



Guided Children's Hour of Adoration (Extraordinary Jubilee Year of Mercy Overview)

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Guided Eucharistic Adoration for Children Extraordinary Jubilee Year of 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.]

We are here to adore Jesus - to love Jesus!

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, a white circle, in the middle of the Monstrance.

We are here for a special time of prayer before the Eucharistic Presence of Jesus.

Be sure to take time to experience the Awe of being in the Presence of God!! Think about it, when you go to Adoration, you are before the King of all Creation the Lord of Lords your Savior. You are before Jesus who is Love, who is Mercy! What an amazing gift of Himself Jesus has given us!

We want to show Jesus proper respect and reverence because He is our King. Everything we do reflects this reverence for Jesus.

Since we are here to spend time with our Jesus, we want to show Jesus we are listening to Him. We do that by keeping our voices off, no whispering, you bow your head, close your eyes, or look at Jesus in the Blessed Sacrament, still hands or fold them in prayer, only holding the worship aids when you need them, etc...

My voice will be your guide during adoration so I will stay behind you so that I don't come between you and Jesus. Do not worry about where I am -- just listen.

[Request teacher assistance prior to Exposition:]

Teachers, I ask that you help me by reminding your students to show reverence before our Sacramental Lord with the items I just talked to them about throughout our time today.

This afternoon you will be hearing, reflecting, and praying on God's Mercy. In case you are unaware, Pope Francis declared an Extraordinary Jubilee Year of Mercy that started in December on the Feast of the Immaculate Conception and ends this November on the Feast of Christ the King.

Jubilee years focus on pardoning sins and forgiving others which is an important part of mercy. A Jubilee year is to encourage us to live holy lives.

[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....

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 in the monstrance . . . see Him before you . . . Jesus, the white consecrated Host, . . . Jesus who is Love.² (brief pause) Jesus is here with us. . . The most merciful, the most gracious God who is slow to anger and full of wonderful love³ is hidden in the Holy Eucharist before us. (brief pause)

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

² Based on 1 John 4:16

³ Based on Exodus 34:6

Jesus loves us so very, very much! He **wants** to share his love with us He **wants** to share his mercy with us God's mercy is like a great river that will never run dry . . . will never run out no matter how many people need and want His mercy. Just like when Jesus fed the five thousand - everyone had their fill. We too can have more than our fill of Jesus' love and mercy! So much mercy, that our hearts are filled, we grow closer to the Lord, we make better choices, and we pour His mercy out on others. . . . **Every** time someone is in need, **we** are in need, we can approach God's river of mercy, because **the mercy of God never ends.** ⁴ (brief pause)

Close your eyes now and feel a river of His love and mercy pouring out on you from the Blessed Sacrament and gently cover you. . . . Feel the amazing Love that is God!

(A minute or two minute of silence.)

Please sit.

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!" ⁵

(A minute or two minute of silence.)

St Faustina, to whom Jesus revealed His Divine Mercy, wrote in her Diary:

"I want to be completely transformed into Your mercy and to be Your living reflection, O Lord. May the greatest of all divine attributes, that of Your unfathomable (impossible to understand) mercy, pass through my heart and soul to my neighbor." ⁶

This means that St Faustina desired to **be** God's mercy to others.

Let us pray a version of a St Faustina's prayer to Jesus. ⁷ There will be pauses in the prayer for you to listen to Jesus about how He wants you to show mercy.

Look at Jesus in the Host and repeat after me:

"Help me, O Lord, that my eyes may be merciful," / Let me look for what is beautiful in my neighbors' souls. (pause)

⁴ Based on Papal Bull of Mercy and Pope Francis General Audience, Feb 5, 2014

⁵ Fatima Prayer taught by Our Lady of Fatima

⁶ Divine Mercy in My Soul: The Diary, 163

⁷ Quoted and based on Divine Mercy in My Soul: The Diary, 163

"Help me, that my ears may be merciful," / Let me hear my neighbors' needs / and pay attention to their pains and worries. (pause)

"Help me, O Lord, that my tongue may be merciful," / Let me never speak meanly of my neighbor. / Let me have a word of comfort and forgiveness for all. (pause)

"Help me, O Lord, that my hands may be merciful / and filled with good deeds," / Let me only do good to my neighbors / and be willing to do the harder work. (pause)

"Help me, that my feet may be merciful," / Let me hurry to help my neighbor / and not worry about being tired. (pause)

"Help me, O Lord, that my heart may be merciful," / Let me be kind to everyone and not complain. (pause)

"May Your mercy, O Lord, rest upon me."

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

We know how much Jesus loves us. 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.)

Prostrate - **A couple of minutes.**

Pope Francis said, "be grateful for his infinite mercy. It is a gift, not reserved for a few but offered with generosity."⁸ Let us be oh so still as we prostrate now and thank Jesus for the gift for His 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.

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Give Jesus thanks.

(Silence)

Please sit.

⁸ Message of Pope Francis for World Mission Day 2013

Pope Francis once asked people to repeat after him: "God, the Living One, is merciful!"⁹ So looking at Jesus, let us do that now. Repeat after me: "God, the Living One, is merciful!"¹⁰ **2 or 3 times**

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

Close your eyes and picture a very, very dry area of land. There is no water, no plants, just cracked soil as far as you can see. . . . Now picture a gentle rain falling - not just a drizzle, but certainly not a storm. . . . In between periods of rain, the sun shines. . . . a perfect combination of rain and sun. You see the land begin to heal, the cracks are no more. . . . Flowers bloom everywhere you look - red roses, pink tulips, yellow daffodils, orange lilies, purple violets, white daisies, flowers you have never seen. **(pause)**

The dry land has become the most beautiful garden you could image. The Bible tells us, "God's mercy can make even the driest land become a garden, can restore life to dry bones"¹¹ Our Pope says, "Let us be renewed by God's mercy, let us be loved by Jesus, let us enable the power of his love to transform our lives too;"¹² . . . Let the dry parts of your heart, the dry parts of your soul . . . the dry part of you that holds on to grudges, the dry part that fights with others, the dry part that doesn't show love, let each and every dry part feel the sun and refreshing rain of God's mercy. Let God transform your heart into the most beautiful garden.

(A couple minutes of silence.)

Listen now to a little bit about St. Camillus de Lellis.

When St Camillus was a young man, he fought with his fist and his words. He did whatever he pleased regardless of others' feelings. In time, Camillus was friendless, penniless and homeless. He eventually found work as a construction worker enlarging a monastery. In exchange for his work, the friars offered Camillus a place to live and food to eat. Camillus' heart opened to God's mercy here and he longed to become a friar. Due to a reoccurring foot infection, Camillus was unable to join the friars. God had other plans for Camillus. After several stays in a hospital, Camillus became in charge of the hospital. As a patient and as the director, Camillus showed great mercy and love to everyone. He regularly prayed, attended Mass, and was eventually ordained a priest. He

⁹ Pope Francis

¹⁰ Pope Francis

¹¹ Based on Ezekiel 37:1-14

¹² Pope Francis Urbi et Orbi, Easter, March 31, 2013

treated every patient in the hospital as if that patient were Christ. He greeted patients with embraces, washed their feet, and changed their dirty clothes and sheets. He did all of these things for the people the same way he would have done for Jesus. He expected his workers to do the same. He excelled at "What you do to the least of my brothers, you do for me"¹³

God's mercy changed the dry land of Camillus' heart and soul into a beautiful garden that led him to heaven. (pause)

Looking at the Blessed Sacrament, repeat after me part of Pope Francis' Holy Year

Prayer:

Lord Jesus Christ, /
 you have taught us to be merciful / like the heavenly Father, /
 and have told us / that whoever sees you sees Him. /
 Show us your face / and we will be saved.

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

Close your eyes picture Jesus standing before you smiling looking you right in the eyes He greets you full of kindness and mercy . . . Jesus' whole face shows delight to see you and you can see how much He loves you. So much love . . . Love that saves you . . . Love that opens up heaven for you.

(A minute or two minute of silence.)

Now let us sing: Blest Be the Lord (hymnal)

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Luke ¹⁴

Response: Glory to You, O Lord

Be merciful, just as [also] your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you. Luke 6:36-38

¹³ Matthew 25:40

¹⁴ Luke 6:36-38

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

Brief Homily from presider. Or continue to following reflection.

Leader:

Pope Francis said, "In short, we are called to show mercy because mercy has first been shown to us."¹⁵

Take a moment to ask Jesus how you can show mercy to others this week.

(A minute of silence.)

"May the words of the Apostle accompany us: He who does acts of mercy, let him do them with cheerfulness (cf. Rom 12:8)."¹⁶

Prostrate - **Try for 4 or 5 minutes of silence.** Pope Francis asks, "Do I find time to remain in his presence, in silence, to be looked upon by him? Do I let his fire warm my heart?"¹⁷

Come to prostration now. Still your body. Close your eyes. Slow your breathing. Still your mind. Spend some time in silence being looked upon by Jesus.

(Silence)

Please sit.

"Let us not forget that God forgives and God forgives always."¹⁸ We will now 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

¹⁵ Papal Bull of Mercy

¹⁶ Papal Bull of Mercy

¹⁷ Pope Francis Address to the Participants at the International Congress on Catechesis, September 27, 2013

¹⁸ Pope Francis First Angelus as pope March 17, 2013

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.)

"Mercy will always be greater than any sin, and no one can place limits on the love of God who is ever ready to forgive." ¹⁹

"A special sign of grace in this Jubilee of Mercy is the sacrament of Penance, [in which Christ invites us to acknowledge our sinfulness, to experience his mercy, and to receive the grace which can make us ever more effective signs of his reconciling love at work in our world.]" ²⁰

Make some time in the next few weeks to go to Confession to experience God's mercy of forgiveness.

Pope Francis said, "I am telling you: each time we go to confession, God embraces us. God rejoices!" ²¹

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

(If time) 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.

(If time) Keeping your eyes upon Jesus in the monstrance, we will have silence mixed with me saying a version of Psalms 136. Listen to Jesus talking to you in the silence of your hearts. **(Pause between lines.)**

God alone has done great wonders,
for his mercy endures forever;

¹⁹ Papal Bull of Mercy

²⁰ Pope Francis: Weekly General Audience

²¹ Pope Francis General Audience, Feb 19, 2014

God skillfully made the heavens,
for his mercy endures forever;

God spread the earth upon the waters,
for his mercy endures forever;

God made the great lights,
for his mercy endures forever;

God made the sun to rule the day,
for his mercy endures forever;

God made the moon and stars to rule the night,
for his mercy endures forever;²²

Our time before and with Jesus, our Love, in the Blessed Sacrament is coming to a close. In our hearts let us again tell Jesus of our great love for Him. **(Silence)** "He has so many things to say to each of you... Do not be afraid to look into his eyes, full of infinite love for you."²³ Let's take one last minute to gaze at Jesus in the Blessed Sacrament and listen to Him. **(Silence)**

Please kneel.

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

Song: Remember Your Love Verses 1 & 3 (hymnal)

[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.²⁴]

Priest/Deacon:
Let us pray.

After a brief pause for silent prayer, the presiding minister continues:

²² Psalm136:1-9 USCCB - New American Bible says love, not mercy. "Who" changed to "God". "God made" inserted before last two verses.

²³ Message of His Holiness Pope Francis for the 31st World Youth Day 2016 (*From the Vatican, 15 August 2015 Solemnity of the Assumption of the B.V. Mary*)

²⁴ No 98 Holy Communion & Worship of the Eucharist Outside Mass

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. ²⁵

Moment of silence.

Leader:

Father/Deacon will now do Benediction and Divine Praises. Benediction is a wonderful blessing **directly** from Jesus. Father/Deacon 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. ²⁶ 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 leads 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.

²⁵ No 226 Holy Communion & Worship of the Eucharist Outside Mass

²⁶ No 99 Holy Communion & Worship of the Eucharist Outside Mass

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) [Sing enough verses to repose Jesus and then end the song.]

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.]

We will now say the Divine Mercy Closing Prayer three times. Please repeat after me.

Holy God, / Holy Mighty One, /
 Holy Immortal One, /
 have mercy on us / and on the whole world.

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

Please repeat after me a prayer by St Louis de Montfort. (Repeat in sections.)

Let us adore the Lord forever /
 Let us adore Him in His mercy. /
 Let us bless His gentleness / and His divine compassion. /
 Let us exult in His mighty power. /
 Let us adore Him forever. /
 He is good by nature - / He is sweet and never bitter. /
 He is beautiful, without blemish.

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

Please repeat after me part of: The Universal Prayer by Pope Clement XI. (Repeat in sections.)

Guide me by your wisdom, /
 Correct me with your justice, /
 Comfort me with your mercy, /
 Protect me with your power. /

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

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

Praise the LORD, for he is good;
for his mercy endures forever;

Praise the God of gods;
for his mercy endures forever;

Praise the Lord of lords;
for his mercy endures forever;²⁷

Merciful and gracious is the LORD,
slow to anger, abounding in kindness (mercy) Psalm 103:8

Gracious is the LORD and just;
yes, our God is merciful. Psalm 116:5

"For his mercy endures forever." Psalm 136

"But God, who is rich in mercy, because of the great love he had for us" Ephesians 2:4

Pope Francis said, "Everyone should be able to experience the joy of being loved by God, the joy of salvation! It is a gift that one cannot keep to oneself, but it is to be shared."²⁸

Think of ways you can share "the joy of being loved by God" with others.

(A couple minutes of silence.)

"It is good that we should feel that same compassionate gaze of Jesus upon us, as when he perceived the sinful woman in the house of the Pharisee. . . . but first there is the merciful love of Jesus for her, which pushes her to approach. Her cry of repentance and joy washes the feet of the Master, and her hair dries them with gratitude; her kisses are pure expression of her affection; and the fragrant ointment poured out with abundance attests how precious He is to her eyes. . . . she adores Jesus because she feels that in Him there is mercy and not condemnation. Thanks to Jesus, God casts her many sins away behind Him, He remembers them no more (cf. Is 43:25).

²⁷ Psalm 136:1-9 USCCB - New American Bible says love, not mercy

²⁸ Message of Pope Francis for World Mission Day 2013

For her, there will be no judgment except that which comes from God, and this is the judgment of mercy."²⁹

Please repeat after me the 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.)

²⁹ Pope Francis presided over a penance service in St. Peter's Basilica on Friday afternoon - homily with announcement of Year of Mercy

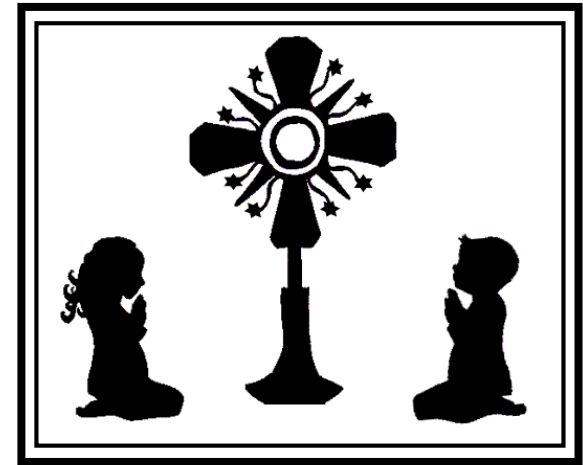


Repose Song: Holy God We Praise Thy Name

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! x 2

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! x 2

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. x 2



Guided Children's Adoration



Exposition Song: Come Adore

Gather: Comprehensive #888

Song: Blest be the Lord

Gather: Comprehensive #617



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.



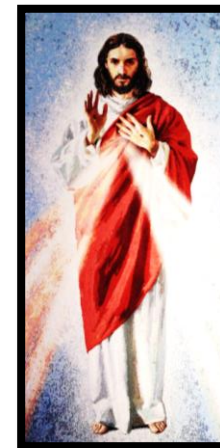
Song: Remember Your Love

Gather: Comprehensive #881

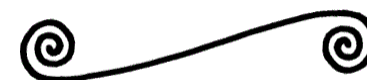


The Divine Praises

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.



The mercy of God never ends.



References

Books:

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Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved.

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Music:

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