



Guided Children's Hour of Adoration (Christmas 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

Jesus, as an infant, boy, etc.

Act of Faith

St. Francis praises

Decade of the Rosary: The Nativity

Christmas Repeat Prayer

Song: Away in a Manager

Silence mixed with Scripture

Prostrate - Awe of being in Jesus' Presence

Contrition

Christmas Prayer

Gospel Reading - Luke 1:26-33, 38

Prostrate

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Good-byes and Last Word Prayer

Song: O Come, All Ye Faithful

Closing Prayer

Benediction and Divine Praises

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

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 Christmas

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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.]

With the joy of Christmas approaching, tonight's Adoration will give you time to reflect and grow as you prepare your heart for the coming of the infant Jesus. Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord.

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 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.¹

Leader:

Look at Jesus, hidden in the consecrated Host in the monstrance. . . . Greet Jesus and adore Him. (pause)

St. Pope John Paul II wrote², "The highly favored Son of God becomes present among us as a newborn Baby; gathered around Him, the children (the youth) of every nation on earth feel His eyes upon them, eyes full of the heavenly Father's love, and they rejoice because God loves them." This very minute, we are kneeling before the highly favored Son of God. . . . Take some time to close your eyes and feel Jesus' eyes, full of His Father's love, upon you. . . . Feel God's love radiating out to you from the Blessed Sacrament and filling your heart. (A minute or two of silence.)

Looking at Jesus in the monstrance, we are going to say one of the Fatima prayers taught

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass

² St. Pope Paul II's 1994 Christmas letter to the children of the world

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!" ³

Please sit.

The hidden Jesus before us in the Host is the same Jesus we see as the Child in the Nativity crib. He is also the 12 year old boy in the Temple in Jerusalem talking with the teachers. "He is the same grown Man Who later, at 30 years old, will begin to preach the word of God, will choose the Twelve Apostles, (and) will be followed by crowds thirsting for the truth." ⁴

We believe that our Jesus is really present, hidden in the Eucharist. 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.

Listen carefully to some lines taken from The Divine Praises written by St. Francis of Assisi who believed that Jesus' birthday should be made special so he built the first nativity scene. Look at Jesus in the monstrance or close your eyes. Let Jesus speak to you in the words of the prayer.

You are holy, Lord, the only God, and Your deeds are wonderful.

You are strong.

You are great.

You are the Most High.

You are Almighty.

You, Holy Father, are King of heaven and earth.

You are love. You are wisdom.

You are rest. You are peace.

You are joy and gladness.

You are beauty.

You are gentleness.

You are our protector.

You are our guardian and defender.

You are our courage. You are our haven and our hope.

³ Fatima Prayer taught by Our Lady of Fatima

⁴ Based on & quoted from St. Pope John Paul II's 1994 Christmas Letter to the World's Children

You are our eternal life, Great and Wonderful Lord, God Almighty, Merciful Savior.

Let's say that last line to Jesus, repeat after me: You are our eternal life, / Great and Wonderful Lord, / God Almighty, / Merciful Savior.

It is important for Jesus to know we love Him, so looking at Jesus, repeat after me: O Jesus, I love You! (Silence) x 2 or 3

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

We are going to pray one Decade of the Rosary.

We will focus on the 3rd Joyful Mystery: The Nativity, when Mary gave birth to Jesus, our Savior, in a stable in Bethlehem and choirs of angels sang: "Glory to God in the highest and on earth peace to men of goodwill."

Our Father, 10 Hail Marys, Glory Be

End Rosary with O My Jesus.

We are going to enter into a silent period of prayer from our hearts. In this time, think about the Decade we just prayed - how Jesus was born in a stable and laid in a manger.

(A couple minutes of silence.)

Repeat: "O Jesus, little child, / come into my heart on Christmas morn / to wash away my sins / and to remain there eternally. / O Mary, Mother of my Savior, / prepare for Jesus / a cradle in my heart." ⁵

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

Now let us sing: Away in a Manager (hymnal)

Keeping your eyes upon Jesus in the monstrance, we will have silence mixed with me saying lines of scripture or Psalms. Listen to Jesus talking to you in the silence of your hearts. (Pause between lines.)

"and they shall call Him Emmanuel, which means that" God is with us" Matthew 1:23

⁵ Advent Prayer in *Stories of the Eucharist* by Linda & Mary Beth pg. 3

"She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn." Luke 2:7

"Prepare the way of the Lord, make straight his path" Luke 3:4

"The true light, which enlightens everyone, was coming into the world." John 1:9

"Lord, show us the light of your face!" Psalm 4:7

"They (the magi) prostrated themselves and did him homage." Matthew 2:11

Prostrate - **A couple of minutes.**

We know from the gospel that the Three Wise Men, the Magi, prostrated themselves before the infant Jesus. Close your eyes, see yourself walking into the stable and seeing your Savior, Jesus, lying in the manger. Let us now humble ourselves before Jesus. Please kneel, 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. Experience the awe of being in our Savior's Presence.

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.

Please sit.

A gift we can give to the child Jesus is a heart washed clean of sin, so we are now going to do a short Examination of Conscience. Think about the following questions and answer them to Jesus in your heart.

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

Think inside your head about any other little or big ways that you might have hurt God.

(A minute of silence.)

We ask Jesus to forgive us for the things we have done that hurt Him. Again, speak to Jesus in the silence of your hearts. Let Him know you are sorry. **(A minute of silence.)**

Say 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.

Remember that God loves us and forgives us when we are sorry and ask for His mercy.

We will now say the Christmas Prayer (booklet):

Lord Jesus Christ, You are present here in the Blessed Sacrament, as You were present in Bethlehem at Your birth. During this season in which we celebrate Your coming among us in our human flesh, fill us with faith, hope, and love. May the light of Your Presence shine through us in our thoughts, words, and deeds. Amen.

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Luke

Response: Glory to You, O Lord

"the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father. And he will rule over the house of Jacob forever, and of his kingdom there will be no end." . . . Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her." Luke 1:26-33, 38

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

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

Leader:

Take a moment of silence to reflect on the tremendous faith Mary and Joseph had in God. Ask Jesus to help you to make your own faith even stronger. (A couple minutes of silence.)

Prostrate - Try for 4 or 5 minutes of silence. Spend some quiet time talking and listening to Jesus.

Please sit.

Listen now to the story of St. Francis of Assisi whose praises we heard earlier.

Eight hundred years ago, in Italy, there was a rich man named Francis. He had a loving nature that made people like him.

After a time as a soldier, Francis began to think more & more about God and he also wanted to help the poor. He would go out from his father's house with a bag of money since his father was very rich and give it to the first poor person he met. One time, Francis took off the cloak/coat he was wearing and gave it to a poor person. After some time, he decided he didn't want or need the money from his family. He started wearing old clothes instead of nice ones, wore no shoes, and begged for his food. Francis wanted to show what was possible from loving God and feeling loved by Him, not from having a bunch of money. Francis' friends called him crazy and his father disowned him. He went from town to town helping the poor and sick and talking to the people about God in simple words. He was happy and his happiness helped others to feel better.

Francis' love flowed out to all God's creatures. If he saw a worm in the road, he would move it so that it would not get smashed. He even talked to the birds about God and they would sit on his arms and shoulders.

Back then, people did not celebrate Christmas as we do now - no tree, carols, and probably not even presents. Francis thought that the birth of Jesus should be remembered in a special way. In 1223, Francis planned a Christmas surprise for the people of the town of Greccio. By Christmas Eve, lots of people had heard of the surprise and people came from all around. Francis had built the first nativity scene - a holy scene of the infant Jesus in the manger with Mary and Joseph plus a donkey and ox. Then Francis read from the Bible the story of the first Christmas.

"St. Francis was a very holy and wonderful preacher who taught the message of the love

and peace of Jesus. He was good and kind to everyone. . . It was Jesus in the Holy Eucharist that gave him the love and strength to serve the poor." ⁶ He was the founder of the Franciscan order.

Take a moment of silence to think about the story of St. Francis and how he gave us the gift of the nativity scene that so many of us have in our homes that reminds us of the amazing gift that God gave us - Jesus. Think too how we might treat others in a kinder manner like St. Francis. **(A couple minutes of silence.)**

Let's take a moment to think about Petitions, things we might want to ask Jesus for - Jesus says *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, it will be opened."* (Matthew 7: 7-8) So in the quiet of your heart ask Jesus for a favor for yourself or someone else.

(If time) Thanksgiving - Think about all the good things that God has given you. Think of as many of these presents from God as you can and in the quiet of your heart, name and thank Jesus for them. **(A couple minutes of silence.)**

(If time) Thanksgiving Prayer (booklet):

Lord Jesus I adore You! Thank You for Your awesome love which keeps You on earth with us, night and day, in the Holy Eucharist! Thank You for the gift of life! Thank You for my family, friends and loved ones, for the countless graces and blessings that You have showered upon me and every person in the entire world! Thank You for Your ongoing merciful and tender loving care!

(If time) Say together the Prayer to Jesus in the Blessed Sacrament (booklet)

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.

Our time before and with Jesus, our King, in His throne, the monstrance, is coming to a close. In our hearts let us again tell Jesus of our great love for Him. **(Silence)** Let us

⁶ *Stories of the Eucharist* by Linda & Mary Beth p. 4

thank Him for spending this hour with us. (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.

As we are coming to a close and as we go forth, "on the night of Bethlehem, look with faith upon the newborn Child and experience the great joy of Christmas." ⁷

Please kneel

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

Song: O Come, All Ye Faithful Verses 1 & 3 (booklet)

[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. ⁸]

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.

⁷ John Paul II's 1994 Christmas Letter to the World's Children

⁸ No 98 Holy Communion & Worship of the Eucharist Outside Mass

All: Amen. ⁹

Moment of silence.

Leader:

Father/Deacon will now do Benediction and Divine Praises. Be sure to make the Sign of the Cross when you receive your blessing from Jesus during Benediction.

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. ¹⁰ During the blessing, servers may incense and ring the bells, according to local tradition.]

Priest/Deacon:
Benediction

[After replacing the monstrance on the altar, the priest or deacon may kneel and lead those assembled in the Divine Praises. The Divine Praises can also be said as the priest or deacon reposes the Blessed Sacrament.]

Say The Divine Praises repeating after the presider. (booklet)

Blessed be God.

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

⁹ No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹⁰ No 99 Holy Communion & Worship of the Eucharist Outside Mass

Name (booklet)

Extra

[Sometimes you will get through the whole set of plans, sometimes you won't. Here are some extra prayers and reflections in case you get done early. Each group and each session will flow differently depending on the age of the children, how long you pause, and where God leads you that particular time.]

Keeping your eyes upon Jesus in the monstrance, we will have some more silence mixed with me saying lines of scripture or Psalms. Again listen to Jesus in the words and in the silence. *(Pause between lines.)*

"Behold, you will conceive in your womb and bear a son, and you shall name him Jesus" Luke 1:31

"For today . . . a savior has been born for you who is Messiah and Lord." Luke 2:11

"Let everything that has breath give praise to the Lord!" Psalm 150

"of his kingdom there will be no end" Luke 1:33

"Shout with joy to the Lord" Psalm 98:4

Listen to *(or in repeat fashion)* the Prayer of St. Francis

Lord, make me an instrument of Your peace.
 Where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 and where there is sadness, joy.
 O, Divine Master,
 grant that I may not so much seek
 to be consoled as to console;
 to be understood as to understand;
 to be loved as to love;
 for it is in giving that we receive;
 it is in pardoning that we are pardoned;
 and it is in dying that we are born to eternal life.

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

Listen carefully to a few more lines from the Praises from St. Francis of Assisi:

You are Three and One, Lord God, all Good.
 You are Good, all Good, supreme Good,
 Lord God, living and true.
 You are humility. You are endurance.
 You are justice and moderation.
 You are all our riches, and You suffice for us.
 You are our faith, our great consolation.

The "Our Father" is a prayer that Jesus gave us. He taught us the words so think of the importance of these words. Let's say the "Our Father" together slowly and very thoughtfully, focusing on the words.

We pray for the poor souls in Purgatory because they need many prayers to go to Heaven. Say Prayer for the Souls in Purgatory (Repeat in sections.)

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

(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.

(A moment of silence.)

The Divine Praises

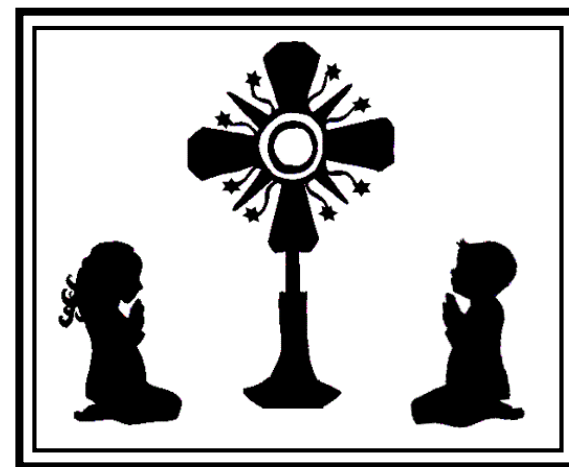
Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be 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! x2

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! x2

Holy Father, Holy Son, and Holy Spirit: three we name Thee,
Though in essence only one; Undivided God we claim Thee,
And adoring bend the knee while we own the mystery. x2



Guided Children's Adoration



Exposition Song: Come Adore

Gather: Comprehensive #888

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.

Song: Away in a Manger

Away in a manger, no crib for a bed, the little Lord Jesus laid down His sweet head. The stars in the bright sky looked down where He lay, the little Lord Jesus asleep on the hay.

The cattle are lowing, the Baby awakes but little Lord Jesus, no crying He makes. I love You, Lord Jesus, look down from the sky, And stay by my cradle till morning is nigh.

Be near me, Lord Jesus, I ask You to stay close by me forever, and love me I pray. Bless all the dear children in Your tender care And fit us for heaven to live with You there.

Gather: Comprehensive #353

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.

Christmas Prayer

Lord Jesus Christ, You are present here in the Blessed Sacrament, as You were present in Bethlehem at Your birth. During this season in which we celebrate Your coming among us in our human flesh, fill us with faith, hope, and love. May the light of Your Presence shine through us in our thoughts, words, and deeds. Amen.

Prayers & Devotions for Eucharistic Holy Hour



Thanksgiving Prayer

Lord Jesus I adore You! Thank You for Your awesome love which keeps You on earth with us, night and day, in the Holy Eucharist! Thank You for the gift of life! Thank You for my family, friends and loved ones, for the countless graces and blessings that You have showered upon me and every person in the entire world! Thank You for Your ongoing merciful and tender loving care!

Prayer to Jesus in the Blessed Sacrament

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.

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: O Come, All Ye Faithful

Gather: Comprehensive #341

References

Books:

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Music:

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Away in a Manager: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #353.

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

O Come, All Ye Faithful: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #341.

To Jesus Christ Our Sovereign King: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #488