



## Guided Children's Hour of Adoration (Family 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

Gospel Reading: Matthew 18:20

Homily/Reflection

Jesus at Cana

Jesus Born into a Family

Reflect on Jesus Growing Up in a Family

Family Prayer by Mother Teresa

Prostrate - Pope Francis Quote on Jesus' Love

Repeat Line

Song: Peace Is Flowing Like a River

Family Prayer

Mistakes within a Family

Repeat Line

Awe of Jesus

Pope Francis Quote on Little Signs of Tenderness

Reflect on Quote

Prostrate - Listening to Jesus

Blessed Adolph Koplring Quote and Hand Holding

Pope John Paull II Quote

Pope Francis Quote

Good-byes with Pope Benedict Quote

Song: I Believe

Closing Prayer

Benediction and Divine Praises

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

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

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Contact Information: [melissa@guidedchildrensadoration.com](mailto:melissa@guidedchildrensadoration.com)



## Guided Eucharistic Adoration for Children Family 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.]

Today we will be reflecting on families with Jesus "for the family is in the Heart of God, Creator and Saviour."<sup>1</sup> This afternoon, "Let us humbly invoke divine grace so that it may

<sup>1</sup> Message of His Holiness Benedict XVI to participants in the recitation of The Holy Rosary on the occasion of the 6<sup>th</sup> World Day of Families held in Mexico City, Saturday, 17 January 2009

help us to collaborate (meaning work together) with enthusiasm and joy in the noble cause of the family" <sup>2</sup>

We are here to adore Jesus - to love Jesus! We are here for a special time of prayer before the Eucharistic Presence of Jesus.

As you know, "Adoring the Body of Christ means believing that there, in that piece of Bread, Christ is really there." <sup>3</sup>

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

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

This means everything we do reflects 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/parent assistance prior to Exposition:]

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

I know that we won't necessarily hear a pin drop in the chapel. I also know that at one time or another that we have each had to settle one of our little ones when they have gotten noisy or started crying. In trying to be mindful of each other, it is ok to step out to settle your little ones. God's graces flow out to you and your sweetie whether you are in the chapel, the narthex, or outside.

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<sup>2</sup> Message of His Holiness Benedict XVI to participants in the recitation of The Holy Rosary on the occasion of the 6<sup>th</sup> World Day of Families held in Mexico City, Saturday, 17 January 2009

<sup>3</sup> Pope Benedict XVI

Kneelers down. Please kneel. Remember the kneelers stay down the whole time.

Take a moment right now 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. He is real and He is here!

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

Moment of silence. (30 seconds - 1 minute)

[Leader should be seated behind the children.]

[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....

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. <sup>4</sup>

Moment of silence. (30 seconds - 1 minute)

\_\_\_\_\_ 8 minute mark  
 in plan timing.

Leader:

#### Key for Pauses

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

Look now at the Blessed Host in the monstrance . . . our eyes see a white Host . . . a circle of white bread . . . yet our hearts believe and our souls **know** that this circle of white bread is Jesus' true Body . . . His real Blood . . . His Soul . . . and His kingship. (small pause: 5-10 seconds)

This white circle of bread, the Host **IS** Jesus . . . our God and our King! (small pause: 5-10 seconds)

In the soul of every child . . . meaning each of you here . . . God placed the stamp of His unending love in your soul before you were even born . . . Each of you are worthy of great respect because God created you in **His** image and likeness . . . Nothing and no one can ever destroy God's love in your soul <sup>5</sup> (small pause: 5-10 seconds)

Close your eyes now . . . place your hand on your heart . . . as you feel your heart beat know that God created you in His image . . . know that He placed His Love inside your soul.

<sup>4</sup> No 224 Holy Communion & Worship of the Eucharist Outside Mass

<sup>5</sup> Based on remarks of Pope Francis, General Audience, Paul VI Audience Hall Wed, Feb 11 2015

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

Each of you children . . . regardless if you are 6 months or 11 years old or 65 years old . . . are a gift from God. . . . Each of you is unique and cannot be replaced . . . and at the same time without a mistake linked to your family history. <sup>6</sup> . . . Know you are a precious gift . . . an unique gift . . . a treasure that God tenderly gave to your parents and He watches over you. (pause: about 30 seconds)

"The family is a great gift of God too <sup>7</sup>, an original gift, marked by his blessing." <sup>8</sup> "From the dawn of creation, God has looked upon the family and blessed it." <sup>9</sup> (small pause: 5 seconds)

Looking at the gold monstrance that holds our Jesus in the Eucharist, we see gold lines that look like sun rays that spread out from the Host. These rays represent the many graces and blessings coming to us from Jesus this very second as we adore Him. (small pause: 5 seconds)

"So dear Christian families, welcome . . . . grace which is being poured out abundantly in this Eucharist." <sup>10</sup> Close your eyes now . . . feel God's grace and blessings shine like sunlight straight into you and your family's hearts and souls. **Moment of silence. (30 seconds - 1 minute)**

Open your eyes now and look at Jesus in the Host in the monstrance before us. Repeat after me: Loving Lord! / You are really here! / You are the Source of Life. / Thank You for Your blessings and grace / for me and all my family members.

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

Pope Francis said, "In order that the family walk well, with trust and hope, it must be nourished with the Word of God. . . . The Bible is not to be placed on a shelf, but kept at hand, to be read often, every day, both individually and together, husband and wife, parents and children" <sup>11</sup>

Please stand for a Gospel Reading.

<sup>6</sup> Based on Pope Francis, General Audience, Paul VI Audience Hall Wed, Feb 11 2015

<sup>7</sup> "too" added by author

<sup>8</sup> Jubilee of Families, Homily of John Paul II, Sunday 15 October 2000

<sup>9</sup> Jubilee of Families, Homily of John Paul II, Sunday 15 October 2000

<sup>10</sup> Jubilee of Families, Homily of John Paul II, Sunday 15 October 2000

<sup>11</sup> Pope Francis Angelus, St. Peter's Square Sunday, Oct 5, 2014



Priest/ Deacon:

The Lord be with you.

Response: And with your Spirit.

✠ A Reading from the Holy Gospel according to Matthew <sup>12</sup>

Response: Glory to You O Lord

For where two or three are gathered together in my name, there am I in the midst of them."

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ.

Please be seated.

Brief 2-3 minute Homily from presider. (Homily can be based on the following quotes.)  
Or continue to following reflection.

"For this reason prayer in the family at the most suitable and significant moments is of supreme importance since, as the Lord himself assured us: "Where two or three are gathered in my name, there am I in the midst of them" (Mt 18: 20). And the Teacher is certainly with the family that listens and meditates on the Word of God, that learns from him what is most important in life (cf. Lk 10: 41-42) and puts his teachings into practice (cf. Lk 11: 28). . . . With the strength that stems from prayer the family is transformed into a community of disciples and missionaries of Christ." <sup>13</sup>

"do not forget that family prayer is a sure way to remain united in a way of life in harmony with God's will." <sup>14</sup>

"The family that prays together, stays together, and if they stay together they will love one another as God has loved each one of them. And works of love are always works of peace." <sup>15</sup>

<sup>12</sup> Matthew 18:20

<sup>13</sup> Message of His Holiness Benedict XVI to participants in the recitation of The Holy Rosary on the occasion of the 6<sup>th</sup> World Day of Families held in Mexico City, Saturday, 17 January 2009

<sup>14</sup> 4<sup>th</sup> World Meeting of Families, Address of John Paul II, January 25, 2003

<sup>15</sup> Mother Teresa

"By teaching children how to make the sign of the cross, to say a simple grace before meals and to remember always that God is there and loves them, he said, family life will be enveloped in God's love and family members will spontaneously find times for prayer. The simple little prayers, he said, will increase family members' sense of God's love and presence and their certainty that God has entrusted the family members to one another" <sup>16</sup>

"And we need simplicity to pray as a family: simplicity is necessary! Praying the Our Father together, around the table, is not something extraordinary: it's easy. And praying the Rosary together, as a family, is very beautiful and a source of great strength! And also praying for one another! The husband for his wife, the wife for her husband, both together for their children, the children for their grandparents....praying for each other.

This is what it means to pray in the family and it is what makes the family strong: prayer." <sup>17</sup>

Leader:

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

"Jesus is always present at your side, just as he was for the newlyweds at Cana in Galilee during a moment of difficulty." <sup>18</sup> . . . a moment of worry when the wine ran out. . . . "May Christ the Lord, the Universal King, the King of Families, be present in every Christian home as He was at Cana, bestowing light, joy, serenity, and strength" <sup>19</sup>

Look at Jesus and repeat after me:

King of Families, / please give my family / light, joy, peace and strength.

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

Pope Francis said, God the Father gave all people, "the greatest sign of His love, His Son. And His Son, where did He send Him? To a palace? To a city, to start a business? He sent Him to a family! God came into the world in a family. And he was able to do this because **this** family was a family that had its heart open to love, that had the doors open to love."

<sup>20</sup> "God wanted to be born into a human family, he wanted to have a mother and father like us." <sup>21</sup>

<sup>16</sup> Pope Francis

<sup>17</sup> Pope Francis Homily, October 27, 2013

<sup>18</sup> 4<sup>th</sup> World Meeting of Families, Address of John Paul II, January 25, 2003

<sup>19</sup> Pope Francis

<sup>20</sup> Pope Francis Emphasis added by author

<sup>21</sup> Pope Francis Holy Family address for 2013

Close your eyes now. As you hear the following words, picture the different stages of Jesus growing up in the family. Mary carried Jesus in her womb - her belly . . . She was thrilled when He was born and she held Him the first time . . . just like your mother . . . Mary dressed Jesus as a baby, changed His diaper, and fed Him because He was unable to do so for Himself . . . just like your mother did . . . Jesus was held by His mother . . . she snuggled with Him . . . she made his lunch and dinner, gave Him hugs and kisses and spoke words of love and encouragement to Jesus . . . just like your mother . . .

Joseph too was thrilled when Jesus was born. He protected Jesus from harm by the hands of Herod and took Him to Egypt until it was safe. Joseph taught Him how to be a carpenter . . . was proud to see what Jesus could build . . .

Mary and Joseph took Jesus to the Temple, like your parents take you to church . . . when they thought Jesus was lost, they looked for Him and worried about Him . . . your parents protect and worry about you too . . .

Jesus' parents made sure He had clothes to wear and food to eat. Surely Jesus helped with the chores as a member of the holy family. . . .

Jesus had grandparents too, Anne and Joachim and way back in His family line was the mighty King David . . . you too have grandparents in your family circle . . . grandparents are important members of both Jesus' and your families

When Mary watched Jesus get beaten and then die on the Cross, she felt immense sadness. Your parents feel sadness too when you get hurt or made fun or you feel sad . . .

Mary and Joseph surely talked and prayed to God the Father as they raised Jesus and looked for guidance from above . . . just like your parents.

Take a moment now and think about Jesus growing up in a family like you are.

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

Knowing Jesus was raised in a family tells us how important families are to God. Let pray a family prayer by Saint Mother Teresa in our booklets.

Heavenly Father,  
you have given us the model of life  
in the Holy Family of Nazareth.

Help us, O Loving Father,  
to make our family another Nazareth  
where love, peace and joy reign.  
May it be deeply prayerful  
strongly Eucharistic,  
filled with joy. <sup>22</sup>

Help us to stay together in joy  
and sorrow in family prayer.  
Teach us to see Jesus in the members of our families,  
especially in their distressing disguise.  
May the Eucharistic heart of Jesus  
make our hearts humble like his  
and help us to carry out our family duties  
in a holy way.  
May we love one another  
as God loves each one of us,  
more and more each day,  
and forgive each other's faults  
as you forgive our sins.  
Help us, O Loving Father,  
to take whatever you give  
and give whatever you take with a big smile.  
Amen.

\_\_\_\_\_ 24 minute mark  
in plan timing.

(Place booklets down.)

Prostrate: Please kneel.

Pope Francis said, Jesus is **the** endless supply of love that overcomes every occasion of selfishness, feeling alone, and sadness. "In your journey as a family, you share so many beautiful moments: meals, rest, housework, leisure, prayer, trips and pilgrimages, and times of mutual support . . . Nevertheless, if there is no love then there is no joy, and authentic love comes to us from Jesus. He offers us His Word, which illuminates our path; he gives us the Bread of Life," the Eucharist, which gives us strength for our journey through life. <sup>23</sup> (small pause: 5 seconds)

Come to prostration now. Ask Jesus to fill your heart and soul with so much of His Love

<sup>22</sup> Originally: "May it be deeply contemplative, intensely Eucharistic, revived with joy

<sup>23</sup> Based on & directly quoted from Pope Francis Letter to Families from the Vatican Sun., Feb 2, 2014

that His Love can't help but spill out of you on to your family members.

**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. . . . Try not to move a muscle or make even a tiny sound . . . Close your eyes. . . . Slow your breathing. . . Soak up Jesus' love in your soul.

**(Repeat as needed.)**

**(Try for 2 or 3 minutes of silence.)**

Please sit.

Look at Jesus and repeat after me:

Most Holy Soul of Jesus, / fill me with Your Love.

Body of Jesus, / let me share that Love with my family.

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

——— 28 minute mark  
in plan timing.

Song: Peace Is Flowing Like a River

Let us pray the Family Prayer <sup>24</sup> from our booklet.

Praise be to God who made us a family.

Praise be to God for the love that we share.

Praise be to God for sending us Jesus.

Praise be to God for teaching us to care.

Help us, Lord Jesus fill our lives with your Spirit.

Help us, Lord Jesus teach us how to forgive.

Help us, Lord Jesus grant us wisdom and patience.

Help us, Lord Jesus in your grace may we live.

Come, Holy Spirit fill our lives with your gifts.

Come, Holy Spirit help us serve other's needs.

<sup>24</sup> <https://www.loyolapress.com/our-catholic-faith/prayer/family-prayers/a-family-prayer>

Come, Holy Spirit teach us faith, hope, and love.  
Come, Holy Spirit guide our thoughts and our deeds.

Hear us, Lord Jesus watch over our family.  
Hear us, Lord Jesus help our faith to grow strong.  
Hear us, Lord Jesus come and dwell in our hearts.  
Hear us, Lord Jesus to you we belong.

(Place booklets down.)

"We all know that a perfect family does not exist" <sup>25</sup> . . . .At times in our family, we don't show love and we hurt our mother, father, sibling, child, or grandparent. . . "Let us learn to acknowledge our mistakes and to ask for forgiveness: "Forgive me if today I raised my voice." "I'm sorry if I passed without greeting you." "excuse me if I was late . . . . if this week I was silent . . . . if I spoke too much without ever listening." "Excuse me; I forgot." "I'm sorry I was angry and I took it out on you. . . . In this way, too, a Christian family grows." <sup>26</sup>

Think about anything you need to apologize to a family member for. (small pause: 5 -10 seconds) Now ask Jesus to help you know when you hurt someone and also for the courage to say sorry.

(Silence: 30-60 seconds)

We know that God is where endless love begins. Let's be sure Jesus knows we love Him too. Look at Jesus and repeat after me: "O Jesus, I love You!" (small pause: 5-10 seconds) x 2 or 3 times

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

Take a moment now and just look at Jesus with wonder, love, and amazement. . . . Feel the thrill of sitting in the very Presence of God!

(Silence: 30-60 seconds)

Looking at Jesus, repeat after me: Lord, the King of Families / I most firmly believe / the Eucharist is You!

\_\_\_\_\_ 33 minute mark  
in plan timing.

<sup>25</sup> Pope Francis, Address to Engaged Couples Preparing for Marriage, St. Peter's Square Friday, Feb 14, 2014

<sup>26</sup> Pope Francis, Address to Engaged Couples Preparing for Marriage, St. Peter's Square Friday, Feb 14, 2014

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

Prostrate - Try for 4 or 5 minutes of silence. This time we will listen to Jesus. In a good conversation with a family member, you take turns talking and listening. This talking and listening to Jesus is prayer, a holy conversation with Jesus. We need to learn how to quiet ourselves so we can hear God speak in whispers to our heart.

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Listen to God.

(Try for 4 or 5 minutes of silence.)

\_\_\_\_\_ 38 minute mark  
in plan timing.

Please sit.

Pope Francis said, "Like happiness, holiness is always tied to little gestures." These little gestures are those we learn at home, in the family; they get lost amid all the other things we do, yet they do make each day different. They are the quiet things done by mothers and grandmothers, by fathers and grandfathers, by children, by siblings. They are little signs of tenderness, affection and compassion. Like the warm supper we look forward to at night . . . Like a blessing before we go to bed, or a hug after we return from a hard day's work. Love is shown by little things, by attention to small daily signs which make us feel at home. Faith grows when it is lived and shaped by love. That is why our families . . . are the right place for faith to become life, and life to grow in faith.

. . . I leave you with a question for each of you to answer . . . at home do we you shout at one another or do we you speak with love and tenderness? This is a good way of measuring our love" <sup>27</sup>

In your heart, ask Jesus, "What sign of love can I do for my family members?"

(Moment of silence. 30 seconds - 1 minute)

Now, think about the last few days . . . think about these tender gestures that your family has done for you . . . your mom . . . your dad . . . your sibling . . . gestures you might not have thought much about

(Moment of silence. 30 seconds - 1 minute)

"Jesus is living next to you, in the brothers and sisters with whom you share your daily

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

<sup>27</sup> Pope Francis "we" changed to you by author

existence." <sup>28</sup> (small pause: 5 seconds)

Blessed Adolph Kolping said, "The first thing that a person finds in life and the last to which he holds out his hand, and the most precious that he possess, even if he does not realize it, is family life." (small pause: 5 seconds)

Reach your hands out now to hold your family members' hands . . . (small pause: 5-10 seconds) Feel the precious treasure of your family. (small pause: 5-10 seconds) Still holding hands, close your eyes and picture holding other family members' hands that you are not touching or aren't here today . . . maybe they are working or doing homework or maybe they are already in heaven. (small pause: 5 seconds) your sisters . . . brothers . . . mom . . . dad . . . grandma . . . grandpa

(A minute of silence.)

Open your eyes and let go of each other hands.

Pope John Paul II told some children, "I am thinking especially of your parents, who cooperate with God in giving your life and caring for you: honor them and be grateful for them." <sup>29</sup> (small pause: 5-10 seconds)

"Each of us think in our heart about our children — if we have any; — think in silence. (small pause: 5 seconds) And let us all think about our parents and thank God for the gift of life. In silence, those who have children think of them, and everyone think of our parents. (Silence) (small pause: 5-10 seconds) May the Lord bless our parents and bless your children. May Jesus, the eternal Son, who in the fullness of time became a child, help us find the path of a new radiation (path) of this so great and so simple human experience of being children." <sup>30</sup>

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

As it comes time for closing prayers and benediction, remember that "the family is a community that cannot be replaced by any other." <sup>31</sup> (small pause: 5-10 seconds)

Pope Benedict reminds us to "Be sure that you always maintain a relationship of deep affection and attentive care for your parents, and see that your relationships with your brothers and sisters are opportunities to grow in love." <sup>32</sup>

<sup>28</sup> St. John Paul II, World Youth Day XII

<sup>29</sup> St. John Paul II, World Youth Day XIV

<sup>30</sup> Pope Francis, General Audience, Paul VI Audience Hall Wed, Feb 11 2015

<sup>31</sup> Mass for the Second World Meeting with Families, Homily of John Paul II, October 5, 1997

<sup>32</sup> Pastoral Visit to the Archdiocese of Milan and 7th World Meeting of Families of His Holiness Benedict XVI Sunday, June 3, 2012



Take one last quiet moment with Jesus before we begin our closing.

(A moment of silence: 30-60 seconds.)

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. <sup>33</sup>]

**Priest/Deacon:**

Let us pray.

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

Lord our God,  
you have given us the true bread from heaven.  
In the strength of this food  
may we live always by your life  
and rise in glory on the last day.

We ask this through Christ our Lord.

**All:** Amen. <sup>34</sup>

**Moment of Silence: 30-60 seconds.**

**Leader:**

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

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. <sup>35</sup> During the blessing, servers may incense and ring the bells,

<sup>33</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>34</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>35</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

**\*\* Important**

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

This time is firm. You must start kneeling by 48-50 minutes past the start of the Adoration to close on time.

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

Leader:

"May your families continue to grow as true "domestic churches", offering praise to God every day" <sup>36</sup>

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<sup>36</sup> Jubilee of Families, Homily of Pope John Paul II Sunday, October 15, 2000

## 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 must ask the Lord to grant us the Holy Spirit and to grant us the gift of wisdom, that wisdom of God that teaches us to see with God's eyes, to feel with God's heart, to speak with God's words. And so, with this wisdom, let us go forward, let us build our family, let us build the Church, and we will all be sanctified."

Think about a time you were frustrated with a family member, how did you respond? (small pause: 5-10 seconds) How would God have responded? (small pause: 5-10 seconds) Think for a moment how much kinder you would be if you could see and speak to people like God does.

(A moment of silence: 30-60 seconds.)

"All families need God. Every single one. We need His help, His strength, His blessing, His mercy and His forgiveness."<sup>37</sup>

Looking at Jesus, repeat after me: Lord, the King of Families / please give us Your help, please give us Your strength / please give us Your blessing / please give us Your mercy / and please give us Your forgiveness.

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

Pope John Paul II said, "To maintain a joyful family requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others."

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<sup>37</sup> Pope Francis

Mother Teresa said, "Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor... Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting."

Mother Theresa said, "If you want to bring happiness to the whole world, go home and love your family."

We believe that our Jesus is really present, hidden in the Eucharist. Together let us say the Act of Faith. (Repeat in sections.)

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.

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

Together let us say the Act of Love. (Repeat in sections.)

O my God, / I love you above all things, / with my whole heart and soul, / because you are all good and worthy of all my love. / I love my neighbor as myself / for the love of you. / I forgive all who have injured me / and I ask pardon of all whom I have injured.

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

Together let us say 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.



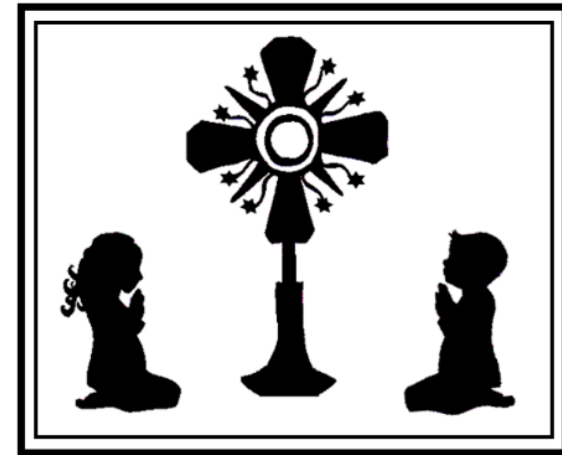
### The Divine Praises

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



## Guided Children's Adoration

Exposition Song: *Come Adore*

### Family Prayer

by Saint Mother Teresa

Heavenly Father,  
you have given us the model of life  
in the Holy Family of Nazareth.  
Help us, O Loving Father,  
to make our family another Nazareth  
where love, peace and joy reign.  
May it be deeply prayerful  
strongly Eucharistic,  
filled with joy. \*



\* Originally: "May it be deeply contemplative, intensely Eucharistic, revived with joy."



Help us to stay together in joy  
and sorrow in family prayer.  
Teach us to see Jesus in the members of our families,  
especially in their distressing disguise.  
May the Eucharistic heart of Jesus  
make our hearts humble like his  
and help us to carry out our family duties  
in a holy way.  
May we love one another  
as God loves each one of us,  
more and more each day,  
and forgive each other's faults  
as you forgive our sins.  
Help us, O Loving Father,  
to take whatever you give  
and give whatever you take with a big smile.  
Amen.



**Family Prayer** <sup>38</sup>

Praise be to God who made us a family.  
Praise be to God for the love that we share.  
Praise be to God for sending us Jesus.  
Praise be to God for teaching us to care.

Help us, Lord Jesus fill our lives with your Spirit.  
Help us, Lord Jesus teach us how to forgive.  
Help us, Lord Jesus grant us wisdom and patience.  
Help us, Lord Jesus in your grace may we live.

Come, Holy Spirit fill our lives with your gifts.

Come, Holy Spirit help us serve other's needs.  
Come, Holy Spirit teach us faith, hope, and love.  
Come, Holy Spirit guide our thoughts and our deeds.

Hear us, Lord Jesus watch over our family.  
Hear us, Lord Jesus help our faith to grow strong.  
Hear us, Lord Jesus come and dwell in our hearts.  
Hear us, Lord Jesus to you we belong.

**Song: Peace is Flowing Like a River**

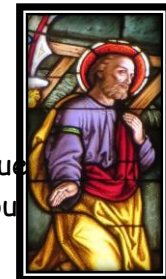
**Song: I Believe**

by Karl Kohlhase, 2008 [www.k4communications.com](http://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



<sup>38</sup> <https://www.loyolapress.com/our-catholic-faith/prayer/family-prayers/a-family-prayer>

## References

### Books:

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### Music:

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*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.

*I Believe: Words and Music for Eucharistic Adoration* by Karl Kohlhasse, 2008, [www.k4communications.com](http://www.k4communications.com). Song/words used with permission by Karl Kohlhasse. Permission is granted to copy the song's words for use of the worship aide/booklet for Adoration. (It can be heard on his website <http://www.k4communications.com/karl/recordings.html> under the album title, "Bread Of Life: Eucharistic Reflections")

*Peace Is Flowing Like a River: Gather: Comprehensive*, Chicago: GIA Publications, Inc. 1994.