



## **Guided Children's Hour of Adoration (Lenten Journey of Hope – Jubilee Year Theme Overview)**

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Opening Prayer

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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 Lenten Journey of Hope – Jubilee Year 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.]

Welcome!

We are fortunate to have time with Jesus today/tonight. Tonight, we will focus with a Lent of Hope theme in preparing our hearts for Easter.

This year we . . . the Catholic Church all over the world is celebrating a Jubilee year declared by Pope Francis. The Catholic Church has a jubilee every 25 years with the pope deciding on a theme. This Jubilee theme is Pilgrims of Hope meaning that we are pilgrims filled with hope journeying towards heaven.

If we think about this Pilgrims of Hope theme for the season of Lent. . . starting on Ash Wednesday until Easter Sunday . . . we can think about a pilgrimage . . . a holy journey . . . a holy trip to Easter Sunday . . . that takes us closer to Jesus.

Now, just our reminders. **[as needed]**

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, to teach them how they can use their time before the Blessed Sacrament, and to help them 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.

**[If appropriate:** Also, I thought we would try that if you parents feel 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.**]**

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 breaths 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. <sup>1</sup>

\_\_\_\_\_ 6-minute mark  
in plan timing.

Moment of silence. (30 seconds)

Leader:

**Key for Pauses**

. . . . indicates 1-2 seconds of silence

small pause: 5-10 seconds

pause: about 30 seconds

silence: 30-60 seconds

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

(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)

Do you see Jesus? . . . Do you see before us on the altar the Lamb of God who takes away the sins of the world? . . . our very King!?

(small pause: 5-10 seconds)

Jesus, You are the Lamb of God . . . You may look like bread right now . . . but Your Body is before us. . . You are our Savior . . . You died on the cross . . . You are hidden before us in the Blessed Host on the altar . . . Jesus, I see You right now . . . before me . . . Your body that was nailed to the cross for our sins . . . You are just wearing a type of clothes that make us seem You as bread.

(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, / Your Blood, / Your Soul, / and Your Divinity / in what looks like bread, / but is really and truly You.

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

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

Please sit.

\_\_\_\_\_ 9-minute mark  
in plan timing.

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.)

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. In your own words, thank Him now for this.

(small pause: 5-10 seconds)

Raise your hand if you have ever taken a long walk? (small pause: 5-10 seconds)

Long walks are good . . . they can be hard . . . we might get tired on the way . . . but they can be a lot of fun too . . . and take us to some really wonderful places. Long walks are so worth taking!

There are certain things that we can have or bring that make a long walk easier and help us get the most of the experience.

(1) good shoes, (2) a backpack, and (3) water to drink are three things that are really helpful on long walks. (small pause: 5-10 seconds)

Just like these three things for a long walk, there are three pillars . . . 3 things that we focus on doing . . . that are good for us to do in this Lent of Hope to help us journey . . . travel closer to Jesus and prepare our hearts and minds for Easter. These three pillars make the journey easier and help us get the most of our Lenten journey. They are prayer, fasting, and almsgiving.

Please stand.

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

Right now, let's pretend/imagine to journey . . . to take a 40-day trip towards Easter Sunday to our Jesus, risen from the dead.

Reach down right now and put on your good walking shoes . . . now put on your light backpack . . . and lastly pick up your water bottle to carry with you. (small pause: 5-10 seconds)

[For younger groups of children:] Let's walk in place for a moment . . . [continue encouraging the walking in place for the younger children throughout the meditation.]

Close your eyes if you wish . . . imagine you are walking and getting closer to Easter . . . you've walked to Ash Wednesday and had ashes placed on your forehead and have walked past it . . . (small pause: 5-10 seconds)

Now you're eating fish on Fridays for 40 days . . . and now you've walked past those Fridays of eating fish. . .

You are at the point of Holy Thursday on your journey of Hope to Easter and you see the foot washing and remember the Last Supper . . . and you keep walking . . .

You have walked right to Good Friday and you hear the Stations of the Cross . . . you kiss the cross . . . and then you continue to walk to Easter Sunday Mass . . .

At this Mass, you hear the priest say the words of consecration and see Him lift Jesus up in the Eucharist . . . imagine now walking up at communion time . . . Jesus in His human body stands there waiting for you.

Whoa! What a wonderful thing . . . Jesus is smiling at you . . . His hand reaches out to you . . . you see and feel so much love coming from Him to you.

Your long journey took you right to Jesus and such a joy fills you!

Please sit.

\_\_\_\_\_ 14-minute mark  
in plan timing.

The three pillars on our Lenten journey of Hope are:

- Prayer . . . which is kind of like good shoes
- Fasting . . . which is like a backpack
- Almsgiving . . . which is like having water to drink

(small pause: 5-10 seconds)

If you wish, hold up a finger for each Lenten practice as I say them and then repeat them after me:

1. prayer
2. fasting
3. almsgiving

(small pause: 5-10 seconds)

Let's ponder . . . prayerfully think about each one.

In this Lent of Hope, our first pillar to help us on our journey is Prayer.

Prayer is talking AND listening to God. That one is pretty easy to understand. We pray to get to know God as our God . . . as someone who loves us no matter what we do or what mistakes we make . . . as someone we can always trust and share our heart with . . . the one who always forgives us . . . the person who always wants to help us love and have us join Him in heaven.

It is good that we know **facts** about God such as . . .

- God is a Trinity . . . the Father, Son, and Holy Spirit
- Jesus came to earth as a baby and lived on earth as a man
- Jesus died on the cross to free us from our sins
- Jesus rose from the dead and opened the gates of heaven so we can be with Him there one day

Now let's think of some **facts** about your mom or dad. (small pause: 5-10 seconds between each fact question)

- What is their name?
- What is their hair color?
- How old are they?
- How many children do they have?

Facts are our head knowledge. Facts don't tell us how we feel about someone or how someone feels about us.

Now think about how you know **more** than facts about your mom or dad.

You talk to them, so you know their favorite animal . . . you feel their hugs and you know how they take care of you when they feed you dinner or tuck you in at night . . . which lets you know how much they love you . . . you hear them correct you in love when you've done something that is wrong . . . by talking and listening to them you learn what is okay and what is not okay to do . . . when you are sad you can talk with your Mom or Dad and they help you feel better . . . we could go on and on!

Knowing your mom or dad is SO much better than just knowing facts about them! You know them so you love them, and you know them so you feel loved by them.

To **know** God we must pray . . . talk and listen . . . to Him similarly to how we talk and listen to our Mom and Dad. . . The more time we spend talking and listening to God . . . the better we get to know and understand God and what wonderful things He desires for us . . . by talking and listening to God we get to know His gigantic love for each one of us . . . that He always wants to help in good and bad times . . . by talking and listening to God we get to know what He wants us to do . . . what are good choices and what are bad choices.

Knowing God is SO much better than just knowing facts about God. Knowing God allows you to love Him and knowing God allows you to feel immensely loved by God.

Just like good shoes on a long walk help us to walk for long periods and over difficult surfaces; prayer is an important thing to do that helps us avoid sin for a long period of time and helps us get through hard days.

\_\_\_\_\_ 19-minute mark  
in plan timing.

Let's pray now. (Pause: about 10-60 seconds between lines.)

- Please kneel!
- Thank Jesus that you can talk and listen to Him.
- Tell Jesus you love Him in whatever words or actions you feel called to do.
- Just like you thank Mom or Dad for things they give you or that they do for you, thank Jesus for 10 things. You can count on your fingers if you like.
- Tell Jesus about anything that is bothering you . . . upsetting you . . . or you are sad about.
- Tell Jesus about the times this week or month when you felt happy.

Now let's take 3 minutes of silence to listen to Jesus.

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)

Prostrate or kneel – adorer's choice.

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.

(Try for 3 minutes of silence.)

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

Another way we can pray . . . talk to and especially listen to God is by listening or reading The Bible.

Before we listen some more to God in a Gospel Reading, I want to remind you about the three small crosses we make on our body when the priest or deacon does the Reading. When the priest or deacon says, "A Reading from the Holy Gospel according to . . .," we reply with "Glory to You O Lord" and make those three crosses.

Let's practice those three crosses now as I remind you what we are saying to Jesus as we do.

1. First, we make a small cross in the middle of our forehead: Inside your mind you are saying "Jesus, be in my thoughts."

Make the cross on your forehead and say that with me now: "Jesus, be in my thoughts."  
(Pause long enough so the children don't repeat after you anymore.)

This forehead cross tells Jesus that you want to think about Him and to think about how He wants you to act. This cross asks Jesus to help you think about other people with love like He does.

2. Second, we make a small cross on our lips: Inside your mind you are saying, “Jesus, be in my words.”

Make the cross on your lips and say that with me now: “Jesus, be on my lips.” **(Pause long enough so the children don’t repeat after you anymore.)**

This lip cross tells Jesus that you want His help to speak good things about Him to others and that you are asking for His help to let your words be full of love like His are.

3. Third, we make a small cross over our heart: Inside your mind you are saying, “Jesus, be in my heart.”

Make the cross on your forehead and say that with me now: “Jesus, be in my heart.” **(Pause long enough so the children don’t repeat after you anymore.)**

This heart cross tells Jesus that you want Him to help you love other people with big love like He does and you want His help to keep your heart close to His.

Now stand for the Gospel:

\_\_\_\_\_ 27-minute mark  
in plan timing.

✠ A Reading from the Holy Gospel according to Mark <sup>2</sup>  
Response: Glory to You O Lord

“One of the scribes, when he came forward and heard them disputing and saw how well he had answered them, asked him, “Which is the first of all the commandments?”

Jesus replied, “The first is this: ‘Hear, O Israel! The Lord our God is Lord alone!

You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’

The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

**Brief 2–3-minute Homily from presider. Or continue to following prayer.**

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

**Leader:**

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

During the following song, you, may quietly walk . . . take a very short pilgrimage from your seat to the foot of our Eucharistic King, Jesus. Come down the center aisle like at communion

<sup>2</sup> Mark 12:28-31

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. Look at Jesus, the Savior of the World . . . the Lamb of God who takes away the sins of the world. Ask Jesus to fill you and surround you with His love . . . like He will for all eternity in heaven. When it is time to 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: Jubilee Hymn - Pilgrims of Hope - UK version (booklet)

[https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?si=add8a2e15d5a4c38836b62ff14d9bf56&utm\\_source=clipboard&utm\\_medium=text&utm\\_campaign=social\\_sharing](https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?si=add8a2e15d5a4c38836b62ff14d9bf56&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)

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

[https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?utm\\_source=clipboard&utm\\_medium=text&utm\\_campaign=social\\_sharing](https://soundcloud.com/ooberfuse/jubilee-hymn-pilgrims-of-hope-uk-version?utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)

On our Lenten Journey of Hope, pillar two is fasting.

Fasting is when we don't eat certain things like candy, or we don't eat at certain times like between meals on Ash Wednesday. . . . Fasting can also be not doing something we normally do like playing video games or watching TV every day.

When we fast, we join our discomfort of being hungry or our desire . . . the wanting to play video games or whatever we are fasting from with Jesus' pain on the Cross. . . .

Nod your head yes or no. Did Jesus hurt on the cross? Yes!

Nod your head yes or no. Did He stay up there anyways? Yes!

We may not feel our body hurt with cuts and bruises per se when we fast . . . but our stomach [younger children: tummies] can get rumbly if we don't eat between meals and that can be uncomfortable . . . certainly not a fun feeling or . . . we can get antsy . . . or feel uncomfortable because we want to eat candy or do a certain thing. . . . These feelings or hurting are what we offer to Jesus on the cross . . . we are saying, "here Jesus, I give you this uncomfortable feeling . . . I join it with your pain on the cross for . . . ." a special prayer intention.

The prayer intention could be

- that more people love Jesus
- that we ourselves learn to love Jesus more and more, or
- we can tell Jesus the offering is for whatever He wants to use it for.

Fasting reminds us that we rely on . . . we trust God. . . That God is THE answer to all things and ALL problems way more than things in this world such as the food or the activity we like to do.

Another thing we can say is, “Here Jesus, I am hungry, or I want candy but I’m not going to eat it. Help me to want You . . . want to love You . . . want to follow You more than I want food or candy right now. Help me to hunger for You, Jesus.”

Fasting is like carrying a backpack . . . you make a backpack light for your long walk . . . leaving what you don’t need behind . . . like the fasting in our Lenten Journey of Hope . . . where we leave the things we don’t need to rely on behind.

Take a minute to talk to Jesus about what you might be fasting from this Lent of Hope. And then together with Jesus, find the words you can say to Him when you feel that your fast is hard or not fun.

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

(pause: about 60 seconds)

Looking at Jesus in the Eucharist, repeat after me:

Jesus, You are my hope.

Jesus, You are the answer to everything

Jesus, I trust You.

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

Pillar three is almsgiving.

Almsgiving is when . . . out of love for God and others we give money or items or even our time to someone in need. Almsgiving is also when we, with great love, do acts of kindness. “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>3</sup>

In almsgiving, this love for God and others is so important . . . it is key and needs to be part of our alms. We are not giving money or doing nice things because we have to . . . or because we are supposed to . . . or because we hope that the person will do something nice for us in return. We are doing the alms because we want . . . we desire to love like Jesus.

Let us all tell Jesus now what we need to have as we do alms. . . . LOVE!

Just like bringing water on a long walk, we do Alms . . . we bring love on our journey to Easter. Just like you can share the water with another person on the long walk . . . we share our acts of love with others on our pilgrimage . . . our journey to Easter.

Talk to Jesus right now about Almsgiving. Have you planned to give alms this Lent of Hope? Can you choose 1 or 2 or more ways you can give alms before Easter Sunday? Can you ask Him to make the love you show others stronger?

(pause: about 60 seconds)

\_\_\_\_\_ 45-minute mark  
in plan timing.

<sup>3</sup> USCCB What is Lent? <https://www.usccb.org/prayer-worship/liturgical-year/lent-distribution> (giving) originally distribution. Bold added.

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.)**

\_\_\_\_\_ 48-minute mark  
in plan timing.

These 3 Pillars . . . Prayer, Fasting, Almsgiving that are good for us to do in Lent, we do with **HOPE** just like the Jubilee Theme says . . . making us Pilgrims of Hope. We pray, fast and give alms in the **hope** that we get closer to Jesus . . . closer to heaven. We pray, fast and give alms also in the **hope** that other people feel the love of Jesus by what we do and how we do it.

It is a joyful hope . . . a hope that can absolutely come true! A hope . . . a trust in Jesus and His Word.

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.)**

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>4</sup>]**

**Priest/Deacon:**  
Let us pray.

**\*\* 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>4</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

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>5</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>6</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.

<sup>5</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>6</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

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.]

In a slow, prayerful way say, "Jesus, I hope in You!" ten or even twenty times.

Let's pray together An Act of Spiritual Communion.

My Jesus,  
 I believe that You are present in the Most Holy Sacrament.  
 I love You above all things,  
 and I desire to receive You into my soul.  
 Since I cannot at this moment  
 receive You sacramentally,  
 come at least spiritually into my heart.  
 I embrace You as if You were already there  
 and unite myself wholly to You.  
 Never permit me to be separated from You.  
 Amen.

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)

Jesus, sold for thirty pieces of silver, \*

Have mercy on us.

Jesus, three times <sup>7</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>8</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>9</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>10</sup> for us, \*  
 Have mercy on us.  
 Jesus, who shall come to judge the living and the dead, \*  
 Have mercy on us.

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<sup>8</sup> "laden" replaced with "weighed down"

<sup>9</sup> "iniquities" replaced with "sins"

<sup>10</sup> "propitiation" replaced with "atonement"



### **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;

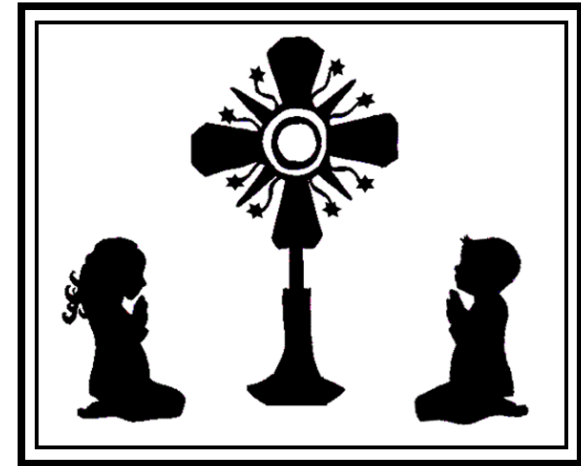
All on earth Thy scepter claim; All in heaven above adore Thee.

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



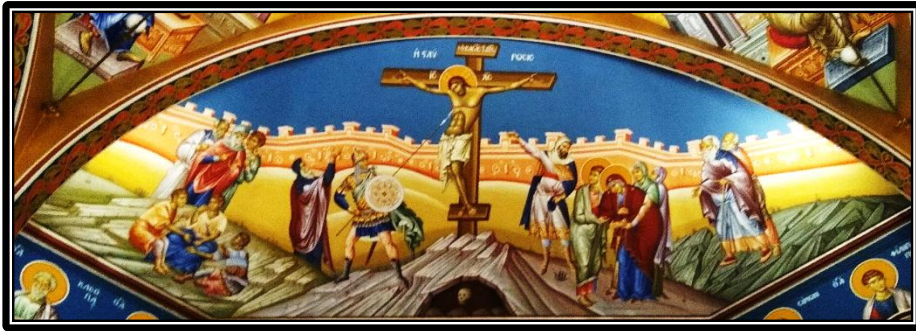
## **Guided Children's Adoration**



### **Exposition Song: Come Adore**

Gather: Comprehensive #888





## Prayer Options

Pray and ponder these words from Blessed Brother Andre:  
 “O Holy angels, make me see God on the altar as you see Him in heaven.”

Then 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.

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

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

### Prayer the Act of Hope

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.

### Pray:

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.



## Jubilee Hymn - Pilgrims of Hope

Original text: Pierangelo Sequeri English translation: Andrew Wadsworth  
 Music: Francesco Meneghello

Like a flame my hope is burning, may my song arise to you:

Source of life that has no ending, on life's path I trust in you.

Ev'ry nation, tongue, and people find a light within your Word.

Scattered fragile sons and daughters find a home in your dear Son.

God, so tender and so patient, dawn of hope, you care for all.

Heav'n and earth are recreated by the Spirit of Life set free.

Raise your eyes, the wind is blowing, for our God is born in time.

Son made man for you and many who will find the way in him.

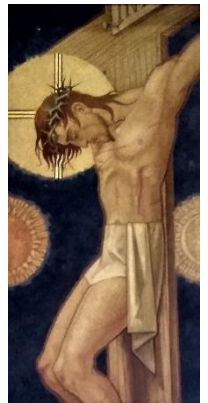
## Song: I Believe

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:

(All listed songs hold copyrights and are subject to copyright laws. Please consult your own parish's rights to use the suggested songs.)

*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")

*Jubilee Hymn - Pilgrims of Hope*: Original text: Pierangelo Sequeri English translation: Andrew Wadsworth, Music: Francesco Meneghello.