



Guided Children's Hour of Adoration (Knights of Christ Theme Overview)

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

Focus on Jesus' True Presence in the Eucharist in the Monstrance.

Repeat after Line

Reflection on Jesus as Bread

Knights are Warriors

Knight's Equipment

Sign of the Cross Armor

Repeat after Line

Being Thankful

Repeat after Line

Prostrate

Repeat after Line

Saint Joan of Arc Story

Repeat after Line

Dubbing with the Code of Chivalry

(If a small group and desired) Walking down Aisle & Bowing Before Blessed Sacrament during Song

Song: Head to Toe (The Armor of God Song)

Use of Sign of the Cross Armor

Strength from the Eucharist

Gospel Reading: Mark 1:12-13 & Homily

Prostrate

Rosary Quotes

Decade of the Rosary: 2nd Glorious Mystery: The Ascension of the Lord

Jesus to St. Faustina and St. Josemaria Escriva Quotes

Repeat after Line

Closing Thoughts

Song: You are My All In All

Benediction and Divine Praises

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

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

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Guided Eucharistic Adoration for Children Knights of Christ 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.]

Before we start our Adoration, please quietly raise your hand if you know what a knight in shining armor is. [Pause to look around and nod at the children.] A knight was a man or woman, who served his king or even a religious leader, in their army for their kingdom.

There was one particular group of knights called the Order of the Knights of St. John.

They were Catholic just like us. These knights helped travelers in the area of the world where Jesus was born and lived . When the Holy Lands were taken over by people who did not like Catholics, the knights defended the Catholic pilgrims with their own lives. The Order of the Knights of St. John provided this protection and service to the sick and poor "purely for the love for God, and the(se) knights accepted no payment for their services." ¹ They knew they were serving God by serving others.

Their motto was "For the Faith, for the good of man." A knight from the Order of St. John was a "Catholic warrior." ²

Knights began their training early just like you are doing today - training to serve and love Jesus. Let us be Knights for Christ in His Kingdom here on earth! Let us serve God by serving others.

Today, I will call you Knights for Christ as we learn to love our King, Jesus, more by helping others here in His Kingdom on earth and believing in Him!

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

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

[Request Catechists/Parental assistance prior to Exposition:]

Catechists/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. I ask that you help encourage and guide your sweet children to show reverence before our Sacramental Lord with the items I just talked to them about.

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

¹ Defenders of Christendom by James Fitzhenry pg. 7

² Defenders of Christendom by James Fitzhenry pg. 74

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

[Redirect during the Holy Hour as needed with reminders:]

- Let's take a moment to remember how to show God we are listening.
- Please put your worship aid down.
- Let's try to still our bodies and quiet our voices.
- Remember Jesus is truly here.
- I need you to stay in your pew.
- Remember we leave the kneelers down the whole time.
- Give Jesus your full attention. If you are whispering to a neighbor or fiddling with your papers, you might miss something that Jesus wants to share with you.
- Etc....

Dear Knights of Christ please put your kneelers down and 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 (booklet)

[The Blessed Sacrament is placed in the monstrance on the altar. The presider then kneels before the altar. If altar servers are available, the priest or deacon incenses the Blessed Sacrament.]

Priest/Deacon:

[The priest or deacon may begin the time of Adoration with a prayer, such as the following.]

Opening Prayer:

Let us pray.

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

Lord our God,
 in this great sacrament
 we come into the presence of Jesus Christ your Son,
 born of the Virgin Mary
 and crucified for our salvation.
 May we who declare our faith in this fountain of love and mercy
 drink from it the water of everlasting life.
 We ask this through Christ our Lord.

All: Amen.³

Moment of silence. (30 seconds)

_____ 7 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

Dear Knights of Christ, defenders of faith in Jesus, look at Jesus . . . look at your God . . .
 in the middle of the monstrance . . . He **IS** the white host The host is Jesus' real
 Body, His real Blood, His Soul and His Divinity. (small pause: 5-10 seconds) Amazing! . . .
 Jesus **IS** the white host that at Mass the priest, with the help of the Holy Spirit, turned
 from plain, nothing bread into completely, fully Jesus The Host is truly, truly Jesus,
 the King that we serve! We believe! (small pause: 5-10 seconds)

Looking at Jesus, repeat after me:

Jesus, / I believe the Host is You!

³ No 224 Holy Communion & Worship of the Eucharist Outside Mass

Look even more closely at Jesus . . . He is your commander and king Know that Jesus does not send his knights out alone . . . He does not send **you** out alone Sir or Lady Knight . . . He comes with us and stays by our side all day, every day

Close your eyes now Picture Jesus standing next to you this very moment Turn a little bit if you need to so you can look at His face with your mind . . . His eyes show you how very much He loves you . . . **you** are His knight on a special mission . . . and He never leaves your side. (small pause: 5-10 seconds) He is next to you at this very moment He is with you when you are at the playground He goes with you when you take a walk . . . He stays with you all day at school . . . Take a moment and think about all the places Jesus, your King is with you. (pause: about 30 seconds)

Know that you do not ever need to be afraid with God by your side. ⁴ Jesus, your commander, gives you help and strength at all times. ⁵

Open your eyes and looking at Jesus, repeat after me:
Jesus, my Lord / I am your knight.

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

Please sit.

Let your eyes look at the Host again Do not look away You are looking at Jesus. (small pause: 5-10 seconds)

Lord, You look so small as the Host, . . . you look like bread . . . so plain to the human eye People could walk right by you without realizing Who You are The monstrance helps show Your importance by the rays shooting out from the center . . . **We know** You are magnificent . . . amazing . . . oh so wonderful and cool You are our King . . . and our shepherd. . . . You are our fortress when we need protection, . . . our strength when we need courage . . . You, our Jesus . . . in this little Host are our EVERYTHING! (small pause: 5-10 seconds)

Is there anything that you want to tell Jesus in the quiet of your thoughts? Go ahead He is listening.

Moment of silence. (30 seconds)

⁴ Based on "When God is with us, we do not need to be afraid." Bl. Pier Giorgio Frassati

⁵ Based on Christ gives us help and strength, never deserts us and is true and sincere in his friendship. St. Teresa of Avila

Knights in shining armor are heroes . . . respected warriors . . . protectors of the Catholic faith . . . Quietly nod your head yes if **you** will be a knight for Jesus? (small pause: 5-10 seconds)

Believing in God is the most important thing a knight can do . . . Think about that for a moment . . . Do **you** believe in Jesus? . . . without a word, nod your head yes if **you** believe in Jesus? (small pause: 5-10 seconds)

In addition to their faith, knights need really good equipment . . . clothes, armor, a horse, and weapons. We read in Ephesians, a book in the Bible to, "Put on the armor of God so that you may be able to stand firm against the tactics of the devil."⁶ We practice things/skills that we want to get good at. Knights did the same thing. They practiced putting on and wearing their armor so they would be used to having it on when they were in battle.

The Sign of the Cross is our "source of divine power."⁷ Making the Sign of the Cross is our way of asking Jesus for help. When you make the Sign of the Cross, it covers you with invisible, but powerful, protecting armor.⁸ It is a big part of the equipment we can use as Knights of Christ. The Sign of the Cross says, please God bless me, help me, and guard me from harm.⁹

When you make the Sign of the Cross carefully . . . thoughtfully . . . and with absolute attention to God,¹⁰ **you** are strapping on your protective, heavenly armor from God. As you put on this armor, let the motions of the Sign of the Cross "take in your whole being: your body, soul, mind, will, thoughts, and feelings."¹¹

So we, as Knights of Christ, are going to practice putting/strapping on our Sign of the Cross heavenly armor.

In the name of the Father: With your hand touching your forehead, place on your helmet, your hope of Heaven.¹² (small pause: 5-10 seconds)

And of the Son: With your hand touching your chest, strap on your breastplate/ chest armor of faith, love, righteousness.¹³ (small pause: 5-10 seconds)

And the Holy: With your hand touching your left shoulder, hold up your shield of

⁶ Ephesians 6:11-18

⁷ A Biblical Walk Through the Mass by Edward Sri pg. 17

⁸ St. John Chrysostom "powerful armor"

⁹ A Biblical Walk Through the Mass by Edward Sri pg. 17

¹⁰ A Biblical Walk Through the Mass by Edward Sri pg. 23 "with careful attention and reverence"

¹¹ Sacred Signs by Roman Guardini pg. 14

¹² 1 Thessalonians 5:8

¹³ 1 Thessalonians 5:8 and Isaiah 59:17

faith that puts out all flaming arrows of the evil one. ¹⁴ (small pause: 5-10 seconds)

Spirit: With your hand touching your right shoulder, grab your sword made from the Word of God who can judge the thoughts and intentions of the heart. ¹⁵
(small pause: 5-10 seconds)

Amen. (small pause: 5-10 seconds)

Your heavenly armor now covers your body . . . it covers your soul . . . it covers your thoughts. (small pause: 5-10 seconds)

As knights of old would practice putting on the armor many, many times, let us practice putting on our Sign of the Cross armor again making sure this time to say the words along with the motions of the prayer.

In the name of the Father: Place on your helmet, your hope of Heaven. ¹⁶ (small pause: 5-10 seconds)

And of the Son: Strap on your breastplate, your chest armor of faith, love, righteousness. ¹⁷ (small pause: 5-10 seconds)

And the Holy: Take up your shield of faith that puts out all flaming arrows of the evil one. ¹⁸ (small pause: 5-10 seconds)

Spirit: Grab your sword made from the Word of God who can judge the thoughts and intentions of the heart. ¹⁹ (small pause: 5-10 seconds)

Amen. (small pause: 5-10 seconds)

Now that you have your armor on, look at Jesus and repeat after me:

God, please bless me. /

God, please help me. /

God, please guard me from harm.

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

_____ 17 minute mark
in plan timing.

In everything a knight did and through his entire life, a noble knight behaved himself based on belief in God, trust in God, and hope in God. A noble knight thanked our Lord sincerely for all the good things and honors that came to him. ²⁰

¹⁴ Ephesians 6:11-18

¹⁵ Hebrews 4:12

¹⁶ 1 Thessalonians 5:8

¹⁷ 1 Thessalonians 5:8 and Isaiah 59:17

¹⁸ Ephesians 6:11-18

¹⁹ Hebrews 4:12

²⁰ Based on Defenders of Christendom by James Fitzhenry pg. 75

Let us thank Jesus devoutly, with our whole heart, for the good things and honors He has given us. In your mind or in a soft whisper, thank Jesus for at least five good things or blessings that He has given you. You can keep track of them with the fingers on at least one of your hands.

(Pause: 30 seconds)

Knights, please look at Jesus and repeat after me:

Jesus, thank You for these good things, / honors, and blessings.

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

As Knights of Christ, we are going to tuck ourselves into a humble position before our Jesus, our King, because we love Him and know how important He is.

Prostrate - *A couple of minutes of silence.*

Please kneel.

Let us tell Him: "Jesus, I believe in You" and "Jesus, I trust you" which are important beliefs for knights.

Step the children through prostration.

Now 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.

(Repeat as needed)

You can whisper your words to Jesus inside your mind.

Children repeat: Jesus, I believe in You. / Jesus, I trust you. (*Say aloud several times getting softer and softer.*)

(Try for 2 or 3 minutes of silence.)

Please sit.

Looking at Jesus, repeat after me: My God. My King! / My Commander in charge, / I love You in the Host!

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

_____ 22 minute mark
in plan timing.

Now let us hear a bit about Saint Joan of Arc, a female knight.

In the early 1400's, Saint Joan of Arc, at the age of only 17, (That is the age of a high schooler!) led French troops, meaning the army, to chase the English, who they were at war with, from France. Joan helped France take back their cities that had been captured by the English and helped the prince of France be crowned king.

Joan led the French troops riding on a donated horse while wearing knight's protective armor. Joan carried a special banner into battle to keep her troops organized and ready to fight in the confusion that happens during a battle. The banner had a painting of our Lord on it with an angel on either side of Him.

Joan also had a smaller banner with the word, "Jesus Crucified" on it. The men of her army and the priest would gather around this smaller banner for daily prayer and devotions. Joan of Arc was strong in her Catholic faith. She required her soldiers to go to the Sacraments of Confession and Communion on a regular basis. Communion, Confession, and daily prayer was part of her battle plan. These can be part of our daily battle plan as well. These helped her knights stay strong in their faith and close to God.

Think for a moment on how daily prayer, and if you are old enough, Communion and Confession, can keep you close to God.

(Pause: 30 seconds)

When King Charles VII, the former prince, asked Joan what she would like as a reward for her help, at first she said she needed nothing. When the king asked again, she did not ask anything for herself, instead she asked that the village she grew up in would not have to pay taxes since the villagers had so little money.

Take a moment to wonder about what you could choose to do to help someone else instead of yourself. [If appropriate: Parents if you need to help your younger ones with this wonder, please feel free to quietly discuss it with them.]

(Pause: 30 seconds)

Joan was eventually captured and sold to the English who put her on trial with false evidence against her. She was martyred in 1431.

"Ever since her earliest childhood Joan of Arc prayed ardently from her heart. Her prayer life led her to a fervent faith in God. Her faith in God led her to love Him profoundly. This intense love led her to accept God's will for her life. If we will pray, believe and love as earnestly as Joan did, then we too will be used by God! This is the secret to Joan's sainthood, she listened, answered and obeyed." ²¹

Let us ask that now. Repeat after me:

Jesus, as your knight / help me to listen, / answer and obey You. / Here I am Lord!
/ I come to do Your will.

_____ 26 minute mark
in plan timing.

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

When squires had trained enough to become knights, they would go through a "dubbing" ceremony where they made a promise, also called an oath, to serve his Lord. Then the king, queen, or another knight would tap the new knight on the shoulders with a sword.

Let us continue our training in "brave knights of Christ" ²² by going through our own dubbing ceremony.

First thing, a future knight would take a bath to wash away his sins. Take a moment to think about your sins . . . the things you have done to hurt Jesus and others. You can even ask you to show you if you are missing something. (small pause: 10-20 seconds) Using your hands, wipe down your arms and chest telling Jesus your sins and that you are sorry for the things that you have done wrong to wash away these sins. Remember that confession wipes away our sins. (small pause: 5-10 seconds)

The knight would then put on a clean white garment. Then the knight would go kneel in the chapel to pray for his family, those who trained him, and for protection in battle.

Within your mind, put on a white garment that covers your pure soul . . . knights go ahead and kneel. Take a moment now to pray for your family . (pause: 20-30 seconds) . and now pray for those who teach you. (small pause: 5-10 seconds) . and now pray for God to protect you. (small pause: 5-10 seconds)

It is now time to take your oath, your promises of how you will behave and what you will

²¹ <http://www.stjoan-center.com/FAQ/question7.html>

²² Bohemond

believe as a knight. This is the Code of Chivalry, a real promise that the knights of old would make. Please stand. (small pause: 5-10 seconds) Stand tall and straight as a holy knight.

Look at Jesus, your Commander, Who hears your promises, and repeat the oath after me:

I promise / to believe in the Church's teachings. ²³

I promise / to be kind and not brag to my friends. ²⁴

I promise / to show tender mercy / and help to those who need assistance. ²⁵

I promise / to love and serve my friends. ²⁶

I promise / to "avoid quarrels." ²⁷

I promise / to not to say rude things. ²⁸

I promise / to not fear my enemy. ²⁹

I promise / to never lie or go back on my word. ³⁰

I promise / to be generous. ³¹

I promise / to rely on God and seek wisdom in hard times. ³²

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

A knight that lived his life following this Code of Chivalry would become more holy and follow Jesus more closely ³³ just as we should.

Knights of Christ, kneel down and close your eyes Bow your head Picture Jesus, your commander and king, standing in front of you with a sword shining with His heavenly graces Jesus taps the sword on first your right shoulder and then your left shoulder as His graces fill your soul . . . and He says, "I dub thee Sir or Lady Knight of Mine." (small pause: 5-10 seconds)

Stand up now Sir or Lady Knight and place your heavenly armor on by making the Sign of the Cross.

In the name of the Father: Place on your helmet, your hope of Salvation. ³⁴ (small

²³ 1882 book *La Chevalerie*, Gautier

²⁴ Geoffroi de Charney, a famous 14th century French knight

²⁵ Geoffroi de Charney, a famous 14th century French knight

²⁶ Geoffroi de Charney, a famous 14th century French knight

²⁷ Geoffroi de Charney, a famous 14th century French knight

²⁸ Geoffroi de Charney, a famous 14th century French knight

²⁹ 1882 book *La Chevalerie*, Gautier

³⁰ 1882 book *La Chevalerie*, Gautier

³¹ 1882 book *La Chevalerie*, Gautier

³² Geoffroi de Charney, a famous 14th century French knight

³³ Defenders of Christendom by James Fitzhenry pg. 73: "A knight following the Code of Chivalry would find it a guide that made knighthood a vocation leading to sanctity."

³⁴ 1 Thessalonians 5:8

pause: 5-10 seconds)

And of the Son: Strap on your breastplate of faith, love, and righteousness. ³⁵

(small pause: 5-10 seconds)

And the Holy: Take up your shield of faith. ³⁶ (small pause: 5-10 seconds)

Spirit: Grab your sword made from the Word of God. ³⁷ (small pause: 5-10 seconds)

Amen. (small pause: 5-10 seconds)

(pause: about 30 seconds)

_____ 31 minute mark
in plan timing.

[If in a small group setting, you may choose to do the following: During the following song, you, brave knights of Christ, may quietly walk down the center aisle like at communion time . . . row by row with great respect and love for Jesus. Keep your eyes looking at Him because, of course, you can't wait to get close to Him. When you reach the front, take a moment to kneel before Jesus with your head bowed in respect for your king. You could even re-picture Him placing His heavenly sword first on your right and then your left shoulder as He dubs you a knight. Then stand, bow to Jesus, put on your Sign of the Cross armor, and return to your seat or if you need to take a little one out, you can head that way. It is okay for several children to stand at the front at the same time. Parents, please remember that if you are allowing any of your other children to stay with us in the chapel, you need to remain in the narthex or right outside the chapel in case you are needed.]

Sing: Head to Toe (The Armor of God Song) (booklet)

_____ 35 minute mark
in plan timing.

(Place booklets down.)

What battles do you face? . . . What struggles do you have in your life? . . . Take a minute to think about how you can use your Sign of the Cross armor daily . . . how can it help you live your life closer to Jesus? . (small pause: 5-10 seconds) . How does your helmet, your hope of Salvation ³⁸ help you make good choices knowing Jesus opened heaven for you to join Him? (small pause: 5-10 seconds) Can your breastplate of faith, love, righteousness ³⁹ aid you in how you talk to and treat others? . . . Can the breast plate help you with trusting and believing in God? (small pause: 5-10 seconds) What about your shield of faith that puts out all flaming arrows of the evil one? ⁴⁰ Can that shield help you when you are tempted to sin? (small pause: 5-10 seconds) How does your sword

³⁵ 1 Thessalonians 5:8 and Isaiah 59:17

³⁶ Ephesians 6:11-18

³⁷ Hebrews 4:12

³⁸ 1 Thessalonians 5:8

³⁹ 1 Thessalonians 5:8 and Isaiah 59:17

⁴⁰ Ephesians 6:11-18

made from the Word of God who can judge the thoughts and intentions of your heart ⁴¹ and other people's heart help when you interact with others? (small pause: 5-10 seconds)

We are strengthened for our daily lives and battles by receiving our King Jesus' Body and Blood in Holy Communion In the moments after Holy Communion, Jesus is especially present in your body and souls Take the time to feel His Presence radiate out of you at Mass After Communion, you, yourself, are a living tabernacle be sure to pay attention to that unity with Jesus Unlike regular food that becomes part of us, this food of angels, if we allow it, transforms us to be like that in which we ate - Jesus! Each time you receive the Eucharist, ask Jesus to help you with this transformation and to fill you with His strength Right now, in front of Jesus ask Him for His strength for you. (small pause: 5-10 seconds)

_____ 38 minute mark
in plan timing.

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Mark:

Response: Glory to You, O Lord

"At once the Spirit drove him out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him." (Mark 1: 12-13)

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

Brief Homily (2-3 minutes) from presider possibly from the ideas below. Or continue with the following reflection.

Jesus has been tempted just like we are. He understands what we are struggling with, so we should feel confident in turning to Him for help.

"Persevere in labors that lead to salvation. Always be busy in spiritual actions. In this way, no matter how often the enemy of our souls approaches, no matter how many times he may try to come near us, he'll find our hearts closed and armed against him." St. Cyprian of Carthage

⁴¹ Hebrews 4:12

"Throw yourself into God's arms. He will carry you when the road is rough." St. John Baptist de la Salle

"As the wrestler is tried in the ring, the soldier in the battle, and the hero in adversity, so is the Christian tried in temptation" St. Basil the Great

"Even with a war horse, good weapons and armor, a knight's effectiveness was only as good as his training."⁴² We have already trained in putting on our Sign of the Cross armor on. We need to be training daily on our attitude, choice of words, and the way we look at people and events. It is wise to train in God's grace when we are happy and things are good so that when something bad happens or we find ourselves in hard times we know what to do and how to react faster.

Leader:

_____ 41 minute mark
in plan timing.

Another way we can train as Knights of Christ is by talking to and listen to God when everything is good in our lives so we remember to talk to Him when we are in times of sadness or need. (small pause: 5-10 seconds)

A knight's loyalty to his lord was very important. The knight would follow whatever his lord asked him to do in good times and in hard times. **We** need courage, the ability to act on our belief in God and our faith in the Eucharist even when there is danger or when we fear that someone might not like what we are saying. Courage allow us to be loyal to Christ.

Knights of Christ, please kneel to prostrate before Jesus, your commander and listen to Him so you can follow His directions.

Prostrate -- Try for 4 or 5 minutes of silence.

If needed, step the children through prostration. Kneel on the kneeler, put your bottom on your seat behind you, place your hands on your face, and bring your face to the back of the pew in front of you.

Still your body . . . Close your eyes . . . Slow your breathing . . . Try and keep your mind still and silent . . . no questions to God . . . no thinking about your day . . . Just listen to God in your heart.

⁴² Medieval Knights and Warriors by Janet Zohorsky

(Repeat as needed)

(Try for 4 or 5 minutes of silence.)

Please sit.

_____ 46 minute mark
in plan timing.

St. Josemaria Escriva said, "The holy Rosary is a powerful weapon. Use it with confidence and you'll be amazed at the results." . . . Servant of God, Fr. Dolindo's said, "The rosary is a powerful prayer against Satan and against the assaults of evil. Our Church brought, and continues to bring, great triumphs because of this prayer. The decades of the rosary, from this point of view, are like the belt of a machine gun: every bead is a shot, every affection of the soul is an explosion of faith that frightens off Satan, and Mary once more crushes his head."

Let us knights, warriors of God, pray one powerful weapon of a Decade of the Rosary. Let us say the words slowly and think about the shots of the words as we say them. I will lead the Decade by saying the first part of the prayers and then you will say the second half.

We are going to focus on the 2nd Glorious Mystery: The Ascension of the Lord: After Jesus had risen from the dead, He spent 40 days on earth with his disciples. After this time, Jesus blessed His disciples and ascended to heaven to sit at the right hand of God, the Father, as King and Commander of Heaven and earth.

Our Father, 10 Hail Marys, Glory Be

End Rosary with O My Jesus.

Remember to use this most powerful weapon in the battles of your daily life and struggles. Carry a set of beads or even when needed you can count the beads, the shots, off on your fingers.

Jesus told St. Faustina: "Fight like a knight, so that I can reward you. Do not be unduly fearful, because you are not alone." And St. Josemaria Escriva said, "Trust always in your God. He does not lose battles." (small pause: 5-10 seconds)

Looking at Jesus, repeat after me: I trust always in you, God / You do not lose battles.

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

Life on earth is not always easy, but our reward in heaven will be great if we are loyal to God, our king.

Shortly, we will be coming to a close. Take a quiet moment with Jesus to say good-bye before we start our closing prayers.

Moment of silence. (30 seconds - 1 minute)

Please kneel.

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

Song: You are My All In All (booklet)

(Place booklets down.)

[During the song, the minister may incense the Holy Eucharist. After the song is finished, he stands and sings or says a prayer such as the following. ⁴³]

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. ⁴⁴

Moment of silence. (30 seconds)

⁴³ No 98 Holy Communion & Worship of the Eucharist Outside Mass

⁴⁴ No 226 Holy Communion & Worship of the Eucharist Outside Mass

**** Important**

_____ 50 minute mark in plan timing. This time is firm. You must start kneeling by 50-52 minutes past the start of the Adoration to close on time.

Leader:

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

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. ⁴⁵ 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)

⁴⁵ No 99 Holy Communion & Worship of the Eucharist Outside Mass

Extra

[Sometimes you will get through the whole set of plans, sometimes you won't. Here are some extra prayers and reflections in case you get done early. Each group and each session will flow differently depending on the age of the children, how long you pause, and where God leads you that particular time.]

Let us now say a prayer by St. Ignatius of Loyola to help us serve Jesus better as His knights. (booklet)

"O my God, teach me to be generous,
 teach me to serve you as I should,
 to give without counting the cost,
 to fight without fear of being wounded,
 to work without seeking rest,
 to labour without expecting any reward,
 but the knowledge that I am doing your most holy will."

The Knights of St. John's war cry was: "God wills it!" Take some time to reflect on that cry: "God wills it!" and how it could be your own battle cry each and every day.

Moment of silence. (30 seconds)

Looking at Jesus, repeat after me: May I, as a knight of Christ / bring You, my King glory.

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

Another training exercise is to practice making the right choice in little things and when no one is looking so when a more difficult choice or battle is in front of you, you can respond as a Knight of Christ with courage.

Think about these words by G. K. Chesterton, "Right is right, even if nobody does it. Wrong is wrong even if everybody is wrong about it."

Think about a time you had to make a choice . (small pause: 5-10 seconds) . How did you respond? . . . Was this a good response or should you have chosen differently? (small pause: 5-10 seconds)

Close your eyes and listen to these parts of a reflection about being a soldier, a modern knight, of God. ⁴⁶

I am a soldier in the army of my God.
 The Lord Jesus Christ is my Commanding Officer.
 The Holy Scripture is my code of conduct.
 Faith, prayer and the Word are my weapons of warfare.

I have been taught by the Holy Spirit, trained by experience,
 tried by adversity and tested by fire.

I am a volunteer in this army, and I am enlisted for eternity.
 I will not get out, sell out, be talked out or pushed out.
 I am faithful, reliable, capable and dependable.
 If my God needs me, I am there. I am a soldier.

. . . I am in place, saluting my King,
 obeying His orders, praising His name and building His kingdom!
 . . . I am committed. I cannot have my feelings hurt bad
 enough to turn me around. I cannot be discouraged enough to
 turn me aside. I cannot lose enough to cause me to quit.

When Jesus called me into this army, I had nothing. If I end up with nothing,
 I will still come out ahead. I will win. My God has and will continue to supply all of
 my need. I am more than a conqueror. I will always triumph. I can do all things
 through Christ. The devil cannot defeat me. People cannot disillusion me. Weather
 cannot weary me. Sickness cannot stop me. Battles cannot beat me. Money cannot
 buy me. Governments cannot silence me, and hell cannot handle me. I am a soldier.

Even death cannot destroy me. . . .
 I am a soldier in the army, and I'm marching claiming victory.
 I will not give up. I will not turn around.

⁴⁶ unknown author

I am a soldier, marching heaven-bound.
Here I Stand! Will you stand with me?

Isaiah 52:7

How lovely on the mountains Are the feet of him who brings good news, Who announces peace And brings good news of happiness, Who announces salvation, And says to Zion, "Your God reigns!"

Listen to Ephesians 6:10-18.

Finally, draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God. With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones.

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. / Amen.

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

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

"You shall love the Lord, your God, with all your heart, with all your being, with

all your strength, and with all your mind, and your neighbor as yourself." Luke 10:27

"This is the day the Lord has made; let us rejoice in it and be glad." Psalm 118:26

"The heavens declare the glory of God" Psalm 19:2

"Whoever believes in me believes not only in me but also the one who sent me"
John 12:44

Reflect on a quote by Blessed Brother Andre: "O Holy angels, make me see God on the altar as you see Him in heaven," **(A moment of silence.)**

Reflect on the words of St. Pope John Paul II: "Let no one mislead you or prevent you from seeing what really matters. Turn to Jesus, listened to him, and discover the true meaning and direction of your lives." ⁴⁷ **(A moment of silence.)**

⁴⁷ St. Pope John Paul II, St. Louis, Missouri



The Divine Praises

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Blessed be Jesus Christ, true God and true man.

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Blessed be her glorious Assumption.


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Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.



Guided Children's Adoration



Exposition Song: *Come Adore*



**Head To Toe
(The Armor Of God Song)**

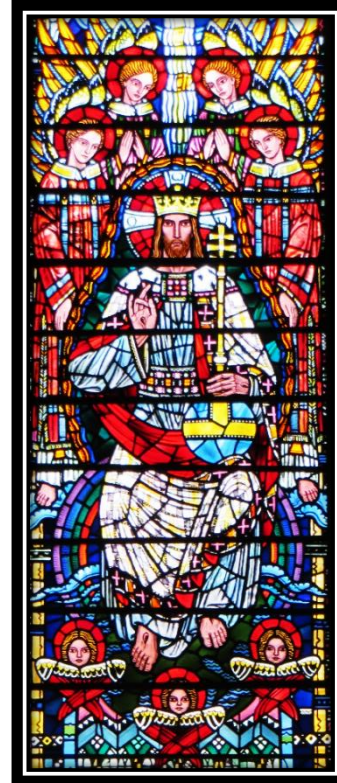
by Christy Nockels

St. Ignatius of Loyola Prayer

"O my God, teach me to be generous,
teach me to serve you as I should,
to give without counting the cost,
to fight without fear of being
wounded,
to work without seeking rest,
to labour without expecting any
reward,
but the knowledge that I am doing
your most
holy will."

Song: You are My All In All

by Nichole Nordeman



Knight of Christ

**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



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Website:

<http://www.stjoan-center.com/FAQ/question7.html>

Music:

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You are My All In All, Nichole Nordeman