



## **Guided Children's Hour of Adoration (Version 2 Lent 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: Recognizing Jesus' Presence

Loving Jesus

Lenten Prayer

Who is the Creator and Who is the Creature?

God Alone is Lord Prayer

Three Great Practices of Lent

Three Great Practices of Lent Prayer

Fasting with Short Silence

Praying with 3 Minutes Silence

Almsgiving with 1 Minute of Silence

Transition Song: Saviour of the World & if desired: Children Kneel before the Blessed Sacrament

A Reading from the Gospel of Matthew

Homily

We are All Sinners in Need of Forgiveness and an Examination of Conscience

Prostrate for Listening to God Speak

Litany of the Passion (Partial)

Jesus Suffering Moves Us to Action

Act of Hope

Song: I Believe

Closing Prayer

Benediction and Divine Praises

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

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 Version 2 Lent 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.]

We are fortunate to have time with Jesus today/tonight. Tonight, we will focus with a Lenten theme in preparing our hearts for Easter. Remember the Eucharist – the Blessed Sacrament - is not a representation of Jesus or a memory of Jesus, this is Him.

Now, just our reminders.

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 your hands or fold them in prayer and keep your hands to yourself.
- You also need stay in your pew or on your mat.

**[Request parental 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 Paull 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.

**[If appropriate:** Also, parents are welcome and encouraged to help your younger ones with some of the questions or wonders we will come across. Please feel free to quietly discuss it with them.]

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....

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 now be seated behind the children, so their attention stays focused on\_ 3-minute mark in plan timing.**

Jesus.]

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. <sup>1</sup>

Moment of silence. (30 seconds)

Leader:

<p><b>Key for Pauses</b>          . . . . indicates 1-2 seconds of silence          small pause: 5-10 seconds          pause: about 30 seconds          silence: 30-60 seconds</p>
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\_\_\_\_\_ 7-minute mark  
in plan timing.

Jesus, we see You now with our very own eyes! We are here and You are here.

<sup>1</sup> No 224 Holy Communion & Worship of the Eucharist Outside Mass

(small pause: 5-10 seconds)

Children, look closely now at the white consecrated host in the middle of the monstrance.

(small pause: 5-10 seconds)

Can you see Jesus? Can you see before us on the altar the Lamb of God who takes away the sins of the world? (small pause: 5-10 seconds)

Jesus, the Lamb of God may look like bread, but His Body is before us. Our Savior, who died on the cross, is hidden before us in the Blessed Host on the altar. This is His **same** body that was nailed to the cross for our sins. (small pause: 5-10 seconds)

Jesus, thank you so much for becoming this Bread. Thank you for being present here today and in every Catholic Church's tabernacle in the whole world. No greater gift has ever been given to us.

(small pause: 5-10 seconds)

Look at Jesus and repeat after me.

Jesus, / I see Your Body, Blood, Soul, and Divinity / in what looks like bread, / but is really and truly You.

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

Jesus loves you so very, very much . . . He loves us with such huge love that he willingly died on the cross to save us from our sin.

It is important to tell Jesus we love Him! There are so many ways you can show Jesus your love. You can whisper quietly aloud or in the quiet of your heart words of love to Jesus, your Savior. You can blow kisses to Jesus or use sign language. You could close your eyes and imagine hugging Jesus or holding His hand. You could even make up a little song of love. There are so many ways to love Jesus.

Take a minute now to tell and show Jesus your love.

(pause: about 60 seconds)

Please sit.

Let us look again at Jesus' Body. During this season of Lent, let us tell Jesus that we know what He has done for us. Please repeat after me.

Jesus, You are Salvation./  
 You give us life./  
 You save us from our sin./  
 You have so much love, / mercy, and forgiveness for us.  
 We love You!

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

\_\_\_\_\_ 11-minute mark  
 in plan timing.

“Lent, ~~then~~, is the time to remind ourselves who is the Creator and who is the creature.”<sup>2</sup> (Do not say the crossed-out word.)

[If appropriate: By yourself or with your parents help,]

Answer these questions. Who created you? . . . Who breathed life into your body? . . . Who decided the color of your eyes and hair? . . . Who decided how tall you would be and how fast it would take you to grow that tall? . . . Who decided what you would be good at? . . . Who decided everything you could be?

(small pause: 5-10 seconds)

Take a moment now to consider and name the details of how God made you . . . the color of your hair and eyes . . . the way you look . . . the talents God gave you. Name so many other details about you that make you one of His masterpieces.

(pause: about 30-60 seconds)

Prayerfully think a moment. Ponder. God created you to know Him and to love Him. Do you take time to know Him? . . . Do you take time to love Him? Now think about the actual ways you take the time to know and to love God. [If appropriate: parents feel free to help your children ponder.]

(pause: about 30-60 seconds)

Let us now proclaim that God alone is Lord!<sup>3</sup> Repeat after me:

God, You alone are Lord! /  
 God, You alone are the creator of all that is good! /  
 God, You alone are the only God! /

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

\_\_\_\_\_ 15-minute mark  
 in plan timing.

<sup>2</sup> Pope Francis Ash Wednesday 2023 author crossed out “then”

<sup>3</sup> Based on Pope Francis Ash Wednesday 2023

During Lent, we have three great things, practices, we can do to help us remember that we are sinners in need of forgiveness and to prepare our hearts for Jesus' resurrection on Easter Sunday. Using all three things helps to free us from sin and know that Jesus' resurrection makes it possible for us to enter heaven where we will live forever with God in perfect joy while feeling the greatest love.

(small pause: 5-10 seconds)

These three things we need to do are almsgiving, prayer, and fasting. If you wish, hold up a finger for each Lenten practice as I repeat them: one: almsgiving, two: prayer, and three: fasting.

(small pause: 5-10 seconds)

“The sacrifices we make (with extra prayers, fasting and almsgiving) are not to prove how strong we are, but simply to help us share in the suffering of Jesus, who sacrificed himself for us.”<sup>4</sup>

Looking at Jesus, repeat after me:

Jesus, during the Lenten Season /  
draw us closer to You /  
with our almsgiving, prayer, and fasting. /  
Help us to share Your suffering /  
And offer You comfort.  
Amen.

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

One of those things we do in Lent is fasting. When we fast, we join our discomfort of being hungry or wanting to play video games or whatever we are fasting from with Jesus' pain on the Cross. . . . We offer our discomfort or the want to do a particular thing up to Jesus.

Fasting reminds us that we rely on God being the answer to all things or problems more than things in this world such as the food or things we fast from.

As Catholics, we fast on Ash Wednesday, all Fridays of Lent, and Good Friday from meat. . . . Have you chosen anything else to fast from this Lent? (small pause: 5-10 seconds) Could you add an extra fast to the rest of this Lent? (small pause: 5-10 seconds)

Praying and fasting together is a VERY powerful way to pray. Jesus, Himself, fasted and prayed at the same time many times.

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<sup>4</sup> The Magnificat Lenten Companion 2005 page 8 Words in ( ) added by author



As we will hear in the Gospel in a little bit, Jesus, You spent forty days praying and fasting in the desert. You are strong! You resisted the tempting of the devil. (small pause: 5-10 seconds) Jesus, we have entered into the forty days of Lent. We take a moment now to pause and ask You to make us strong like You . . . to help us to be able to avoid sin.

(pause: about 30 seconds)

The second important practice in Lent is prayer. Pope Francis tells us, “Prayer is not a ritual, but a truthful and loving dialogue with the Father.”<sup>5</sup>

This means that we say prayers thoughtfully, lovingly, and not hurrying through them. . . . We share our happiness, our worries, our sadness, our hopes, our everything with Jesus because we trust that He knows us and love us without limit. . . . We share with Jesus the things we might not want to tell others because we know Jesus wants to walk by our side even if we cannot see Him with our regular eyes. We know deep in our hearts and souls that Jesus wants to help us.

We will take the next 3 minutes of quiet time to pray to Jesus. There are some ideas in the worship aid if you need some prayer options.

(3 minutes of silence.)

The third practice we do in Lent is almsgiving. “The giving of alms is one way to share God's gifts—not only through the ~~distribution~~ (giving) of money, but through the sharing of our time and talents.”<sup>6</sup> (Substitute the word in the parentheses for the crossed-out word to make the sentence more child friendly.)

If you are young, you may not have much money yet, but you can help your parents when they buy food to give to the hungry. . . . You could choose to skip a treat and then give that money to those in need. . . . If you can draw, you can draw pictures to comfort those who are sad and lonely. . . . You can share some of your time with someone who needs help.

Take a quiet minute now to prayerfully consider with Jesus’ help how at your age you can give alms with your money, time, and talent.

(1 minutes of silence.)

Please sit.

\_\_\_\_\_ 26-minute mark  
in plan timing.

[If in a small group setting, you may choose to do the following: During the following song, you, 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

<sup>5</sup> Pope Francis Ash Wednesday 2023

<sup>6</sup> USCCB What is Lent? <https://www.usccb.org/prayer-worship/liturgical-year/lent-distribution> (giving) originally distribution

get close to Him. When you reach the front, take a moment to kneel before Jesus. Look at Jesus, the Savior of the World . . . the Lamb of God who takes away the sins of the world. Then stand, bow to Jesus, and then 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: Saviour of the World (booklet) (Play 2x)

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

(Place booklets down.)

Please stand.

**Priest/ Deacon:**

‡ A Reading from the Holy Gospel according to Matthew: 7

Response: Glory to You, O Lord

Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.”

He said in reply, “It is written ‘One does not live by bread alone, but by every word that comes forth from the mouth of God.’”

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down. For it is written: ‘He will command his angels concerning you’ and ‘with their hands they will support you, lest you dash your foot against a stone.’

Jesus answered him, “Again it is written, ‘You shall not put the Lord, your God, to the test.’

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.”

At this, Jesus said to him, “Get away, Satan! It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’”

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<sup>7</sup> Matthew 4:1-11

Then the devil left him and, behold, angels came and ministered to him.

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

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

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

**Leader:**

In Lent, we remember that we are all sinners in need of God's forgiveness. We all sin. It is our human nature after Adam and Eve's first sin. We can offend God by our actions, thoughts, and words.

In your heart, answer the following questions as an examination of conscience to guide your thoughts as to how you may have offended Jesus. <sup>8</sup>

**(small pause between each question: 5-10 seconds)**

Have I said mean things or hurt someone's feelings?  
Am I jealous of anyone or wish bad things on someone?  
Do I listen to my parents and teachers?  
Do I help out when needed?  
Have I been saying my prayers?  
Do I trust in God at all times?  
Do I give God enough attention?  
Do I live my life the way Jesus wants me to?

When we name our sins, we remember how huge Jesus' love is. Know without a doubt that Jesus will always forgive us when we are truly sorry.

If needed, ask Jesus for forgiveness now, and then if you are old enough ask your parents to help you find a time to go to Reconciliation.

**(small pause: 20-30 seconds)**

\_\_\_\_\_ 39-minute mark  
in plan timing.

Remember there are times we play, there are times we work, there are times we talk, and there are times we are quiet and we keep our bodies still. In a minute, we are going to prostrate before Jesus. Please use this silent time to be still and listen to Jesus. See if He has anything to

<sup>8</sup> Jesus + Me, Talking with My Greatest Friend by Melissa Kirking

say to you. If not, that is okay, but Jesus needs us to be quiet so we can hear the stillness of His Words. This may take practice being still, but you can do it!

Please kneel.

Speak Jesus, your children are listening.

Prostrate

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.

(Repeat as needed)

(Try for 3 minutes of silence.)

Please sit.

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

We will now pray parts of The Litany of the Passion.

(If time is short, choose to pray from the lines with an \*)

As we pray the litany, close your eyes to imagine each line. Build a picture in your mind from the words as we pray.

We will begin now. I will say a line and your response will be: "Have mercy on us."

(small pause: 5-10 seconds between lines)

God the Son, Redeemer of the world, \*

Have mercy on us.

God the Holy Spirit,

Have mercy on us.

Holy Trinity, one God,

Have mercy on us.

Jesus, the eternal Wisdom, \*

Have mercy on us.

Jesus, sold for thirty pieces of silver, \*

Have mercy on us.

Jesus, three times<sup>9</sup> denied by Peter, \*

Have mercy on us.  
 Jesus, delivered up to Pilate, \*  
 Have mercy on us.  
 Jesus, despised and mocked by Herod,  
 Have mercy on us.  
 Jesus, clothed in a white garment, \*  
 Have mercy on us.  
 Jesus, bruised for our sins,  
 Have mercy on us.  
 Jesus, crowned with thorns, \*  
 Have mercy on us.  
 Jesus, struck with a reed,  
 Have mercy on us.  
 Jesus, condemned to death, \*  
 Have mercy on us.  
 Jesus, weighed down <sup>10</sup> with the Cross,  
 Have mercy on us.  
 Jesus, stripped of your garments,  
 Have mercy on us.  
 Jesus, fastened with nails to the Cross, \*  
 Have mercy on us.  
 Jesus, wounded for our sins <sup>11</sup>, \*  
 Have mercy on us.  
 Jesus, giving Paradise to the thief, \*  
 Have mercy on us.  
 Jesus, commending Saint John to your Mother as her son,  
 Have mercy on us.  
 Jesus, obedient even unto death, \*  
 Have mercy on us.  
 Jesus, pierced with a lance, \*  
 Have mercy on us.  
 Jesus, made an atonement <sup>12</sup> for us, \*  
 Have mercy on us.  
 Jesus, who shall come to judge the living and the dead, \*  
 Have mercy on us.

As you imagined Jesus in each line as we prayed the litany, you may have felt a deep love for Jesus come over you. You may have also felt sadness or sorrow for what happened to Jesus.

Our feelings of sadness, sorrow, or wishing Jesus didn't have to suffer the pain from His death on the Cross can lead us to feel sadness and sorrow for others we see suffering now. <sup>13</sup> . . . Thinking of Jesus' suffering and our wanting to help Him can open our hearts to actually do things to help stop other people's suffering.

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<sup>10</sup> "laden" replaced with "weighed down"

<sup>11</sup> "iniquities" replaced with "sins"

<sup>12</sup> "propitiation" replaced with "atonement"

<sup>13</sup> Based on Pope F message for Lent 2020

With Jesus' help, take a moment to think of people you know and even people you may not know who are suffering. Then ask Jesus what is at least one thing you can do to help stop the other person's suffering.

(pause: about 60 seconds)

We will now pray the Act of Hope. Please repeat after me.

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.)

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

Moment of silence. (30 seconds)

Please kneel.

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

Song: I Believe (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. <sup>14</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.

**\*\* 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.

<sup>14</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

All: Amen. <sup>15</sup>

Moment of silence. (30 seconds)

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. <sup>16</sup> 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

<sup>15</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>16</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

(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.]

Let us pray a fasting prayer. Repeat after me:

Jesus, please help us / to fast from hurting words / and say kind words. /  
 To fast from sadness / and be filled with gratefulness. /  
 To fast from anger / and be filled with patience. /  
 To fast from pessimism / and be filled with hope. /  
 To fast from worries / and have trust in God. /  
 To fast from complaining / and be thankful. /  
 To fast from bitterness / and fill our hearts with joy. /  
 To fast from selfishness / and be kind to others. /  
 To fast from grudges / and be forgiving. /  
 To fast from words / and be silent so we can listen to You. /  
 Amen.

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

Blessed Brother Andre said, "O Holy angels, make me see God on the altar as you see Him in heaven." Let us pray that now. Repeat after me:

"O Holy angels, / make me see God on the altar / as you see Him in heaven."

Take time looking at Jesus in the Blessed Sacrament and then closing your eyes and picturing Jesus in all His glory in heaven. Repeat this several times.

(A moment of silence.)

Pray the Our Father.



### **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;

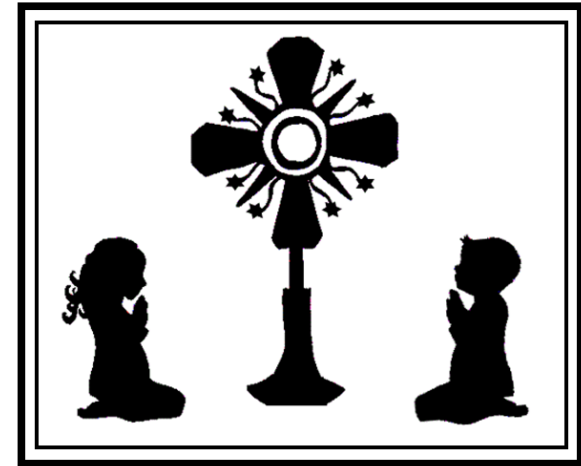
All on earth Thy scepter claim; All in heaven above adore Thee.

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



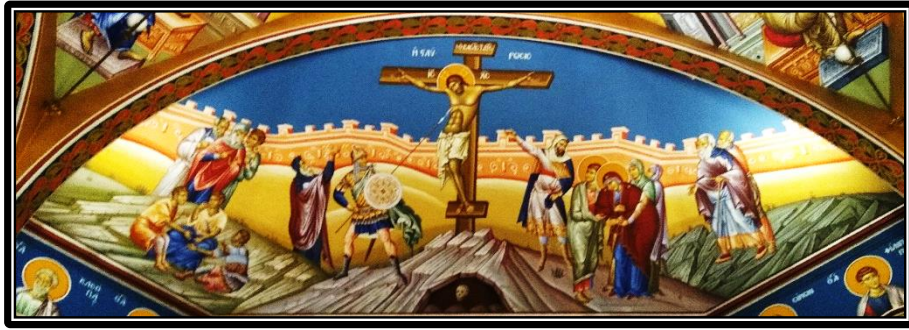
# **Guided Children's Adoration**



## **Exposition Song: Come Adore**

Gather: Comprehensive #888





## Prayer Options

Tell Jesus 5 wonderful things about Him.

Tell Jesus 5 things you are thankful for.

Ask Jesus for help for yourself & for as many people as you like.

Pray an Our Father slowly and thinking about what each line means.

Ask Jesus to help you become more like Him in the way  
 you look at people,  
 hear people's words,  
 speak to people, and  
 think about others.

Ask Jesus to help you have new understanding and thankfulness  
 for His willingness to suffer and die on the cross for your sins.

### Prayerfully ponder parts of Psalm 51:

“Have mercy on me, O God,  
 according to your steadfast love;  
 according to your abundant mercy  
 blot out my transgressions.

Wash me thoroughly from my iniquity,  
 and cleanse me from my sin!

For I know my transgressions,  
 and my sin is ever before me,  
 Against you, you alone, have I

sinned, and done that which is evil in your sight ...

Hide your face from my sins,  
 and blot out all my iniquities”

## Saviour of the World



## 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



## 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 Kohlhase, 2008, [www.k4communications.com](http://www.k4communications.com). Song/words used with permission by Karl Kohlhase. 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")

*Saviour of the World: Album: And with Your Spirit*, John Burland. Dec 31 2010