears your words out loud.] (pause: about 30 seconds)

Let us close our eyes now and feel "His wondrous love which, like rays of light, stream forth from Jesus"<sup>7</sup> in the Host to touch your heart and cover you with His radiance and grace. (pause: about 30 seconds)

Whisper in your heart your own words of love to Jesus. (pause: about 30 seconds)

Open your eyes now and look at Jesus in the Host in the monstrance before us. Repeat after me: O Lord, / You are truly present in the Eucharist. / "O Most Holy Trinity, / I

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

<sup>3</sup> Pope Paul VI, Declaration on Christian Education, October 28, 1965

<sup>4</sup> St. John Paul II Address: Meeting with the Representatives of Catholic Elementary and Secondary Schools and Leaders in Religious Education. Sept 12, 1987

<sup>5</sup> Strategic Plan for Catholic Schools Diocese of Austin: Mission and Catholic Identity

<sup>6</sup> USCCB document: Renewing Our Commitment to Catholic Elementary and Secondary Schools in the Third Millennium

<sup>7</sup> Mirae Caritatis (on the Holy Eucharist) Encyclical of Pope Leo XIII promulgated on May 28, 1902

adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!" <sup>8</sup>

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

We trust Jesus when He tells us the Host is Him! Let us assure Him of our faith by looking at Jesus in the Blessed Host and repeating after me: Jesus, / I know You are here / I know You are physically present on the altar.

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

How blessed we are that our God loves to spend time with us! Patting your chest or just placing your hands on your heart, tell Jesus aloud: Here I am Jesus / I'm here to spend time with you!

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

Please quietly sit down.

Together let us say the Act of Faith. (Act of Faith from booklet)

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.

\_\_\_\_\_ 11 minute mark  
in plan timing.

(Place booklets down.)

Pope Benedict said, "In your Catholic school, there is always a bigger picture over and above the individual subjects you study, the different skills you learn. All the work you do is placed in the context of growing in friendship with God, and all that flows from that friendship. So you learn not just to be good students, but good citizens, good people." <sup>9</sup>

He adds, "a good Catholic school . . . should help all its students to become saints." <sup>10</sup>

Close your eyes. Take a moment to imagine Jesus welcoming **you** to His Heavenly Kingdom as one of His holy saints.

**Moment of silence. (30 seconds - 1 minute)**

<sup>8</sup> Fatima Prayer taught by Our Lady of Fatima

<sup>9</sup> Pope Benedict's Address to Pupils September 17, 2010 schools changed to school by author

<sup>10</sup> Pope Benedict's Address to Pupils September 17, 2010



Pope Benedict continues with, "God wants your friendship. And once you enter into friendship with God, everything in your life begins to change. As you come to know him better, you find you want to reflect something of his infinite goodness in your own life . . . . You begin to feel compassion for people in difficulties and you are eager to do something to help them. You want to come to the aid of the poor and the hungry, you want to comfort the sorrowful, you want to be kind and generous. And once these things begin to matter to you, you are well on the way to becoming saints." <sup>11</sup>

**(small pause: 5-10 seconds)**

As you enter deeper into friendship with Jesus and come to know Him better at school, during Mass and Adoration, at home, and through prayer and reading scripture, you become an enthusiastic student of "Christ, the unique Teacher" <sup>12</sup> . . . . As students moving towards sainthood, we look towards the Gospel for Jesus' instructions on how to live our life.

Let us take a moment to consider the Gospels. What are the values and lessons that our Divine Teacher reveals to you? **(small pause: 5-10 seconds)** What lessons do you learn from Jesus' birth . . . . the Holy Family's flight to Egypt . . . . or Jesus' baptism in the Jordan? **(small pause: 5-10 seconds)** What lessons can you live by when studying Jesus' temptation in the desert . . . . Jesus' numerous miracles . . . . His giving of the Beatitudes . . . . the many parables . . . . or Jesus' magnificent gift at the Last Supper? **(small pause: 5-10 seconds)** Think about what you learn from Jesus' time standing before Herod and Pontius Pilate . . . . His painful death on the cross . . . . and His glorious Resurrection. **(small pause: 5-10 seconds)**

Please stand for a Gospel Reading.

**Priest/ Deacon:**

‡ A Reading from the Holy Gospel according to Matthew:

Response: Glory to You, O Lord

"You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine

<sup>11</sup> Pope Benedict's Address to Pupils September 17, 2010

<sup>12</sup> Pope Paul VI, Declaration on Christian Education, October 28, 1965

before others, that they may see your good deeds and glorify your heavenly Father. (Matthew 5:13-16)

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

**Brief two to three minute Homily from presider (could be based on suggestions below).  
Or continue with the Leader.**

Jesus' call to each of us to be disciples in the world.

The training Catholic Schools provide to lead a life of discipleship.

From Pope Francis February 5, 2017 Angelus: "Jesus invites us to be a reflection of his light, by witnessing with good works. He says: "Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven" (v. 16). These words emphasize that we are recognizable as true disciples of the One who is the Light of the World, not in words, but by our works. Indeed, it is above all our behaviour that — good or bad — leaves a mark on others. Therefore, we have a duty and a responsibility towards the gift received: the light of the faith, which is in us through Christ and the action of the Holy Spirit; and we must not withhold it as if it were our property. Instead we are called to make it shine throughout the world, to offer it to others through good works. How much the world needs the light of the Gospel which transforms, heals and guarantees salvation to those who receive it! We must convey this light through our good works."

"Catholic schools are at the very heart of the New Evangelization. They are instruments of grace, sacred places where the Gospel comes alive daily—and where children and families encounter (and, not infrequently, re-engage) the faith."<sup>13</sup>

**Leader:**

\_\_\_\_\_ 18 minute mark  
in plan timing.

Elizabeth Ann Seton said, "God is everywhere, in the very air I breathe, yes everywhere, but in His Sacrament of the Altar", which means the Blessed Sacrament before us, "He is

<sup>13</sup> United States Conference of Catholic Bishops. Renewing Christian Witness, Reflections on Catholic Schools as Instruments of the New Evangelization

as present actually and really as my soul within my body."

As we sit before the Very Presence of God, close your eyes and focus on breathing slowly and prayerfully . . . . breathe Jesus' Presence into your body so that your actions and life are like Jesus and His lessons. (Gospel Values)

Right now, actually breathe in the air filled with Jesus . . . . . Feel it flow down to your feet so that you may walk with Jesus in service and sacrifice to others.

(Small pause: 5-10 seconds)

Breathe in the air filled with Jesus again . . . . . Let it flood to your knees so that you may remember to fall on your knees with a prayer for honesty (integrity) and faithfulness to God.

(Small pause: 5-10 seconds)

Draw in the air filled with Jesus . . . . . Let it reach your hands . . . wiggling each finger as air reaches the fingertips . . . so that you may be humble and gentle in your actions to others.

(Small pause: 5-10 seconds)

Breathe in the air filled with Jesus once more . . . . . Let it stay within your mouth so that you may speak and act with truth and justice.

(Small pause: 5-10 seconds)

Open your eyes, repeat after me: Jesus, with every breath I take / let me remember to act like you.

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

Please kneel and then close your eyes again as we continue to breathe Jesus' Presence into our bodies.

Breathe in the air filled with Jesus . . . . . Feel this divine air move behind your eyes so that you may see all people with dignity and compassion.

(Small pause: 5-10 seconds)

Draw in the air filled with Jesus . . . . Let it flow to your ears and clear out any blockages so that you may be willing to listen to others with forgiveness and mercy.

(Small pause: 5-10 seconds)

Breathe in the air filled with Jesus one last time . . . . Let it flood your mind blowing away anything negative or ugly so that your thoughts and prayers are filled with purity and holiness.

(Small pause: 5-10 seconds)

Open your eyes. Looking at Jesus please repeat after me once more: Jesus, my unique teacher / may I keep the Gospel Values, your lessons, / forever written on my heart.

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

\_\_\_\_\_ 23 minute mark  
in plan timing.

At times we study, at times we run and play, and at other times we are still. It is good to work on having times of being very, very still before Jesus. We are going to try that now - being very, very still before our Jesus because it is in the stillness that we can hear our Lord.

Prostration

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

Step the children through prostration.

Stay kneeling, 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.

Still your body. . . . Try not to move a muscle or make even a tiny sound . . . . Close your eyes. . . . Slow your breathing. . . . Just be still with Jesus.

(Repeat as needed.)

(Try for 2 or 3 minutes of silence.)

Please sit.

Sing: You are My All In All (booklet)

\_\_\_\_\_ 30 minute mark  
in plan timing.

(Place booklets down.)

Saint Don Bosco, a teacher and a Patron of Educators told his students, "Remember that good confessions and good Communion are the first steps to a sound education."

These two steps are uniquely available to you as students in a Catholic School setting  
Make sure to make the most of these opportunities!

Let us reflect on Saint Don Bosco's first step to a sound education, good confessions. In order to make a good confession, we need to examine our conscience. Listen to the following questions and answer them to Jesus in your heart.

Have I said mean things or hurt someone's feelings on purpose? . (small pause: 5-10 seconds) . Am I jealous of anyone? . (small pause: 5-10 seconds) . Do I wish bad things on anybody? . (small pause: 5-10 seconds) . Do I listen to my parents and teachers? . (small pause: 5-10 seconds) . Do I help out when needed? . (small pause: 5-10 seconds) . Have I been saying my prayers? . (small pause: 5-10 seconds) . Do I trust in God at all times? . (small pause: 5-10 seconds) . Do I give God enough attention? . (small pause: 5-10 seconds) . Do I live my life the way Jesus wants me to? . (small pause: 5-10 seconds)

Now think about any other little or big ways that you might have hurt God. You can even ask Jesus to show you anything you might have done that you didn't realize hurt Him.

Moment of silence. (30 seconds - 1 minute)

We ask Jesus to forgive us for the things we have done that have hurt Him. Speak again to Jesus in the silence of your hearts. Let Him know how sorry you are.

Moment of silence. (30 seconds)

We will say the Act of Contrition (booklet).

My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

(Place booklets down.)

God has given us the Sacrament of Confession. Go often! God's love, mercy, and forgiveness is unlimited when we are truly sorry and ask for His mercy.

Reflecting now on Saint Don Bosco's other step to a sound education, good Communion, we ponder how we should receive the Body, Blood, Soul, and Divinity of Jesus.

Close your eyes. Imagine "Jesus Christ the Teacher," <sup>14</sup> **your** teacher, being placed in your hands by the Communion minister . . . your King in your hands. . . . As you eat the Body of Christ, do you let His presence and His lessons change you? . . . . Do you give Jesus permission to make you more and more like Him? . . . . His Body can transform you . . . can help you to show more of His love to others. (small pause: 5-10 seconds)

With your eyes still closed, repeat after me, "Jesus, teach me to become more like You."  
(x 2)

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

\_\_\_\_\_ 37 minute mark  
in plan timing.

Remembering that "Catholic Schools . . . are a community of parents, teachers, administrators, clergy and religious with values rooted in the Catholic faith, all working together to provide . . . students with a strong foundation for life," <sup>15</sup> we lift up the following Intercessions for Catholic Schools Week.

**Leader:**

Lord, we thank you for the support of our parents, parish and community. We pray to the Lord.

**All:**

Lord, hear our prayer.

**Leader:**

Lord, we ask that you help all students to live the Gospel Values and be disciples to the world. We pray to the Lord.

**All:**

Lord, hear our prayer.

**Leader:**

Lord, we ask that Catholic Schools raise up many strong future leaders for our nation. We pray to the Lord.

<sup>14</sup> St. John Pal II Address: Meeting with the Representatives of Catholic Elementary and Secondary Schools and Leaders in Religious Education. Sept 12, 1987

<sup>15</sup> <https://csdatx.org/about-us> (Diocese of Austin Catholic Schools Website)

All:

Lord, hear our prayer.

Leader:

Lord, we ask that you lead each of us to the vocation You intend for us. We pray to the Lord.

All:

Lord, hear our prayer.

Leader:

Lord, we ask for Your guidance and Your care for our faculty, staff, and volunteers. We pray to the Lord.

All:

Lord, hear our prayer.

Leader:

Lord, we ask now for our own petitions. (small pause: 5-10 seconds) We pray to the Lord.

All:

Lord, hear our prayer.

Leader:

Hear these our prayers as we make them through Christ Our Lord.

All:

Amen.

We will now hear a bit about Saint Alberto Hurtado.

Saint Alberto was born in 1901 in Chili. His father died when Alberto was four. As a result, Alberto's mother no longer had enough money to feed and clothe him. He was sent to live with relatives, but since a single family could not care for him full time, Alberto was often moved between families. "From an early age, therefore, he experienced what it meant to be poor, to be without a home and at the mercy of others."<sup>16</sup> A scholarship allowed Alberto to attend school. During what we would consider our High School years, he would spend his Sunday afternoons with very poor people in their neighborhoods. If Alberto saw a person in pain or with a need, he would try to solve the problem. He acted with compassion and the desire to serve others.

Eventually Alberto studied law and became a Jesuit priest where he continued his care of

<sup>16</sup> [http://www.vatican.va/news\\_services/liturgy/saints/ns\\_lit\\_doc\\_20051023\\_cruchaga\\_en.html](http://www.vatican.va/news_services/liturgy/saints/ns_lit_doc_20051023_cruchaga_en.html)



the poor with energy and enthusiasm. His life reflected the Gospel Values, the teachings of Jesus, through helping others to live with dignity, seeking justice for the poor, and his prayerfulness.

Alberto taught at the school he attended as a youth. He opened homes where poor and abandoned children could live, be taught work skills, and learn Christian values. Soon he opened similar homes for women and then men.

Pope Francis talked about Saint Alberto Hurtado to some young people. He said, "Hurtado asks himself . . . "What would Christ do in my place?" . . . At school, at university, when outdoors, when at home, among friends, at work, when taunted: "What would Christ do in my place?" When you go dancing, when you are playing or watching sports: "What would Christ do in my place?" This is the password, the power source that charges our hearts, ignites our faith and makes the sparkle in our eyes never fade. . . . Use it every day. The time will come when you know it, and the day will come when, without realizing it, your heart will beat like Jesus' heart."<sup>17</sup>

(small pause: 5-10 seconds)

Looking at Jesus, please repeat after me: Christ, / please show me what to do / in all situations in my life. / Guide me. / Teach me. / Show me what to do.

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

\_\_\_\_\_ 42 minute mark  
in plan timing.

Again, we are going to prostrate, humble ourselves, before Jesus. Saint John Paul II said, "In that little Host is the solution to all the problems of the world."

Take this time to talk to Jesus about your joys, your sadness, your problems, your struggles, your petitions . . . anything that is important to you.

Prostrate - Try for 4 or 5 minutes of silence.

If needed, 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.

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Be with God . . . Offer Him your love . . . your praise . . . your struggles.

<sup>17</sup> Meeting with the Youth/Address of the Holy Father, Pope Francis National Shrine of Maipú, Santiago January 17, 2018



(Try for 4 or 5 minutes of silence.)

Please sit.

We know Jesus loves us with an enormous love. It is important to let Jesus know that we love Him, so looking at Jesus in the Blessed Host repeat after me: O Jesus, I love You! / O Jesus, I adore You! / O Jesus, I love You!

Pope Francis said, "Don't be afraid to ask for a word of helpful advice when you are wondering how to serve God and all those people throughout the world who need our help. Remember: the more you give yourself to others, the more you will get back in personal fulfilment and true happiness!"<sup>18</sup>

Let us pause a moment to consider who you can ask helpful advice from about serving God . . . . Name their names in your mind. (small pause: 5-10 seconds) Take a moment to thank God for placing these people in your life.

Moment of silence. (30 seconds - 1 minute)

\_\_\_\_\_ 48 minute mark in plan timing. If needed, insert extra material here.

Shortly, we will be closing our visit with Jesus, but before we go let us ask Jesus for His help when we leave Adoration. Repeat after me: Lord, help me / to share with humility / with everyone I meet / the values and insights I have learned / through the Catholic education I have received.<sup>19</sup>

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

For our last couple moments talk to Jesus about anything that is still on your mind or in your heart.

Moment of silence. (30 seconds - 1 minute)

Please kneel.

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

Song: Lead Me, Lord

**\*\* Important**

\_\_\_\_\_ 50 minute mark in plan timing.

This time is firm. You must start kneeling by 50-52 minutes past the start of the Adoration to close on time.

<sup>18</sup> Meeting of His Holiness Pope Francis with the Participants in the 12th International Pilgrimage of Altar Servers, St Peter's Square July 31, 2018

<sup>19</sup> Based on Pope Benedict's Address to Pupils September 17, 2010

(Place booklets down.)

[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>20</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>21</sup>

**Moment of silence: (30 seconds - 1 minute)**

**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>22</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.]

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<sup>20</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>21</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>22</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

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) (You might not need or want to do all the verses.)

## 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.]

The United States' bishops remind us that "Young people are . . . the future leaders of our Church."<sup>23</sup>

That is **you!** Picture yourself ten or twenty years from now . . . How do you imagine you will be leading the church? . . . Will you lead as a parish priest? . . . Will you be a police officer, fireman/woman, or military member who serves the community or nation and shines to the world the Gospel values? . . . Will you work a job and lead the church as a lector proclaiming God's word? . . . as a Communion minister giving the Body of Christ to His members? . . . or as a Parish Council member guiding the parish? . . . There are so many possible ways to lead and serve the Catholic Church . . . Will you find yourself a new and unique role?

**Moment of silence. (30 seconds - 1 minute)**

### 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.)**

It is always good to adore our Jesus quite simply because He is our God. Repeat after me 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 Emmanuel, / God with us, / we adore You.

<sup>23</sup> United States Conference of Catholic Bishops: Renewing Our Commitment to Catholic Elementary and Secondary Schools in the Third Millennium

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.

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

Listen carefully to this quote from Saint Mother Teresa and then take a minute to ponder if you are living towards these goals.

"At the end of our lives we will not be judged by how many diplomas we have received, how much money we have made or how many great things we have done.

We will be judged by: I was hungry and you gave me to eat. I was naked and you clothed me. I was homeless and you took me in.

Hungry not only for bread—  
 but hungry for love.

Naked not only for clothing—  
 but naked of human dignity and respect.

Homeless not only for want of a home of bricks—  
 but homeless because of rejection.

Only in heaven will we see how much we owe to the poor for helping us to love God better because of them."

Moment of silence. (30 seconds - 1 minute)

Pope Francis said the following to 750 altar servers, "Even now, as young people, you can be apostles, capable of drawing others to Jesus. This will happen if you are full of enthusiasm for him, for Jesus, if you have encountered him, if you have come to know him personally, and been yourselves "won over" by him. . . . Try also to be friends, with no strings attached, to all those around you, so that a ray of Jesus' light can shine on them through your own heart in love with him. . . . In this way, you will also help others to see how beautiful is the community of believers, because the Lord dwells in its midst. And to

see how beautiful it is to be part of the family of the Church.”<sup>24</sup>

(small pause: 5-10 seconds)

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)

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<sup>24</sup> Meeting of His Holiness Pope Francis with the Participants in the 12th International Pilgrimage of Altar Servers, St Peter's Square July 31, 2018

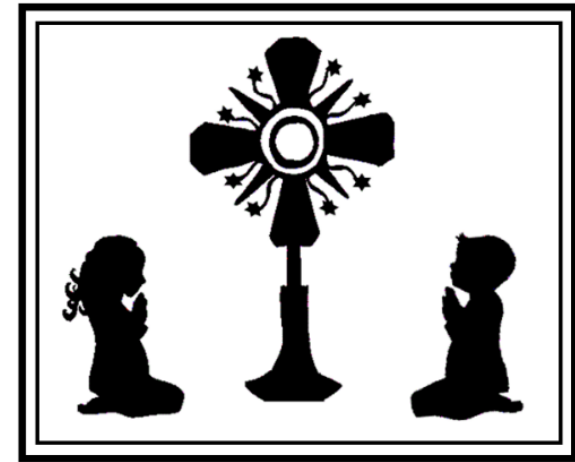


### Repose Song: Holy God We Praise Thy Name

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! 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!

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. And adoring bend the knee while we own the mystery.



## Guided Children's Adoration

**Exposition Song: Come Adore**

### 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.

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**Song: You are My All In All**



**Act of Contrition**

My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

**Song: Lead Me, Lord**



**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.



What would Christ do in my place?



## References

### Books:

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### Music:

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

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