Guided Children's Hour of Adoration

(Divine Mercy 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

Act of Faith

Saint Faustina

Chaplet of Divine Mercy

Prostrate - Immerse in Jesus' Mercy

Saint Faustina Quote

Song: *Make My Heart Your Dwelling Place*

The Blessed Host Prayer

Saint Faustina Quote & Reflection

Contrition

Saint Faustina Quote

Prostrate

Saint Faustina Quote & Reflection

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Good-byes with Saint Faustina Quote

Song: *I Believe*

Closing Prayer

Benediction and Divine Praises

Reposition of Blessed Sacrament and Song: *Holy God We Praise Thy Name*
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Contact Information: melissa@guidedchildrensadoration.com
Guided Eucharistic Adoration for Children
Divine Mercy

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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.]

This Adoration tonight will keep in mind Jesus’ Divine Mercy which we will learn more about throughout our time.

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]
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:
Close your eyes . . . picture Jesus standing before you . . . smiling . . . looking you right
in the eyes . . . Jesus’ eyes are full of immense love . . . His arms are open wide in a
greeting full of kindness, mercy, and delight in seeing you. (pause)

Now, open your eyes . . . See Jesus . . . your Savior . . . your Messiah before you in the
monstrance. Feel His love and mercy, like rays, coming from the Blessed Sacrament and
penetrating your very being. (pause)

We are going to say one of the Fatima prayers. Repeat after me: “O Most Holy Trinity, /
I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!” ²

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

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass
² Fatima Prayer taught by Our Lady of Fatima
Please sit.

We believe that our Jesus is really present, hidden in the Eucharist. Together let us say the Act of Faith. (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 now about a special saint.

In the 1930's, Jesus appeared many times to a young Polish nun named Sister Faustina with a message of His Divine Mercy which means “the loving kindness, compassion, . . . [God shows] to one who offends.” Jesus gave Sister Faustina Divine Revelations and mystical experiences. Jesus told her to trust in Him and do deeds of mercy while being cheerful and humble at the same time. Her spiritual director told her to write everything down which resulted in a 600 page diary. She wrote her own thoughts as well as what Jesus spoke to her and the experiences she had. Six times, Sister Faustina had visions of Jesus with rays of mercy coming from Him. There are two rays - a red one and a white one which represent Jesus’ blood and water. She also, at times, would feel the crucifixion pains of Jesus. Jesus taught her The Chaplet of Divine Mercy which is a prayer for God’s mercy. Jesus asked that the chaplet, along with certain intentions, be said as a novena for nine days starting on Good Friday and ending on Divine Mercy Sunday which is always the Sunday immediately following Easter. On this feast, Jesus pours out oceans of His graces. The other things that go with the novena are to celebrate and receive Communion on the feast, to repent of your sins by going to Confession, to place your trust in Jesus, to venerate the Image of Divine Mercy, and to be merciful to others. Sister Faustina was named Saint Faustina in the year 2000.

Let us now pray one Decade of The Chaplet of Divine Mercy which is prayed using Rosary beads.

The chaplet begins with the Sign of the Cross, then 1 Our Father, 1 Hail Mary and The Apostles Creed. On the Our Father beads we say the Eternal Father prayer. On the 10 Hail Mary beads we say the For the sake of His sorrowful Passion prayer. This is repeated five times. Then we conclude with the Holy God prayer. Like the Rosary, the

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leader says the first half of the prayers and everyone says the second half. All of these prayers are in the booklet.

1. Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.
   I believe in God the Father Almighty, creator of heaven and earth.
   I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of
   the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate,
   was crucified, died and was buried. He descended into hell; on the third day He
   rose again from the dead. He ascended into heaven, and is seated at the right
   hand of the God, the Father almighty, from thence, he will come again to judge
   the living and the dead.
   I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the
   forgiveness of sins, the resurrection of the body, and life everlasting. Amen

2. Then, on the Our Father beads say the following:
   Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly
   beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the
   whole world.

3. On the 10 Hail Mary beads say the following:
   For the sake of His sorrowful Passion, have mercy on us and on the whole world.

(Repeat step 2 and 3 for all five Decades).

4. Conclude with (three times):
   Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole
   world.

Prostrate: We are going to silently prostrate now. Immerse - surround yourself - in
Jesus' mercy.
   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.

   (A couple minutes of silence.)

Please sit.

Repeat: O Jesus, I love You! (Silence) x 2 or 3
(Pause long enough so the children don’t repeat after you anymore.)

Saint Faustina wrote in her diary: "All the good that is in me is due to Holy Communion. I owe everything to it. I feel that this holy fire has transformed me completely. Oh, how happy I am to be a dwelling place for You, O Lord! My heart is a temple in which You dwell continually . . ." 4

Song: Make My Heart Your Dwelling Place (booklet)

*** Keeping your eyes upon Jesus in the monstrance, let us pray part of "The Blessed Host" prayer 5 by Saint Faustina (You can say part of "St. Faustina’s Praises of The Divine Mercy" instead with younger children - located in "Extras").

Your response will be:
Have mercy on us and on the whole world.

O Blessed Host, in whom is contained the Body and Blood of the Lord Jesus as proof of infinite mercy for us, and especially for poor sinners,
Response: Have mercy on us and on the whole world.

O Blessed Host, in whom is contained life eternal and of infinite mercy, dispensed in abundance to us and especially to poor sinners,
Response: Have mercy on us and on the whole world.

O Blessed Host, in whom is contained the mercy of the Father, the Son, and the Holy Spirit towards us, and especially poor sinners,
Response: Have mercy on us and on the whole world.

O Blessed Host, in whom is contained infinite price of mercy which will compensate for all our debts, and especially those of poor sinners,
Response: Have mercy on us and on the whole world.

O Blessed Host, in whom is contained the fountain of living water which springs from infinite mercy for us, and especially for poor sinners,
Response: Have mercy on us and on the whole world.

Your response will be:

4 Divine Mercy in My Soul: The Diary, 1392
5 O Blessed Host: Have Mercy on Us
We give You thanks.

_O Blessed Host, our only hope in all the sufferings and adversities of life_,
Response: _We give You thanks._

_O Blessed Host, our only hope in life and at the hour of death_,
Response: _We give You thanks._

_O Blessed Host, our only hope in the longing and pain in which no one will understand us_,
Response: _We give You thanks._

Your response will be:
I trust in You.

_O Blessed Host, when the burdens are beyond my strength and I find my efforts are fruitless_,
Response: _I trust in You._

_O Blessed Host, when storms toss my heart about and my fearful spirit tends to despair_,
Response: _I trust in You._

_O Blessed Host, when my heart is about to tremble and mortal sweat moistens my brow_,
Response: _I trust in You._

_O Blessed Host, when my toils and efforts will be misjudged by others_,
Response: _I trust in You._

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

Repeat: “_O Living Host, / my one and only strength, / fountain of love and mercy_” ⁶

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

⁶ Divine Mercy in My Soul: The Diary, 223
Saint Faustina said, “The most solemn moment of my life is the moment when I receive Holy Communion. I long for each Holy Communion, and for every Holy Communion I give thanks to the Most Holy Trinity.”  

Take time now to thank Jesus for coming to us in Holy Communion and being present to us tonight in the Blessed Sacrament. (A couple minutes of silence.)

Since one of the requirements of the novena is to go to Confession, take some time with Jesus to Examine your Conscience asking Jesus to show you anything you might not recognize. (A couple minutes of silence.)

Let us say the Forgiveness Prayer in the booklet to help us change. I will say the first line, you will say the bold line. (booklet)

For all the times we have turned away from You,
    Father Forgive Us
For all the times we hurt others,
    Father Forgive Us
Open our hearts to see Your light.
    Jesus, Hear Us
Strengthen our love for God and others.
    Jesus, Hear Us
Teach us to work and play as friends.
    Holy Spirit, Help us
Give us courage to keep trying.
    Holy Spirit, Help us
Give thanks to the Lord, for He is good.
    His mercy endures forever!

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

Jesus said to Saint Faustina: “I desire to unite Myself to human souls; My great delight is to unite Myself to souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul. But souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love! They treat me as a dead object.”

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7 Divine Mercy in My Soul: The Diary, 1804
8 Divine Mercy in My Soul: The Diary, 1385
Jesus is saying that people go to receive Him in Communion, but they can go out of habit, without thought that He is present in the Eucharist. Jesus is willing to bestow graces on us if we but ask.

Prostrate - Try for 4 or 5 minutes of silence. Take time now in prostration to really pay attention to Jesus - focusing just on Him and His love. Feel Him fill you with His graces.

Please sit.

Repeat: Holy God ⁹, I know You are here.

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

Jesus told Saint Faustina “I demand from you deeds of mercy which are to arise out of love for me. You are to show mercy to your neighbor always and everywhere. You must not shrink from this or try and excuse yourself from it.” ¹⁰ (pause) He tells her that three ways of showing mercy are by deeds, words, and prayers.

Think of some ways you can show mercy to others this week by your deeds, words, and prayers. Again, mercy means showing others loving kindness and compassion. (Silence)

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.

(If time) Our time with Jesus in the Blessed Sacrament is coming to a close. Take time now to talk to Jesus in your heart about anything from a desire, a request, a thanks, or anything that you want. (Silence)

⁹ Holy God was a term used by Saint Faustina
¹⁰ Divine Mercy in My Soul: The Diary, 742
Jesus said to Saint Faustina, “In the Host is your power; It will defend you.”  

Remember as you are at home, at school, participating in sports, or hanging out with friends, that Jesus in the Host is your strength and defender when you are having a difficult time.

Please kneel.

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

Song: I Believe (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.]

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.

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]

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11 Divine Mercy in My Soul: The Diary, 616
12 No 98 Holy Communion & Worship of the Eucharist Outside Mass
13 No 226 Holy Communion & Worship of the Eucharist Outside Mass
to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. 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)
**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, let us pray part of “St. Faustina’s Praises of The Divine Mercy” 15

Your response will be: I trust in You.

Divine Mercy, greatest attribute of God,
Response: I trust in You.

Divine Mercy, incomprehensible mystery,
Response: I trust in You.

Divine Mercy, from which wells forth all life and happiness,
Response: I trust in You.

Divine Mercy, source of miracles and wonders,
Response: I trust in You.

Divine Mercy, accompanying us through our whole life,
Response: I trust in You.

Divine Mercy, in the conversion of hardened sinners,
Response: I trust in You.

Divine Mercy, source of our happiness and joy,
Response: I trust in You.

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

In Mass, we say a prayer that asks for God’s mercy. So repeat after me.
Lord, have mercy. /
Christ, have mercy. / 
Lord, have mercy. /

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

Repeat after me, a few lines from Saint Faustina’s Diary:
“Thank You, O God, / for all the graces / 
Which unceasingly You lavish upon me, / 
Graces which enlighten me / with the brilliance of the sun, / 
For by them / You show me the sure way.” 16

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

Repeat after me, a few lines from Saint Faustina’s Diary:
“Thank You, O Lord, for creating me, 
For calling me into being from nothingness, 
For imprinting Your divinity on my soul, 
The work of sheer merciful love.” 17

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

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.

Keeping your eyes upon Jesus in the monstrance, we are going to have some more silence mixed with me saying lines of praise. (Pause between lines.)

“Keep me safe, O God; in you I take refuge.” Psalm 16:1

“Come, let us sing joyfully to the Lord... Let us greet him with songs of praise... Let us bow down in worship; let us kneel before the Lord who made us. For this is our God, whose people were are” Psalm 95:1, 2, 6-7

16 Divine Mercy in My Soul: The Diary, 1286
17 Divine Mercy in My Soul: The Diary, 1286
"I will extol you, my God and king; I will bless your name forever. Every day I will bless you; I will praise your name forever. Great is the Lord and worthy of high praise; God’s grandeur is beyond understanding... My mouth will speak your praises, Lord.” Psalm 145:1-3, 21

“Bless the Lord, my soul; all my being, bless his holy name! Bless the Lord, my soul; do not forget all the gifts of God, who pardons all your sins... fills your days with good things.... Merciful and gracious is the Lord, slow to anger and abounding in kindness.” Psalm 103:1-3, 5, 8

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

The Chaplet of Divine Mercy
Our Father beads:
Leader: Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ,
All: in atonement for our sins and those of the whole world.

Hail Mary beads:
Leader: For the sake of His sorrowful Passion,
All: have mercy on us and on the whole world.
O Blessed Host

Song: Make My Heart Your Dwelling Place
By Jim Cowan 1986

Forgiveness Prayer
For all the times we have turned away from You,
Father Forgive Us
For all the times we hurt others,
Father Forgive Us
Open our hearts to see Your light.
Jesus, Hear Us
Strengthen our love for God and others.
Jesus, Hear Us
Teach us to work and play as friends.
Holy Spirit, Help us
Give us courage to keep trying.
Holy Spirit, Help us
Give thanks to the Lord, for He is good.
His mercy endures forever!

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

I trust in You

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References

Books:


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*Make My Heart Your Dwelling Place*: Jim Cowan. 1986