



Guided Children's Hour of Adoration (Lenten Theme Overview)

Introduction

Exposition of the Eucharist - Kneeling and Song: Come Adore

Opening Prayer

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

Fatima Prayer

Lenten Prayer

A Reading from the Gospel of Matthew

Lenten Prayer on Fasting/Feasting

Prostrate

St. Veronica Story

Song: Now We Remain

Repeat After Prayer

Scripture Mixed with Silence

Pope Clement XI Prayer (part of)

Repeat Prayer

Litany of Forgiveness

Prostrate

If time: Decade - 1st Sorrowful Mystery: Agony in the Garden

Christ to Calvary Reflection

Act of Hope

Jesus' Graces

Song: I Believe

Closing Prayer

Benediction and Divine Praises

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

Published with the approval of the Committee on Divine Worship, United States
Conference of Catholic Bishops

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved.

Scripture texts in this work are taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Copyright © Melissa Kirking, Round Rock, Texas

All plans, activities, information, etc. are free; however they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on www.guidedchildrensadoration.com.

Contact Information: melissa@guidedchildrensadoration.com



Guided Eucharistic Adoration for Children Lenten

Copyright: All plans, activities, information, etc. are free; however they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on www.guidedchildrensadoration.com.

[As we wait for the students to file in and get settled, play reflective music in the background to encourage silence and reflection.]

Leader:

[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.**

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

Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord. Take a few deep breathes and feel the Lord's peace fill you.

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: Come Adore (hymnal)

[The Blessed Sacrament is placed in the monstrance on the altar. The presider then

kneels before the altar. If altar servers are available, the priest or deacon incenses the Blessed Sacrament.]

Priest/Deacon:

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

Opening Prayer:

Let us pray.

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

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

All: Amen.¹

Leader:

Look closely at the white consecrated host in the middle of the monstrance. . . . Behold, you see the Lamb of God who takes away the sins of the world Christ, our Savior, who died on the cross, is hidden before us in the Blessed Host on the altar how incredibly blessed, fortunate, we are that He makes Himself present to us Body, Blood, Soul, and Divinity in what appears as bread. This is Jesus, our God. . . . No greater gift has ever been given to us. Jesus loves you very, very much Honor Him now with your love . . . whisper in your heart words of love to Jesus, your Savior. (Silence)

We are going to say one of the Fatima prayers taught by Our Lady. Look at Jesus and repeat after me: "O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!"²

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass

² Fatima Prayer taught by Our Lady of Fatima

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

Please sit.

We are going to say a prayer asking Jesus to help us during this Lenten season. Looking at Jesus in the Blessed Host, repeat after me:

Jesus, / "in this holy season of Lent, / help us to turn our minds and hearts back to you. / Lead us into sincere repentance / and renew our lives with your grace. / Help us to remember that we are sinners, / but even more, / help us to remember your loving mercy." ³ / Prepare us for Your Resurrection on Easter Sunday.

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

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Matthew

Response: Glory to You, O Lord

"When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you." (Matthew 6:16-18)

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

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

Leader:

Listen now to a Lenten prayer which talks about fasting, not doing certain things and also about feasting, trying to do certain things. You will hear it slowly so that you can hear Jesus in the words.

Fast from thinking bad things about others; feast on seeing Christ in others.

³ Catholic Update Feb 2004 Ash Wednesday: "Our Shifting Understanding of Lent" - A Prayer for Ash Wednesday by Fr. Lawrence E. Mick

Fast from worrying; feast on trusting in God
 Fast from complaining; feast on giving thanks.
 Fast from getting mad at others; feast on forgiving.
 Fast from thinking only about yourself; feast on thinking of others.
 Fast from thinking you aren't good enough; feast on hope in Jesus.

Repeat after me: Loving God, / during this season of fasting and feasting, / be with us, / so we can be Your love to others by doing Your work. / Amen.⁴

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

In a minute, we are going to prostrate before Jesus. Take this silent time to reflect on God's great love for **you**. Love deeper than we can imagine . . . love so deep that He chose to die for you.

Prostrate - *A couple of minutes of silence.*

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.

Please sit.

Listen now about St. Veronica.

According to tradition, St. Veronica was one of the holy women in the crowd that Jesus spoke to while carrying His cross to Calvary. By that point, Jesus was exhausted . . . sweating . . . bleeding. St. Veronica loved Jesus so much and felt such sadness at His pain. She tried to provide a small measure of comfort to her Lord by wiping the blood and sweat from His face with a cloth. The image of Jesus' face was miraculously imprinted upon that cloth.

Jesus still suffers today when He sees the mean things people do to each other, when He sees people don't believe in Him, or they say bad things about Him. **We** can comfort Jesus today and every day with our words of love to Him, our prayers and devotion to Him. We can offer Jesus our pain when our feelings get hurt or when our bodies get hurt. We comfort Jesus also when we do kind things to others. All of these things are offerings of love to Jesus like St. Veronica offering her love to Jesus by her act of kindness. Let's take a quiet moment, especially during this season of Lent, to think about

⁴ Unknown origins adapted many times by many people

the ways you can show Jesus your love and provide Him comfort from His sufferings by your prayers, offerings, and kindness towards others. (A minute of silence.)

Ask our Lord that, just like St. Veronica's cloth, His Holy Face may be imprinted on your heart so that you may always be mindful of the Passion and Death of our Lord Jesus Christ. . . . Close your eyes and see His Holy Face on your heart. ⁵ (Silence)

Sing: Now We Remain (Verse 1 & 3 hymnal)

On Good Friday, we remember Jesus dying on the cross to save us from our own faults and sins. He suffered immensely so that we might one day join Him in heaven. We want to take the time to appreciate all He did for us on Good Friday and always. So, repeat after me: "We adore You, / Lord Jesus Christ / and we praise You, / because by Your Holy Cross / You have redeemed the world." (A moment of silence.)

Keeping your eyes upon Jesus in the monstrance, we are going to have silence mixed with me saying lines of scripture. Listen to Jesus talking to you in the lines of scripture and in the silence of your hearts. (Pause between lines.)

"I wait for you, O Lord; I lift up my soul to my God." Psalm 25:1

"For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life." John 3:16

"Whoever has my commandments and observes them is the one who loves me." John 14:21

"Guide me in your truth and teach me, for you are God my Savior." Psalm 25:5

Let us now say parts of a prayer by Pope Clement XI (11th). Again you will repeat after me. (booklet or younger children can do in a repeat after fashion)

Lord, I believe in You: / increase my faith. /
I trust in You: / strengthen my trust. /
I love You: / let me love You more and more. /
I am sorry for my sins: / deepen my sorrow.

Guide me by Your wisdom, /
Correct me with Your justice, /
Comfort me with Your mercy, /

⁵ Based on a part of the prayer to St. Veronica

Protect me with Your power.

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

We will now say parts of a Litany of Forgiveness ⁶

I will say the first section and you will respond with: forgive me Lord. Try that with me now: forgive me Lord.

For the times I was not kind enough to others,

Response: forgive me Lord.

For not sharing my time, talent and treasure,

Response: forgive me Lord.

For holding grudges and refusing to have a forgiving heart,

Response: forgive me Lord.

For the times I talked badly about others,

Response: forgive me Lord.

For being greedy,

Response: forgive me Lord.

For not living fully for You,

Response: forgive me Lord.

For doubting that You can and will forgive me unconditionally,

Response: forgive me Lord.

For doubting that You love me with an everlasting love,

Response: forgive me Lord.

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

Take a moment now and search your heart for anything for which you might need to ask Jesus' forgiveness. (A minute of silence.)

Joel, in the Bible, reminds us that our God is "gracious and merciful...slow to anger, rich in kindness and relenting in (or forgiving of) punishment"

We too now ask Jesus for His mercy, His loving kindness. So repeat after me: "Lord Jesus Christ, / by Your holy and glorious wounds, / have mercy on us."

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

In a minute, we are going to prostrate before Jesus. Take this silent time to talk with

⁶ Some chosen sections partially reworded

Jesus about your deepest needs, your desires, thank Him for your blessings grow closer to Jesus by spending this quiet time with Him.

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

Please sit.

(If time) We are going to pray one Decade of the Rosary.

We are going to focus on the 1st Sorrowful Mystery: The Agony of Our Lord in the Garden: In the Garden, Jesus saw the sins of the world before him and a vision of the suffering and death he would go through. Jesus prayed saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." (Matthew 26:39)

Our Father, 10 Hail Marys, Glory Be

End Rosary with O My Jesus.

We are going to enter into a silent period of prayer from our hearts. In this time, think about the Decade we just prayed - how Jesus suffered in the garden yet remained true to His Father's will.

(Several moments of silence.)

(For older children) Let's take some more time to meditate . . . to focus on the suffering of our Savior, Christ, on His way to Calvary. Our Jesus suffered agony in the Garden knowing what he would go through . . . He was taken from His disciples like a criminal and listened while people told lies about him . . . Jesus was beaten with a whip over and over . . . Jesus was crowned with thorns . . . thorns that were long and sharp . . . our Jesus carried a heavy, heavy wooden cross (after being beaten) . . . people spit on Him and yelled horrible things at Him . . . He was so weak and He fell multiple times yet the guards would whip Him to get up . . . and yet the pain for our Lord continued . . . He endured nails being hammered through His hands and His feet . . . Jesus then hung from the cross, gasping for air before He died. Our Lord . . . Our Savior . . . Christ . . . what pain He endured for you . . . for me . . . because of His tremendous, unfathomable love for us.

(Several moments of silence.)

Repeat in sections: Act of Hope (booklet)

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.)

"During Eucharistic Adoration Jesus exposes His Sacred Heart, opening it wide for us to draw abundant graces won for us by His most painful death on the cross. Yes, Jesus has treasures beyond what we can imagine but we have to come and claim them."⁷

Claim those graces now. Ask Jesus now to fill you with His graces. Close your eyes and feel His graces come upon you. (Silence)

Our time before and with Jesus, our Savior, is coming to a close. In our hearts let us again tell Jesus of our great love for Him. (Silence) Thank Him again for dying on the cross for you. (Silence)

Please kneel.

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

Song: I Believe (booklet)

[During the song, the minister may incense the Holy Eucharist. After the song is finished, he stands and sings or says a prayer such as the following.⁸]

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.

⁷ The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist by Lee Ann Schoofs

⁸ No 98 Holy Communion & Worship of the Eucharist Outside Mass

All: Amen.⁹

Moment of silence.

Leader:

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

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence.¹⁰ 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.

⁹ No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹⁰ No 99 Holy Communion & Worship of the Eucharist Outside Mass

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.]

Keeping your eyes upon Jesus in the monstrance, we are going to have some more silence mixed with me saying lines of scripture. Listen to Jesus talking to you in the silence of your hearts. *(Pause between lines.)*

"The law of the Lord is perfect, refreshing for the soul." Psalm 19:8

"I love you, Lord, my strength, Lord, my rock, my fortress, my deliverer." Psalm 18:3

"Happy are all who take refuge in God." Psalm 2

"show me the path I should walk, for to you I entrust my life." Psalm 143:8

"O Most High, when I am afraid, in you I place my trust" Psalm 56:3

Look closely at the Eucharist in the monstrance. Look and see Jesus, our Lord and God. *(pause)* Looking at Jesus, repeat after me: "Jesus, during the Lenten Season /draw me closer to You / with my prayer and fasting."

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

Repeat: "Have mercy on me, God, / have mercy on me" Psalm 57:2

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

Prayer of St. Gertrude the Great: *(Repeat in sections.)*

Eternal Father, / I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, / in union with the masses said throughout the world today, / for all the souls in Purgatory, / for sinners everywhere, / for sinners in the universal church, / those in my own home and within my family. / Amen.

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

We believe that Jesus is really present here in the Eucharist. We want to express this belief so together we make an act of faith. (Act of Faith) (Repeat in sections.)

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

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

Repeat: O Lord, / I give my life to You / because You are the Father / of all that exists / especially of my soul.¹¹

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

Say 3 Times: O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine.

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

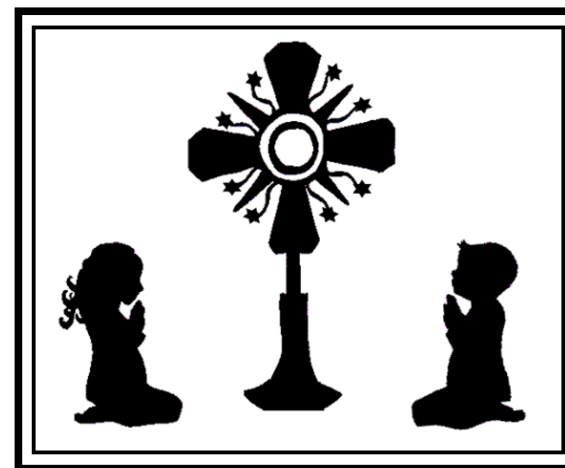
Think about the blessings and graces Jesus has given you. Silently name those blessings one by one and think our gracious Lord for each of those.

(A moments of silence.)

¹¹ Children of Hope Present Children's Adoration DVD, words of Fr. Antoine

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.



Guided Children's Adoration



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

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. x2



Exposition Song: Come Adore

Gather: Comprehensive #888



By Your Holy Cross You
Have Redeemed the World

Song: Now We Remain

Gather: Comprehensive #694

Pope Clement X I Prayer

Lord, I believe in You: increase my faith.
I trust in You: strengthen my trust.
I love You: let me love You more and more.
I am sorry for my sins: deepen my sorrow.

I worship You as my first beginning,
I long for You as my last end,
I praise You as my constant helper,
And call on You as my loving protector.

Amen.

Act of Hope

Oh my God, relying on Your infinite goodness and promises, I hope to obtain pardon for my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.



Forgive me Lord



Song: I Believe

by Karl Kohlhase, 2008, 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/DVDs:

Children of Hope Present Children's Adoration DVD with Father Antoine of the Community of Saint John DVD, Gregg Clemons Audio/Video Productions, www.childrenofhope.org.

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, ICEL. All rights reserved.

Scripture texts in this work are taken from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

Internet Resources:

www.americancatholic.org, Catholic Update, Feb 2004 Ash Wednesday: "Our Shifting Understanding of Lent" - A Prayer for Ash Wednesday by Fr. Lawrence E. Mick. Used with permission.

www.therealpresence.org, The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist by Lee Ann Schoofs, Eternal Life.
<http://therealpresence.org/eucharst/pea/element.htm>

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.
Press. 2000

I Believe: Words and Music for Eucharistic Adoration by Karl Kohlhase, 2008, 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")

Holy God, We Praise Thy Name: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #524.

Now We Remain: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #694.