



Guided Children's Hour of Adoration (Continuing our Lenten Journey of Hope – Jubilee Year 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

Repeat Line: Recognizing Jesus' Presence

Repeat Prayer: Lenten Prayer

Jubilee Year & Our Journey to Lent and Heaven

Picturing all that Jesus Suffered for Us

Thank Jesus for His Suffering for Us

Lenten Season of Hope – A Joyful Hope

Repeat Prayer: Lenten Prayer

Jesus' Suffering – We too can Choose to Want to Help Others

Feeling Inner Joy, Love, & Hope from Making Hard Choices

Long Walk Comparison to the Three Pillars of Lent

Prostration or Kneeling

Praying with the Three Crosses We Make Before a Gospel Reading

A Reading from the Gospel of John 13:4-15

Homily

Transition Song: Jubilee Hymn - Pilgrims of Hope - UK version (if desired: Children Kneel before the Blessed Sacrament)

Act of Hope

Pope Francis and How to be a Pilgrim of Hope

Imagine the Pilgrimage of Hope

Repeat Prayer

Responding to Pope Francis' Question on How We are Doing on the Journey

Be Filled with Jesus' Love

Act of Spiritual Communion

Song: I Believe

Closing Prayer

Benediction and Divine Praises

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

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 Continuing our Lenten Journey of Hope – Jubilee Year 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 are fortunate to have time with Jesus today/tonight. Tonight, we will focus with a Lent of

Hope theme in preparing our hearts for Easter.

Now, just our reminders. [as needed]

Since we are here to spend time with our Jesus, we want to show Jesus we are listening to Him. We show God that we are good listeners by:

- keeping our voices off with no whispering
- you can either bow your head, close your eyes, or look at Jesus in the Blessed Sacrament
- you need to still your hands or fold them in prayer and keep your hands to yourself
- you also need stay in your pew or on your mat.

[Request parental assistance prior to Exposition:]

Parents, our goal is to help our children know the value of spending time in Eucharistic Adoration, to teach them how they can use their time before the Blessed Sacrament, and to help them still themselves so that they can listen to Jesus. We want our children to see Jesus as their Divine Friend, as Saint Pope John Paull II used to say - their friend that they can turn to no matter what.

As we all know, our sweeties need redirecting at times. Since I know that you have the same goals, I ask that you help encourage and guide your sweet children to show reverence before our Sacramental Lord with the items I just talked to them about.

[If appropriate: Also, I thought we would try that if you parents feel you should help your younger ones with some of the questions or wonders we will come across, please feel free to quietly discuss it with them.]

The first twenty to thirty minutes of Adoration will have extra appeal to younger children but will still be beneficial to all age groups. A song will be sung at this point as a transition for the youngest children that will be saying their good-byes to Jesus in the Eucharist.

[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....

Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord. Take a few deep breaths 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. ¹

_____ 6-minute mark
in plan timing.

Moment of silence. (30 seconds)

Leader:

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

Key for Pauses

. . . . indicates 1-2 seconds of silence

small pause: 5-10 seconds

pause: about 30 seconds

silence: 30-60 seconds

Jesus, we see You now with our very own eyes! . . . We are here . . . and You are here . . .

(small pause: 5-10 seconds)

Children, look closely now at the white consecrated host in the middle of the monstrance.

(small pause: 5-10 seconds)

Jesus, You are the Lamb of God You may look like bread right now . . . but Your Body is before us You are our Savior . . . You died on the cross . . . You are hidden before us in the Blessed Host on the altar . . . Jesus, right now I see before me Your body that was nailed to the cross for our sins . . . You are just wearing a type of clothes that make us see You as bread.

(small pause: 5-10 seconds)

Jesus, thank you so much for becoming this Bread. Thank you for allowing us to eat Your Body, Blood, Soul, and Divinity so we can become more like You . . . so we have the strength to make good choices . . . so we have the strength to journey to heaven to be with You! . . . You are the reason . . . the only reason we have the hope of Heaven!

(small pause: 5-10 seconds)

Thank you, Jesus for being present here today and in every Catholic Church's tabernacle in the whole world. How wonderful that we can run to You and be in Your physical presence!

(small pause: 5-10 seconds)

Look at Jesus and repeat after me.

Jesus, / I see Your Body, / Your Blood, / Your Soul, / and Your Divinity / in what looks like bread, / but is really and truly You.

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

Please sit.

_____ 8-minute mark
in plan timing.

Let us look again at Jesus' Body. During this season of Lent, let us tell Jesus that we know what He has done for us. Please repeat after me.

Jesus, You are Salvation./

You give us life./

You save us from our sin./

You have so much love, / mercy, and forgiveness for us.

We love You!

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

We call to mind that we are in a Jubilee Year . . . a special year held every 25 years in the Catholic Church. Pope Francis declared a theme for the Jubilee's Year: Pilgrims of Hope meaning that we are pilgrims filled with hope journeying towards heaven.

(small pause: 5-10 seconds)

We call to mind as well that we are still in Lent . . . our hopeful holy journey to Easter. On our hopeful journey to Lent we take the time to make our friendship stronger with Jesus . . . by repenting for the things that we have done wrong . . . our sins.

We also grow closer to Jesus by thinking about . . . picturing . . . remembering all that Jesus did for us . . . His suffering and death . . . and resurrection on Easter.

(small pause: 5-10 seconds)

Let's do that now . . . think about . . . picture in our minds all that Jesus did for us. Close your eyes if it helps.

Picture in your mind Jesus kneeling in the Garden of Gethsemane praying to God, the Father. The disciples, not far away, having fallen asleep.

(small pause: 10-20 seconds depending on the age of your group)

Picture in your mind the soldiers coming for Jesus in the Garden. They take Him away with such meanness . . . even though He has done nothing wrong.

(small pause: 10-20 seconds)

Join with me to tell Jesus you love Him.

Jesus, I love You.

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

Picture in your mind Jesus being whipped.

(small pause: 10-20 seconds)

Picture in your mind a crown of thorns being placed on His head.

(small pause: 10-20 seconds)

Picture in your mind Jesus hearing the crowds of people yell, “Crucify Him” while all He has done is love them.

(small pause: 10-20 seconds)

Join with me to tell Jesus you love Him.
Jesus, I love You.

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

Picture in your mind Jesus carrying His cross and dying on it.

(small pause: 10-20 seconds)

With hope now, we know we can picture in our mind the joy of Jesus' resurrection on Easter.

(small pause: 10-20 seconds)

Join with me to tell Jesus you love Him.
Jesus, I love You.

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

Let's take a minute now in your own words to thank Jesus for all of His suffering and His sacrifice which He did with so much love so we can live forever with Him. You can whisper your thanks aloud or in the quiet of your heart.

(pause: about 60 seconds)

_____ 14-minute mark
in plan timing.

This Lenten season creates a beautiful HOPE in us. We continue to pray, fast and give alms this Lent in the **hope** that we get closer to Jesus . . . closer to heaven. We pray, fast and give alms also in the **hope** that other people feel the love of Jesus by what we do and how we do it.

It is a joyful hope . . . a hope that can absolutely come true! A hope . . . a trust in Jesus and His Word . . . we trust we too can join Him in heaven because He opened the gates to heaven with His own death and resurrection.

(small pause: 5-10 seconds)

Looking at Jesus, repeat after me:

Jesus, during the Lenten Season /
draw us closer to You /
with our almsgiving, / prayer, and fasting. /

Help us to share Your suffering /
And offer You comfort.
Amen.

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

In Lent, we remember that Jesus feeds us with His Sacrifice . . . He offered His very own Body on the Cross to God, His Father, so that our sins are forgiven . . . He feeds our very souls with His Sacrifice when we eat Him in the Eucharist . . . Jesus did something very difficult out of immense love for us.

Shake your head yes or no.

- Did it hurt when the soldiers whipped Jesus? . . . Yes!
- Did it hurt Jesus to have a crown of thorns placed on His head? . . . Yes!
- Did it hurt Jesus to carry His cross to Calvary? . . . Yes!
- Did it hurt Jesus to die on the cross? . . . Yes!
- Did He do it anyway? . . . Yes!

Because of His great love for His people . . . for us . . . for you and me, Jesus **wanted** to help us, so he did these things anyways!

Let's all say: Thank you, Jesus!

We too can feed others with our sacrifices. We want to be like Jesus, so we choose to **want** to help others out of the LOVE we feel coming to us from Jesus. It won't be the same want as wanting a piece of candy . . . that is an easy want, right?

We follow Jesus' example of doing something hard out of love . . . suffering and dying on the cross . . . which gave way to something beautiful . . . His resurrection and the opening of heaven for us . . . these actions of His, help us choose to **want** to do something that we might not normally choose.

Here are some examples. Imagine yourself in each example and picture **choosing to want** to do something that might be hard:

- We might want to watch our favorite TV show, BUT out of the love we feel from Jesus, we **choose to want** to let our brother or sister watch their favorite show . . . this is an act of almsgiving.
- We might want to get a cookie at the store, BUT out of the love we feel from Jesus, we **choose to want** to not to buy the cookie or have mom buy the cookie and we **choose to want** instead to give the money the cookie would have cost to people who have no food . . . this is a type of fast **and** an act of almsgiving
- An older brother might be carrying his baby brother, and he slips and starts to fall. BUT out of the love he feels from Jesus, the older brother **chooses to want** to protect his baby brother by keeping the baby protected as he falls even though it means he himself will be bruised and cut up.

- We might want to read or draw in church, BUT out of the love we feel from Jesus, we **choose to want** to closely watch all of Mass . . . this is prayer.

_____ 19-minute mark
in plan timing.

When we make these choices . . . which may not always be easy . . . but with the love we feel from Jesus . . . these choices can fill us with a joy, a hope, and a love. . . an inner warmth that spread out within us to fill our hearts, minds, and souls.

(small pause: 5-10 seconds)

Use your imagination . . . maybe even placing your hands balled small by your heart and then letting them open bigger and bigger over you . . . so imagine the joy, hope, and love starting as a small, wonderful hug inside of you (those balled up hands) . . . but then this hug grows and grows . . . bigger and bigger (your hands opening bigger and bigger) . . . until you feel that amazing hug . . . full of beautiful light . . . everywhere inside of you.

(pause: about 60 seconds)

Let's take 3 minutes now to talk to Jesus. Here are two choices that are possibilities:

- Say to Jesus over and over . . . maybe fifty times:
"Thank you, Jesus, for **wanting** to help us. Help me to want to help others like you help me."
- Talk to Jesus about anything that is important to you. Share with Him your happy things and also what makes you sad.

Prostrate or kneel – adorer's choice.

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.

(Try for 3 minutes of silence.)

_____ 23-minute mark
in plan timing.

Let's practice the three crosses we make before a Gospel Reading now as I remind you what we are saying to Jesus as we do.

1. First, we make a small cross in the middle of our forehead: Inside your mind you are saying "Jesus, be in my thoughts."

Make the cross on your forehead and say that with me now: "Jesus, be in my thoughts."
(Pause long enough so the children don't repeat after you anymore.)

This forehead cross tells Jesus that you want to think about Him and to think about how He wants you to act. This cross asks Jesus to help you think about other people with love like He does.

2. Second, we make a small cross on our lips: Inside your mind you are saying “Jesus, be in my words.”

Make the cross on your lips and say that with me now: “Jesus, be on my lips.” (Pause long enough so the children don’t repeat after you anymore.)

This lip cross tells Jesus that you want His help to speak good things about Him to others and that you are asking for His help to let your words be full of love like His are.

3. Third, we make a small cross over our heart: Inside your mind you are saying “Jesus, be in my heart.”

Make the cross on your forehead and say that with me now: “Jesus, be in my heart.” (Pause long enough so the children don’t repeat after you anymore.)

This heart cross tells Jesus that you want Him to help you love other people with big love like He does and you want His help to keep your heart close to His.

Now stand for the Gospel:

✠ A Reading from the Holy Gospel according to John ²
Response: Glory to You O Lord

he rose from supper and took off his outer garments. He took a towel and tied it around his waist.

Then he poured water into a basin and began to wash the disciples’ feet and dry them with the towel around his waist.

He came to Simon Peter, who said to him, “Master, are you going to wash my feet?”

Jesus answered and said to him, “What I am doing, you do not understand now, but you will understand later.”

Peter said to him, “You will never wash my feet.” Jesus answered him, “Unless I wash you, you will have no inheritance with me.”

Simon Peter said to him, “Master, then not only my feet, but my hands and head as well.”

Jesus said to him, “Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all.”

...

² John 13:4-15

So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, “Do you realize what I have done for you?”

You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am.

If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet.

I have given you a model to follow, so that as I have done for you, you should also do.

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Brief 2-3 minute Homily from presider. Or continue to following prayer.

_____ 30-minute mark
in plan timing.

[If in a small group setting, you may choose to do the following:

During the following song, you, may quietly walk . . . take a very short pilgrimage from your seat to the foot of our Eucharistic King, Jesus. Come down the center aisle like at communion time . . . row by row with great respect and love for Jesus. Keep your eyes looking at Him because, of course, you can’t wait to get close to Him. When you reach the front, take a moment to kneel before Jesus. Look at Jesus, the Savior of the World . . . the Lamb of God who takes away the sins of the world. Ask Jesus to fill you and surround you with His love . . . like He will for all eternity in heaven. When it is time to stand: bow to Jesus and then return to your seat or if you need to take a little one out, you can head that way. It is okay for several children to stand at the front at the same time. Parents, please remember that if you are allowing any of your other children to stay with us in the chapel, you need to remain in the narthex or right outside the chapel in case you are needed.]

Sing: Jubilee Hymn - Pilgrims of Hope - UK version (booklet)

_____ 35-minute mark
in plan timing.

https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?si=add8a2e15d5a4c38836b62ff14d9bf56&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

Leader:

In our Lenten Journey of Hope, let us pray the Act of Hope. It is in your worship aid.

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.

In this Jubilee's Lent, Pope Francis talks about some important ways to journey together on our Pilgrimage of Hope . . . our holy path . . . our holy trip to God. ³

- Pope Francis tells us to keep walking towards God and our brothers and sisters. Journeying . . . walking side-by-side, without shoving or stepping on others, . . . without wishing you had other people's things or gifts, . . . without letting anyone be left behind or left out.
- Pope Francis ask that all of us walk in the same direction . . . going towards heaven together, paying attention to others with love and patience . . . walking together with others . . . listening to them . . . thinking of their needs, not only our own needs.

Let us stand.

We are going to imagine that journey. I want you to walk in place and use your imagination that you are walking closer to Jesus in the Eucharist on the altar **and** also closer to Jesus in heaven.

- Begin walking.
- You are walking towards God in heaven.
- As you look around, you see not just your family and friends walking, but so many people walking towards God in heaven.
- You walk side-by-side with others . . . maybe even holding their hands. . . . Reach out if you like to hold hands with the people next to you right now.
- You are not shoving or stepping on others.
- You are walking with hope, knowing that you can make it to heaven . . . you are looking forward to heaven with joy.
- It is exciting . . . you are walking on the path to heaven.
- You feel that same hope for those walking with you . . . that they, too, will go to heaven.
- As you look around at the other people, you are happy that others have different things and gifts that you don't have.
- As you walk towards heaven, you take the time to listen to what others are saying.
- If you see someone walking in the wrong direction, you take the time to talk to them to see why and help them turn to walk towards heaven with you.
- You pray for and with people that have stopped or gotten turned around on this path.
- Perhaps, you get tired and start to slow down . . . someone comes to talk with you . . . to help you up and make you strong.

³ Message of the Holy Father Francis for Lent 2025, 25.02.2025: "keep walking towards God and our brothers and sisters. Journeying . . . means walking side-by-side, without shoving or stepping on others, without envy or hypocrisy, without letting anyone be left behind or excluded. Let us all walk in the same direction, tending towards the same goal, attentive to one another in love and patience . . . walking together with others, listening to them, resisting the temptation to become self-absorbed and to think only of our own needs. Let us ask ourselves in the presence of the Lord . . . we cooperate with others. Whether we show ourselves welcoming, with concrete gestures, to those both near and far. Whether we make others feel a part of the community or keep them at a distance."

- You look around at the people right next to you, but also at those that are farther away.
- You notice some people are happy, but that some are sad. You notice some people are hungry or thirsty. You notice, too, that some people are hurt and that some people are having a hard time keeping up with the group.
- With joy and hope, you make your way to those people in need to help them.
- You take the time to listen to God . . . He is guiding you . . . helping you . . . asking you to help others.
- You share your water with the thirsty . . . you share your food with those who don't have enough food . . . so they, too, have the energy to travel to heaven.
- You say kind words to the sad . . . smile at people with love and offer a hug or a band aid to people in need.
- You are making sure no one is left behind or feels left out. So, you are encouraging others to keep going with a smile on your face and love in your heart.
- Take a moment to just be in this moment of joy and hope with Jesus.

(pause: about 20 seconds)

_____ 40-minute mark
in plan timing.

Please sit now.

Pope Francis asks us to ask ourselves in the presence of the Lord some questions to see how we are doing on our walk towards heaven. We are in the presence of God . . . He is right before us on the altar so let us answer those questions now.

Before we begin, repeat after me:

“Jesus, my King, / help me to answer these questions / with honesty. / Show me anything / I need to know or work on.”

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

Look at Jesus now. I will ask you a question and give you a moment to tell Jesus your answer. There is space in the worship aid if you feel like you should write any of your answers down.

(pause: 10-30 seconds between questions)

- Do you work well with your family and friends?
- Do you work well with those you might not know as well?
- Do you work well with the people that bother you?
- Do you welcome your family and friends to be part of your group at home, at school, on the playground, at church, and at other places?
- Do you welcome those you might not know as well or the people that bother you to be part of your group at school, on the playground, at church, and at other places?
- Do you welcome the people that are kind of different to be part of your group at school, on the playground, at church, and at other places?
- Do you share with your family and friends?
- Do you share with those you might not know as well?

- Do you share with the people that bother you or the people that are kind of different?
- Do you speak kind words to your family and friends?
- Do you speak kind words to those you might not know as well?
- Do you speak kind words to the people that bother you or the people that are kind of different?

We all need help doing all these things. Sometimes we are good at these things, but sometimes we struggle. Ask Jesus now in your own words to help you to do better.

(pause: about 60 seconds)

If you think you need to go and are old enough, ask your parents to take you to the Sacrament of Reconciliation.

_____ 45-minute mark
in plan timing.

Now ask Jesus to fill you with more of His love so you yourself can love others more so that you can work better with others, welcome others, share and speak kind words.

(pause: about 60 seconds)

Looking at Jesus, repeat after me:

Jesus, fill me with more of your love! x 2 or 3

Now imagine you are being filled with Jesus' love . . .

Say: Jesus, fill me with more of your love! . . . Imagine Jesus's love like water starting to fill your body up starting at your feet

Say: Jesus, fill me with more of your love! . . . Imagine Jesus's love filling you up to your knees and then your stomach/belly.

Say: Jesus, fill me with more of your love! . . . Imagine Jesus's love is now filling you up to your chin and then the top of your head.

Say again: Jesus, fill me with more of your love! . . . You are already filled to the top with Jesus' love but His love keeps flowing so that as you walk past people Jesus' love gently splashes them . . . when you talk to people . . . Jesus' love gently splashes them.

What beautiful thing we can do, allow Jesus's love to flow out of us onto those around us!

Shortly, we will be saying our ending prayers.

Let's pray together An Act of Spiritual Communion found in the worship aid.

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment
 receive You sacramentally,
 come at least spiritually into my heart.
 I embrace You as if You were already there
 and unite myself wholly to You.
 Never permit me to be separated from You.
 Amen.

Take a moment quiet moment with Jesus to
 say good-bye before we start our closing prayers.

Moment of silence. (30 seconds)

Please kneel.

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

Song: I Believe (booklet)

(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. ⁴]

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. ⁵

Moment of silence. (30 seconds)

⁴ No 98 Holy Communion & Worship of the Eucharist Outside Mass

⁵ No 226 Holy Communion & Worship of the Eucharist Outside Mass

**** 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.

Leader:

We will now have Benediction which is a wonderful blessing **directly** from Jesus. Father will wear a special veil which keeps his hands from touching the monstrance. Father will then make the Sign of the Cross over us with the Blessed Sacrament, Jesus, in the monstrance. Since Father's hands aren't touching the monstrance, we know this blessing comes right from Jesus. Make sure you make the Sign of the Cross as you receive Jesus' special blessing.

[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. ⁶ 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 Name
 (booklet)

⁶ No 99 Holy Communion & Worship of the Eucharist Outside Mass

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.]

As we pray the litany, close your eyes to imagine each line. Build a picture in your mind from the words as we pray.

We will begin now. I will say a line and your response will be: "Have mercy on us."

(small pause: 5-10 seconds between lines)

Jesus, sold for thirty pieces of silver, *
Have mercy on us.

Jesus, three times ⁷ denied by Peter, *
Have mercy on us.

Jesus, delivered up to Pilate, *
Have mercy on us.

Jesus, despised and mocked by Herod,
Have mercy on us.

Jesus, clothed in a white garment, *
Have mercy on us.

Jesus, bruised for our sins,
Have mercy on us.

Jesus, crowned with thorns, *
Have mercy on us.

Jesus, struck with a reed,
Have mercy on us.

Jesus, condemned to death, *
Have mercy on us.

Jesus, weighed down ⁸ with the Cross,
Have mercy on us.

Jesus, stripped of your garments,
Have mercy on us.

Jesus, fastened with nails to the Cross, *
Have mercy on us.

Jesus, wounded for our sins ⁹, *
Have mercy on us.

Jesus, giving Paradise to the thief, *
Have mercy on us.

Jesus, commending Saint John to your Mother as her son,
Have mercy on us.

⁸ "laden" replaced with "weighed down"

⁹ "iniquities" replaced with "sins"

Jesus, obedient even unto death, *

Have mercy on us.

Jesus, pierced with a lance, *

Have mercy on us.

Jesus, made an atonement ¹⁰ for us, *

Have mercy on us.

Jesus, who shall come to judge the living and the dead, *

Have mercy on us.

¹⁰ “propitiation” replaced with “atonement”



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.

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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;

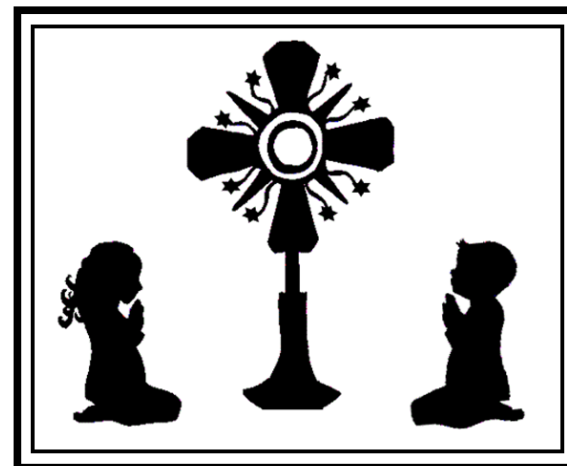
All on earth Thy scepter claim; All in heaven above adore Thee.

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



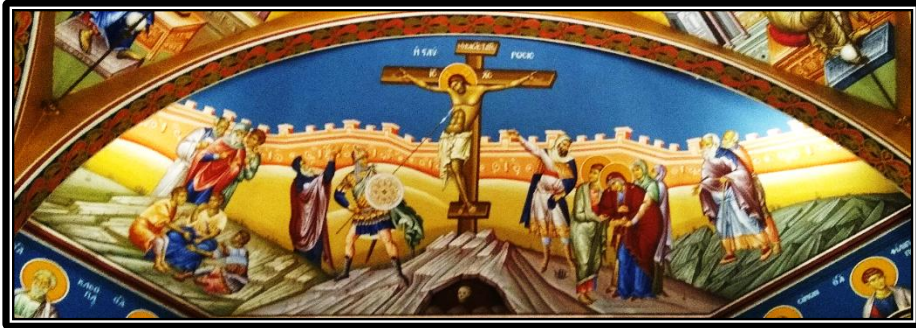
Guided Children's Adoration



Exposition Song: Come Adore

Gather: Comprehensive #888





Prayer the Act of Hope

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.

An Act of Spiritual Communion

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

After answering the questions with Jesus, do you need to write anything down to remember to tell Jesus in Confession?



Jubilee Hymn - Pilgrims of Hope

Original text: Pierangelo Sequeri English translation: Andrew Wadsworth
Music: Francesco Meneghello

Like a flame my hope is burning, may my song arise to you:
Source of life that has no ending, on life's path I trust in you.
Ev'ry nation, tongue, and people find a light within your Word.
Scattered fragile sons and daughters find a home in your dear Son.
God, so tender and so patient, dawn of hope, you care for all.
Heav'n and earth are recreated by the Spirit of Life set free.
Raise your eyes, the wind is blowing, for our God is born in time.
Son made man for you and many who will find the way in him.

Song: I Believe

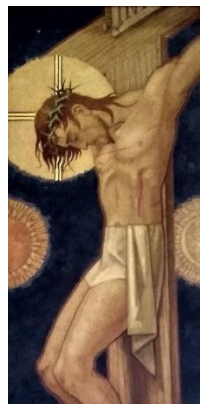
by Karl Kohlhase, 2008 www.k4communications.com



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



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.)

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

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

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Jubilee Hymn - Pilgrims of Hope: Original text: Pierangelo Sequeri English translation: Andrew Wadsworth, Music: Francesco Meneghello.