



## **Guided Children's Hour of Adoration (Jesus, My Valentine 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

Gospel Reading: John 3:16-17

Homily/Reflection

St John Paul II Quote and Quiet Time

Act of Love

Prostrate - Feel Jesus' Love

Filling Your Heart with Jesus' Love

Song: Make My Heart Your Dwelling Place

St John Paul II Quote

Litany of Love

Jesus' Message in Conversation Hearts

Repeat Line

Prostrate - Loving Jesus

Repeat Line

Psalm 136:1-9, 26

Repeat Prayer

Pope Francis Quote and Reflection

(If time) Prayer to Jesus in the Blessed Sacrament

Good-byes with Saint John Vianney Quote

Song: I Could Sing of Your Love Forever

Closing Prayer

Benediction and Divine Praises

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

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## Guided Eucharistic Adoration for Children Jesus, My Valentine

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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.]

We are here to adore Jesus - to love Jesus!

We too will feel His love for us in the Blessed Sacrament of Love. Jesus is our perfect Valentine because His "love endures forever!"<sup>1</sup> "Jesus came to this earth to show us and to guarantee to us God's love. He came to love us and to be loved."<sup>2</sup>

<sup>1</sup> Psalm 136:1

<sup>2</sup> St John Paul II

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 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."

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 parent assistance prior to Exposition:]**

Parents, our goal is to help our children know the value of spending time in Eucharistic Adoration, teach them how they can use their time before the Blessed Sacrament, and to still themselves so that they can listen to Jesus. We want our children to see Jesus as their Divine Friend, as Saint Pope John Paul 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.

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.

Pope Paul VI wrote, "To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord" <sup>3</sup>

**[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.

**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 (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.]**

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<sup>3</sup> Pope Paul VI wrote in *Mysterium Fidei*, 66

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)

Leader:

8 minute mark  
in plan timing.

#### Key for Pauses

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

Look with wonder and reverence at the Blessed Host in the monstrance. "Jesus awaits for us in this Sacrament of Love."<sup>5</sup> (small pause: 5-10 seconds)

Jesus, we come before You on this Valentine's Day to show You that we are crazy for You . . . . that we love You . . . . and we ask you to be our Valentine. (small pause: 5-10 seconds)

Jesus, our Valentine, as we kneel in awe and amazement in front of You, we see You who is Love . . . we feel precious . . . . treasured . . . . beautiful . . . . (small pause: 5-10 seconds)

Our Jesus, we know it is You hidden before us in the wondrous Host . . . . in this wondrous

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

<sup>5</sup> St John Paul II

Sacrament of Love . . . . we love You . . . . we love You . . . . we love You . . . . we love You.  
 (small pause: 5-10 seconds)

Lord, Your love for us is true love . . . . a forever love . . . . a lasting love . . . . a perfect  
 love . . . . we are Your beloved. (small pause: 5-10 seconds)

Let us close our eyes. Picture the Lord . . . Jesus standing before you in all His glory . . . .  
 You look each other in the eye and smile . . . . He sees that you love Him and you see that  
 He loves you. (pause: about 30 seconds)

Open your eyes now and look at Jesus, in the Sacrament of Love, the Host, in the  
 monstrance before us. Repeat after me: Jesus, my Valentine, / I know You are here. / "O  
 Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed  
 Sacrament!" <sup>6</sup>

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

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.

Please stand for a Gospel Reading.

\_\_\_\_\_ 12 minute mark  
 in plan timing.

**Priest/ Deacon:**

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

For God so loved the world that he gave his only Son, so that everyone who believes  
 in him might not perish but might have eternal life. For God did not send his Son  
 into the world to condemn the world, but that the world might be saved through  
 him." (John 3:16-17)

<sup>6</sup> Fatima Prayer taught by Our Lady of Fatima



The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

**Brief 2-3 minute Homily from presider (can be based on suggestions below).**

"The Eucharist is the gift of love, love of the Father who sent his only Son so that the world might be saved (see John 3:16-17); the love of Christ who loved us to the end (see John 13:1); the love of God poured into our hearts by the Holy Spirit (see Romans 5:5), who cries out in us "Abba, Father!" (Galatians 4:6). In celebrating the Holy Sacrifice, therefore, we joyfully announce the salvation of the world in proclaiming the victorious death of the Lord until he comes. In our communion with his Body, we receive the "pledge" of our own resurrection."<sup>7</sup>

"We Christians kneel only before God or before the Most Blessed Sacrament because we know and believe that the one true God is present in it, the God who created the world and so loved it that he gave his Only Begotten Son (cf. Jn 3: 16)."<sup>8</sup>

\_\_\_\_\_ 16 minute mark  
in plan timing.

**Leader:**

St. John Paul II said, "You should pray because you want to be with the One you love. More so, you should pray because you want to be with the One who loves you."<sup>9</sup>

Remember that praying is talking **and** listening to God.

Take time now to talk to Jesus in your heart about needing help, a request, a thanks, about your day or anything that you want. Be so very quiet and listen with your heart to anything Jesus might whisper to your soul.

**(Silence: 1 - 2 minutes.)**

Together let us say the Act of Love.<sup>10</sup> (booklet)

O my God, my Valentine, 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.

<sup>7</sup> Final message of 21<sup>st</sup> Synod on the Eucharist: "Living Bread for the Peace of the World" October 23, 2005

<sup>8</sup> Homily by Pope Benedict on May 22, 2008

<sup>9</sup> Surrender: The Life-Changing Power of Doing God's Will. Fr Larry Richards. p. 107

<sup>10</sup> "My Valentine" added

Prostrate: We are going to silently prostrate now. We hear in Psalms "Let your love come to me, Lord."<sup>11</sup> "The Eucharist is the sacrament of the presence of Christ, who gives Himself to us because He loves us. He loves each one of us in a unique and personal way"<sup>12</sup>  
 (small pause: 5 seconds)

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. . . Feel Jesus love you.

(Repeat as needed)

(Try for 2 or 3 minutes of silence.)

Please sit.

Close your eyes, in your heart, ask Jesus to fill your heart with His love . . . picture your heart filling, filling, filling with His love . . . His joy . . . His mercy . . . His kindness . . . ask Him to fill your heart so full of His Love that it overflows to others, those you know . . . those you love . . . those you walk by during the day . . . those you talk to . . . those who frustrate you . . . those you don't even realize His love is going out to them . . . . His love through you.

(Silence: 30-60 seconds)

\_\_\_\_\_ 23 minute mark  
 in plan timing.

We are going to serenade Jesus with a love song.

Song: Make My Heart Your Dwelling Place (booklet)

(Place booklets down.)

St John Paul II, with some added words from me, said, "Today Christ is asking each of you the same question: do you love Me? He is not asking you whether you know how to speak to crowds," whether you can hit a homerun or win a competition. "He is asking you to love Him. All the rest will" follow.<sup>13</sup>

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<sup>11</sup> Psalms 119:41

<sup>12</sup> St. John Paul II

<sup>13</sup> St. John Paul II

(Silence: 30-60 seconds)

Keeping your eyes upon Jesus in the monstrance, let us pray part of "Litany of the Love of God."<sup>14</sup>

Your response will be:

I love You, O Jesus, my Valentine.

Please practice that with me now:

I love You, O Jesus, my Valentine.

You Who are Infinite Love,

Response: I love You, O Jesus, my Valentine.

You Who did first love me,

Response: I love You, O Jesus, my Valentine.

You Who commanded me to love You,

Response: I love You, O Jesus, my Valentine.

With all my heart,

Response: I love You, O Jesus, my Valentine.

With all my soul,

Response: I love You, O Jesus, my Valentine.

With all my mind,

Response: I love You, O Jesus, my Valentine.

With all my strength,

Response: I love You, O Jesus, my Valentine.

More than myself and all that belongs to me,

Response: I love You, O Jesus, my Valentine.

More than all my relatives and friends,

Response: I love You, O Jesus, my Valentine.

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<sup>14</sup> Pope Pius VI, language modernized, "O my God" changed to "O Jesus, my Valentine"

More than all men and angels,  
Response: I love You, O Jesus, my Valentine.

Above all created things in heaven or on earth,  
Response: I love You, O Jesus, my Valentine.

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

Close your eyes now and picture Jesus handing you a beautiful heart shaped dish. You look into the dish and you see Valentine candy conversation hearts - pink, yellow, purple, light green, orange candies. Jesus has chosen each heart to tell you a special message. Keeping your eyes closed, picture picking up each candy heart as I read it and listen to His message to you.

MY LOVE  
I ♥ YOU  
UR MINE  
FOR EVER  
I'M SURE  
CARE 4U  
BE GOOD  
ADORE ME  
ASK ME  
TRUST ME

(Silence: 30-60 seconds)

Looking at Jesus, repeat after me: Jesus, my Valentine, / You know I love You. / Yet I know I can love You even more. / Help me to fall in love with You more and more every day.

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

\_\_\_\_\_ 30 minute mark  
in plan timing.

Prostrate - Try for 4 or 5 minutes of silence The Gospel of Marks says, "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength."<sup>15</sup> We are going to spend 4 or 5 minutes just loving Jesus. In your heart, tell Him: Jesus, I love You over and over.

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<sup>15</sup> Mark 12:30

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Love God.

(Try for 4 or 5 minutes of silence.)

Please sit.

\_\_\_\_\_ 35 minute mark  
in plan timing.

Look at Jesus and repeat after me: O Jesus, my Valentine, I love You! (Silence) x 2 or 3

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

With your eyes closed or looking at Jesus, listen to this Psalm that praises God, our Valentine.

Praise the LORD, who is so good;  
God's love endures forever;

Praise the God of gods;  
God's love endures forever;

Praise the Lord of lords;  
God's love endures forever;

Who alone has done great wonders,  
God's love endures forever;

Who skillfully made the heavens,  
God's love endures forever;

Who spread the earth upon the waters,  
God's love endures forever;

Who made the great lights,  
God's love endures forever;

The sun to rule the day,  
God's love endures forever;

The moon and stars to rule the night,  
God's love endures forever;

Praise the God of heaven,  
God's love endures forever. <sup>16</sup>

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

Look at Jesus and repeat after me:

"Change my heart, O God,  
Make it ever true.  
Change my heart, O God,  
May I be like You!" <sup>17</sup>

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

Pope Francis wrote to a child that "before creating anything, God loved. That's what God was doing: God was loving. God always loves. God is love." Think about that, God has been loving since before He created the earth . . . before He made the lands and oceans . . . before He created night and day . . . before He made animals . . . before He created Adam and Eve!

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

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

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

Hail to You, Lord Jesus Christ, present in the Blessed Sacrament. We hail You, our Savior and Redeemer of the world. You are the King of heaven and earth, our joy and the eternal spring of Grace. Before You returned to the Father in the Ascension, You promised never to leave us orphaned. How wondrously You fulfilled this promise in the gift of the Eucharist, by which Sacrament You are with us until the end of time. Bread of Heaven, we praise You and ask Your continued mercy upon our nation and upon ourselves as well. May glory be given to the Holy Sacrament, the true Body and Blood of Christ, both now and forever. Amen.

(Place booklets down.)

St. John Vianney says, "When we speak to Jesus with simplicity and with all our heart, He does like a mother who holds her child's head with her hands and covers it with kisses and caresses."

Close your eyes now and picture Jesus lovingly holding your cheeks in His hands and

<sup>16</sup> Psalm 136:1-9, 26

<sup>17</sup> Song Lyrics

covering your head with kisses.

(Moment of silence. 1 minute)

Please kneel.

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

Song: I Could Sing of Your Love Forever (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>18</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>19</sup>

Moment of silence.

Leader:

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

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. <sup>20</sup> During the blessing, servers may incense and ring the bells, according to local tradition.]

<sup>18</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>19</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>20</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.

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.]

St Dominic said, "Dear Jesus, I love you and I wish to love you for all eternity — forgive me my sins. Let this sacrament wipe out all the sins I have ever committed by my eyes, my ears, my lips and my feet: may my soul and body be made holy by the merits of your Sacred Passion. Amen."

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. (repeat after me fashion)

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.)

Pope Francis tells us, "Let us never lose hope! God loves us always, even with our mistakes and sins."

Pope Francis also said, "Thinking that God is love does us so much good because it teaches us to love, to give ourselves to others as Jesus gave himself to us."

Think now of how you can show God's love to someone else. What can you do to show God you have learned His love?

(A couple minutes of silence.)

Look at Jesus and repeat after me:

"I love you, LORD, / my strength, /  
Lord, my rock, / my fortress, / my deliverer"<sup>21</sup>

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

Saint John Paul II said, "may you experience the truth that he, Christ, looks upon you with love!"

Let us take a moment to close our eyes or look at Jesus in the Sacrament of Love before us and feel Him looking at us with such enormous love.

(A couple minutes of silence.)

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.)

Additional quotes to use:

"What really matters in life is that we are loved by Christ and that we love Him in return. In comparison to the love of Jesus, everything else is secondary. And, without the love of

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<sup>21</sup> Psalms 18:3

Jesus, everything is useless." <sup>22</sup>

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." <sup>23</sup>

"He is the one who has loved us so much; why shouldn't we love Him in return?" <sup>24</sup>

"Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!" <sup>25</sup>

"The Eucharist is first and foremost the knowledge: I am loved. I, just as I am." <sup>26</sup>

"We have come to know and to believe in the love God has for us.  
God is love, and whoever remains in love remains in God and God in him." <sup>27</sup>

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<sup>22</sup> St. John Paul II

<sup>23</sup> Blessed Mother Teresa

<sup>24</sup> St. John Vianney

<sup>25</sup> St. Josephine Bakhita

<sup>26</sup> St. John Paul II

<sup>27</sup> 1 John 4:16

# SACRAMENT OF LOVE

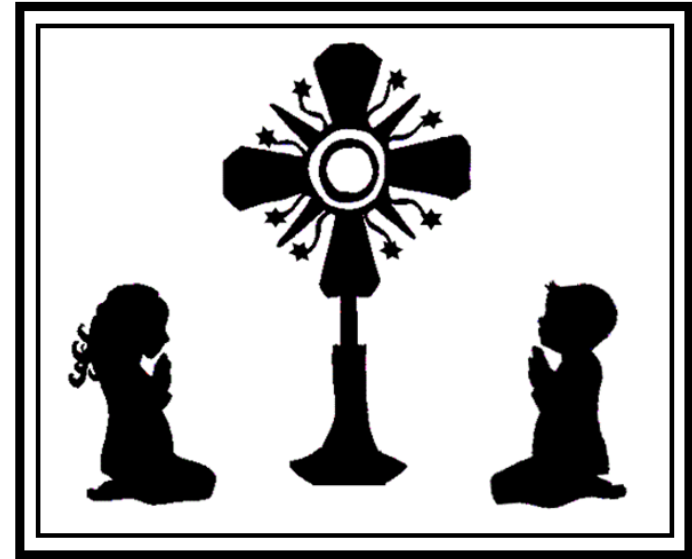
## The Divine Praises

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



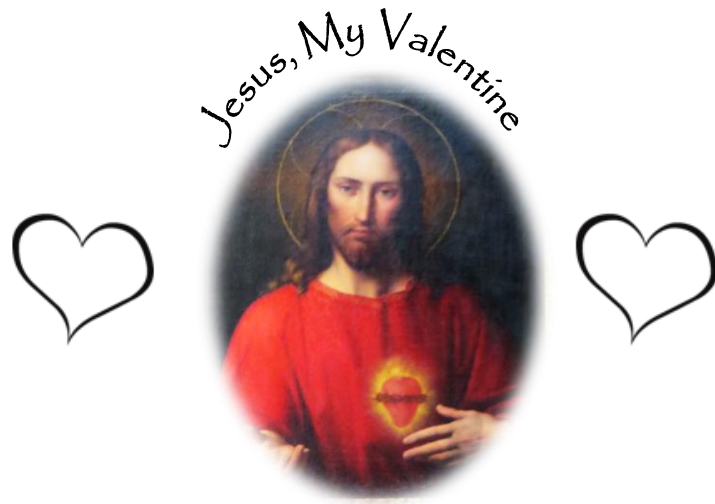
# Guided Children's Adoration



## Exposition Song: Come Adore

Gather: Comprehensive #888





**Song: I Could Sing of Your Love Forever**

**Prayer to Jesus in the Blessed Sacrament**

Hail to You, Lord Jesus Christ, present in the Blessed Sacrament. We hail You, our Savior and Redeemer of the world. You are the King of heaven and earth, our joy and the eternal spring of Grace. Before You returned to the Father in the Ascension, You promised never to leave us orphaned. How wondrously You fulfilled this promise in the gift of the Eucharist, by which Sacrament You are with us until the end of time. Bread of Heaven, we praise You and ask Your continued mercy upon our nation and upon ourselves as well. May glory be given to the Holy Sacrament, the true Body and Blood of Christ, both now and forever. Amen.

**Act of Faith**

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that Your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You revealed them, who can neither deceive nor be deceived.

**Act of Love**

O my God, my Valentine, 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.

**Make My Heart Your Dwelling Place**

By Jim Cowan 1986

**LOVE**

## References

### Books:

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