



Guided Children's Hour of Adoration ("Little Ways" 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

Jesus Living in our Hearts

St. Therese's Little Ways

Gifts to Jesus

Prostration

Giving God our Everything

God's Garden

Song: Let Us Adore & Bowing Before Jesus

Prayer for Souls in Purgatory

Gospel: Matthew 7:12

St John Paul II Quote and Reflection

Repeat Line

Prostration

S. Therese's Intercessions and Joining her Mission

Petition Prayers

Giving God everything

St Theresa Quote and Speaking to Jesus

Repeat Line Prayer and Visualization

Good-byes

Song: Make My Heart Your Dwelling Place

Closing Prayer

Benediction and Divine Praises

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

Based on previous plans' rubric 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 "Little Ways" 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.]

Leader:

[Leader should stand at the front of the church for this Introduction.]

_____ 0 minute mark
in plan timing.

[Please note the estimated timing in the right side margins. For your ease, you can write the actual minutes of the hour prior to beginning. Example: 4:15, 4:18, etc. However, a firm time is you must start the closing kneel by 48-50 minutes past the start of the Adoration to close on time.]

[Welcome the children to Eucharistic Adoration. Issue reminders as needed about Christ's True Presence in the Eucharist, behavior expectations, posture, booklets only being held when needed, what to do in the silence, etc. See: "An Introduction for Children about Eucharistic Adoration" for suggestions.]

We are here to adore Jesus - to love Jesus in the Blessed Sacrament.

Jesus, in the form of the Consecrated Host, which is the host that Father holds up during Mass at communion time, is placed inside the Monstrance in a clear window for us to see. Jesus is seen in the form of a white host, a white circle, in the middle of the Monstrance.

We are here today for a special time of prayer before the Eucharistic presence of Jesus.

Adoration shows that we know God is really our God and that we know that He has made everything everywhere including us.

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 stay in your pew or on your mat.

[Request teacher/parental assistance prior to Exposition:]

Teachers/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.

I know that we won't necessarily hear a pin drop in the chapel. I also know that at one time or another that we have each had to settle one of our little ones when they have gotten noisy or started crying. In trying to be mindful of each other, it is ok to step out to settle your little ones. God's graces flow out to you and your sweetie whether you are in the chapel, the narthex, or outside.

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....]

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, be still, and feel the Lord's peace fill you.

Moment of silence. (30 seconds - 1 minute)

_____ 3 minute mark
in plan timing.

[Leader should be seated behind the children.]

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

[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:

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

Moment of silence. (30 seconds)

Leader:

_____ 7 minute mark
in plan timing.

Key for Pauses

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

Right now, this very second, Jesus is here with us. . . . Jesus is Love which means that Love is here too. (small pause: 5-10 seconds) Can you feel Jesus here? (small pause: 5-10 seconds) Close your eyes and picture Jesus looking at you . . . smiling at you. (small pause: 5-10 seconds) What do you think Jesus is saying to you as He lovingly looks at you? (small pause: 5-10 seconds) Now picture Jesus walking up to you . . . Feel His hands gently hold your face and give you a kiss on the top of your head. (small pause: 5-10 seconds) Jesus' kiss pours His love into your soul . . . Feel Jesus' love fill up every tiny little space in your body . . . How do you feel inside? . . . Do you feel so much of His Love inside you that you feel happy? . . . full? (small pause: 5-10 seconds)

Hear in your heart Jesus call you by your name . . . and tell you that He loves you . . . Hear Jesus call your name again and tell you that you are special. . . . Jesus knows you . . . Jesus loves you . . . Oh, how important you are to Jesus! . . . (small pause: 5-10 seconds)

Open your eyes. Blow Jesus a kiss.

Please quietly sit down.

We **know** that Jesus loves us, now let **us** tell Him that we love Him. Looking at Jesus in the Blessed Sacrament in the Monstrance, repeat after me: I love You, Jesus; / I will love You always! / I love You in the morning / I love You in the night / I love You every hour Jesus / and I love You every second; / I will love You always, always, always! ²

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

¹ No 224 Holy Communion & Worship of the Outside Mass

² Based on a quote from Saint Gemma Galgani

Place your hand over your heart. If we allow Jesus, He lives in our heart. He stays there and keeps us company all the time. . . . He is with you with each beat of your heart. . . . He says He loves you with each of these beats Can you feel your heart beating? Wonder a moment how many times does your heart beats in a minute how many times does your heart beat in a day . . . Wonder how many times your heart beats in your whole life . . . How many times would that be that Jesus says your name: "My child, I am here . . . my child, I love you?" . . . thousands and thousands . . . and millions of times. 11 minute mark in plan timing.

St. Therese of Liseux is a great saint that lived about 200 years ago. She is a wonderful saint for us to try and be like. She is known for her "little ways" of doing regular things or little things in life with great love for God and for others. She would do everything with God in mind . . . her actions became little gifts to God.

St. Therese would give so many little gifts to God throughout each and every day. She would do many small things such as sweep the floor or smile at someone who annoyed her with great love for God. She would accept even things she didn't like or that she wished were different with love and patience. She would not get frustrated, fussy or mad.

Jesus saw these little acts of St. Therese as gifts and it made Him happy.

No matter how old or how young you are, you too can do little things with Big Love. You too can make Jesus happy with the little choices you make all day . . . you can hand Him these special gifts wrapped up with your love - kind of like a "love for Jesus" wrapping paper. What does your special "love for Jesus" wrapping paper look like? (small pause: 5 seconds)

Let us think about choices we can turn into gifts for Jesus.

When you are asked to clean up your toys, you can do it happily and think: Jesus, I love you . . . then wrap this action up in your special "love for Jesus" wrapping paper and place it in Jesus' hands. (small pause: 5 seconds)

When your mom says to get ready for bed and you still want to play, you can listen to her and think: Jesus, I love you. . . . Then wrap up this action in your special "love for Jesus" wrapping paper and place it in Jesus' hands. (small pause: 5 seconds)

When your toy breaks and you feel sad, instead of crying, you can think: Jesus, I love you. . . . And wrap this action in your "love for Jesus" paper and place it in Jesus' hands. (small pause: 5 seconds)

When you scrape your knee, you can think: Jesus, I love you. I offer this pain to You . . . and wrap it and place it in Jesus' hands. (small pause: 5 seconds)

When your sister, brother or friend make you mad, you can decide to still talk nice to them and think: Jesus, I love you . . . and wrap it up and place it in Jesus' hands. (small pause: 5 seconds)

Wonder a moment what other actions, choices, or little things you can give to Jesus as a gift. (pause: about 30 seconds) How many gifts would you like to give to Him? (small pause: 5-10 seconds)

These choices, these sacrifices, are gifts to Jesus that make Him happy and **you** holy.

Now let us wonder a moment how many gifts you can give to Jesus each day. (small pause: 5-10 seconds)

Let us practice giving Jesus our gifts.

Whisper to Him: "Jesus, here I am at Adoration because I love You."

Now wrap this gift of spending time with Jesus in your special "love for Jesus" wrapping paper. (small pause: 5-10 seconds)

Lift your hands to Jesus and give Him your gift and whisper, "Here is my gift to You, Jesus." (small pause: 5-10 seconds)

_____ 15 minute mark
in plan timing.

We are going to tuck ourselves into a humble position before our Jesus because we love Him and know how important He is.

Prostration - a couple of minutes

Step the children thru 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.

Be as quiet and as still as you can. Whisper in your heart words of love to Jesus.

(Repeat as needed)

Softly start the children: Oh Jesus, I love you. . . Jesus, you are so good to me. . . You are amazing. . . Jesus, You are wonderful. . . Oh Jesus, I love you

(Try for 2 or 3 minutes of silence.)

Please sit.

We praise God and we know He loves us. Since we know how much He loves us . . . we trust that He knows what is best for us . . . therefore, we want to give Him everything that we are . . . Touch your eyes . . . Give God your eyes and everything you have and will look at Hold up your hands now . . . Give Him your hands and everything you have and will touch Touch your ears . . . Give God your ears and everything you listen to and hear Touch your mouth . . . Give God your mouth and everything you speak Place your hand on your heart . . . Give Him your very heart . . . Give Him your soul . . . Give Him your love.

Please stand. We are now going to say a prayer with the motion we just did to give God everything that we are. Repeat after me and do a matching action.

Jesus, / You know what is best for me. /

Jesus, / I give You my ears and eyes. /

Jesus, / I give You my mouth and my words. /

Jesus, / I give You my hands and my feet. /

Jesus, / I give You my heart, my love, and my soul. /

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

——— 20 minute mark
in plan timing.

Bow now to Jesus and sit back down.

St. Therese said, "All flowers are created beautiful, and so are all souls."

She loved flowers and saw herself as the "little flower of Jesus," who gave glory to God by just being her beautiful little self among all the other people she called flowers in God's garden.

Picture this chapel as a garden for Jesus . . . Each us in here today is a special flower . . . little flowers . . . fancy flowers . . . big flowers . . . violets . . . daisies . . . roses . . . what kind or color of flower are you? (small pause: 5-10 seconds)

St. Therese was happy to be a little flower because that is how God chose to make her. God makes each of us special . . . He creates us in the way that we can best love him and others. (small pause: 5-10 seconds)

The rays of the sun in the sky warms our skin and helps us live. "The good God does not need years to accomplish His work of love in a soul; one ray from His Son, Jesus' Heart can, in an instant, make His flower bloom for eternity." ³

Flowers outside or by a window lean towards the sun in the sky . . . let us do that now, let us lean towards Jesus, the Son of God, in the Host. (small pause: 5-10 seconds) Feel God the Son's rays touch your heart. (small pause: 5-10 seconds) These rays are filled with Jesus' mercy . . . His love . . . and His graces meant just for you. (small pause: 5-10 seconds) Feel your body . . . your heart . . . your soul . . . growing towards Jesus. (small pause: 5-10 seconds)

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. When you reach the front, take a moment to look at Jesus in the Blessed Sacrament, stand in God the Son's rays, blow Him a kiss or whisper that you love Him. Feel Jesus help you grow in love. Then bow to Jesus, 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. **Optional:** 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.

_____ 23 minute mark
in plan timing.

Song: Let Us Adore

Let us with great love pray for the poor souls in Purgatory. They need many prayers to go to Heaven. Jesus is waiting for them. Say Prayer for the Souls in Purgatory. (booklet)
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 Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

(Place booklets down.)

_____ 29 minute mark
in plan timing.

Please stand.

Priest/ Deacon:

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

³ St Therese VI letter to her sister Celine (Italicized words added by author.)

The Golden Rule.

"Do to others whatever you would have them do to you. This is the law and the prophets." Matthew 7:12

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Brief 2-3 minute Homily from presider. Or continue to following reflection. _____ 32 minute mark in plan timing.

Leader:

St. Pope John Paul II said, "People cannot live without love. They are called to love God and their neighbor, but in order to love properly they must be certain that God loves them. God loves you, dear children! This is what I want to tell you."⁴

Love is a bit like water. Just like everyone needs water to live, everyone **needs** love to live. God **asks** us, calls us to love others and Him.

Think about a time you were so thirsty. (small pause: 5 seconds) All you could think about was getting a drink of water. (small pause: 5 seconds) Our souls and other people's soul feel dry and in need when they don't have enough love. We thirst for love. God gives each of us an endless supply of love. As we drink in God's love, it allows us to give love to others.

No matter your age, you can help take care of a person's thirsty soul by giving them love through a smile, a prayer, or a simple action. Think about giving someone a drink of God's love. (small pause: 5-10 seconds) How can **you** do that? (small pause: 5-10 seconds) Now think of giving someone you don't like a drink of God's love. (small pause: 5-10 seconds) That is harder, , , but how can **you** do that? (small pause: 5-10 seconds)

We also can make a soul drier, thirstier, and saddened when we choose not to love. Take a moment to think about times you could have been kind and loving to someone and you weren't. (small pause: 5-10 seconds) Tell Jesus you are sorry for those times. (small pause: 5-10 seconds)

Looking at our Loving Jesus in the Host, repeat after me:

O Jesus in the Blessed Sacrament, / help me to love others / like You Love me. x 2 or

⁴ Letter of the Pope to Children, Vatican City

3 times with silence between

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

Sometimes it is hard to do things with love. Psalm 121 (121:2) says "My help comes from the LORD, the Maker of heaven and earth." So let's take a moment to remember when it is hard to love you can ask Jesus for His help.

(Pause: about 30 seconds.)

Prostrate - Try for 4 or 5 minutes of silence We are going to take this time to listen to God. Still your body. . . . Close your eyes. . . . Slow your breathing. . . . Put out of your mind your day to day thoughts. . . . When a thought of school, or sports, or games pop into your mind, refocus on your breathing. . . . Your mind might not be completely empty, but it becomes close enough for God to speak and you to listen. . . . Just BE with God right now.

(Try for 4 or 5 minutes of silence.)

Please sit.

_____ 40 minute mark
in plan timing.

St Therese loved roses. As a child, she and her family had a great love for Jesus in the Blessed Sacrament. She wrote, ""I loved especially the processions in honor of the Blessed Sacrament. What a joy it was for me to throw flowers beneath the feet of God! Before allowing them to fall to the ground, I threw them as high as I could, and I was never so happy as when I saw my roses touch the sacred monstrance." Why do you think St. Therese was happy that her roses touched the monstrance? (small pause: 5-10 seconds)

St. Therese said, "After my death, I will let fall a shower of roses. I will spend my heaven doing good upon earth. I will raise up a mighty host of little saints. My mission is to make God loved..."

Many people over the years have asked St. Therese in Heaven to pray for them or a special intention because of St. Therese's great love of God. Sometimes people would see or receive an actual rose or smell roses after asking St. Therese to pray to God. This is a way of showing she was praying for their intention and that God was listening. This does not happen all the time though. If you ask St. Therese to pray for you and don't get a rose, don't worry she is still praying to God on your behalf.

When the Catholic church is deciding to name a person who has died a saint, that person needs to have miracles credited to their intercession, their prayers, to God. A miracle is something that cannot be explained by a scientist or a doctor. One of the miracles credited to St. Therese is the cure of a young seminarian, Charles Anne. Charles was dying from tuberculosis which ruins a person's lungs. He prayed to St Therese on the night he thought he would die. After the doctor examined Charles, the doctor said, "The destroyed and ravaged lungs had been replaced by new lungs, carrying out their normal functions." Amazing what God did!

Millions of people have asked St. Therese in Heaven to pray for their special need. She is free from sin and close to God in Heaven making her prayers to God very powerful.

Remember that St. Therese said her mission in heaven "is to make God loved..." Would you want to join St. Therese here on earth in her mission to make God loved? (small pause: 5-10 seconds)

Let us follow in St Therese's footsteps by praying for others and showing love starting with a Petition Prayer. During this prayer there are moments of silence. During this time, reflect and pray to Jesus: name names, needs, and intentions in your heart. Say Petitions Prayer: (booklet)

Lord Jesus, please help my family, friends, and loved ones with our needs and intentions, that are in order with the will of the Father. (pause: about 30 seconds)

Dear Jesus, please help all the sick, suffering, and dying, especially those that will die this day and those who have died. (pause: about 30 seconds)

Please remember all those who are in need of God's love and mercy the most this day and at this very hour. (pause: about 30 seconds)

Lord God, please help Our Holy Father to lead our church in the fullness of the truth of our faith. (pause: about 30 seconds)

Send Your Holy Spirit upon all the clergy and religious of our church. (pause: about 30 seconds)

We pray that our church may remain One, Holy, Catholic, and Apostolic. (pause: about 30 seconds)

(Place booklets down.)

_____ If less than 50 minute, insert extra here.

When St. Therese was at a boarding school, she would spend time with her friend, Jesus, in the Blessed Sacrament. She said, "No one paid any attention to me, and I would go up to the choir of the chapel and remain before the Blessed Sacrament until the moment when Papa came to get me. This was my only consolation, for was not Jesus my only

Friend? I knew how to speak to Him; conversations with creatures, even pious conversations, fatigued my soul. I felt it was far more valuable to speak to God than to speak about Him..."

In a very quiet whisper, speak to Jesus and tell Him the names of people you love and want Him to watch over.

(Pause: about 30 seconds.)

Looking at Jesus, our Most Holy Sacrament, in the monstrance on the altar, repeat after me: "Blessed and praised be / the Most Holy Sacrament of the Altar, / in Heaven, on earth and everywhere."

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

Look up at heaven . . . then picture the world outside our chapel. (small pause: 5-10 seconds)

Repeat after me: Praised be Jesus everywhere!

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

Our time with Jesus is coming to a close. Take a last moment to speak to Jesus about anything still on your heart and mind.

We will now have the Closing Prayer, Benediction, and Divine Praises.

Please kneel.

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

Song: Make My Heart Your Dwelling Place

[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. ⁵]

Priest/Deacon:
Let us pray.

**** Important**
_____ 50 minute mark in plan timing. This time is firm. You must start kneeling by 48-50 minutes past the start of the Adoration to close on time.

⁵ 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. ⁶

Moment of silence. (30 seconds - 1 minute)

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. (Make sure the children do the Sign of the Cross -- step them through it if needed)

[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. ⁷ 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.

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.

⁶ No 226 Holy Communion & Worship of the Outside Mass

⁷ 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) (You might not need or want to do all the verses.)

Extra

[Sometimes you will get thru 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 a little different dependent on the age of the children, how long you pause, and where God leads you that particular time.]

Listen to these words that Saint Theresa wrote, "I understand how all the flowers God has created are beautiful, how the splendor of the rose and the whiteness of the lily do not take away the perfume of the violet or the delightful simplicity of the daisy. I understand that if all flowers wanted to be roses, nature would lose her springtime beauty, and the fields would no longer be decked out with little wild flowers. So it is in the world of souls, Jesus' garden. He has created smaller ones and those must be content to be daisies or violets destined to give joy to God's glances when He looks down at His feet. Perfection consists in doing His will, in being what He wills us to be."

Moment of silence. (30 seconds - 1 minute)

St. Therese grew up surrounded by the love of her family. She did still have heartache though. Her mother died when she was four. St. Therese, herself, went through a period of great sickness. From which God healed her.

She was a child full of lots of energy and desires. She felt her emotions deeply.

"At the age of 14, on Christmas Eve in 1886, Therese had a conversion that transformed her life. From then on, her powerful energy and sensitive spirit were turned toward love, instead of keeping herself happy." ⁸

Can we follow her example in this too?

Moment of silence. (30 seconds - 1 minute)

Let us say some prayers together to Jesus. Repeat after me.

⁸ <https://www.littleflower.org/>

Jesus, / help me to never make you sad.
 Jesus, / help me to be a good listener.
 Jesus, / always stay in my heart.
 Jesus, / thank you for my family.
 Jesus, / thank you for the Blessed Sacrament.
 Jesus, / thank you for letting me visit you today.

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

We've talked lots about St. Theresa and her little ways. Another thing she said was: "I seek little opportunities, mere trifles, to give pleasure to Jesus; for instance a smile, a pleasant word when inclined to be silent and to show weariness. If I find no opportunities, I at least tell Him again and again that I love Him; that is not difficult and it keeps alive the fire in my heart. Even though this fire of love might seem extinct I would still throw little straws upon the embers and I am certain it would rekindle."⁹

There are moments we might not know what to say to Jesus, what words to pray, but we can always tell Jesus we love Him over and over. So let us whisper to our Loving God that we love him.

Moment of silence. (30 seconds - 1 minute)

Looking at our Loving Jesus in the Host, repeat after me:

Jesus, / I want to make holy / every beat of my heart / my every thought / my little works / and my every word / by joining them to You with love.¹⁰

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

Psalm 136 (:26) says: "Praise the God of heaven, God's love endures forever."
 God's love never ends. Nothing we can do will take His love away. If we hurt Him, He loves us. Be sure to remember His forever Love.

⁹ St Theresa's XVI letter to her sister Celine

¹⁰ Based "A Morning Prayer" written by Saint Gemma Galgani

Say parts of the Litany of Love

I will say the first part of the prayer and you will respond with: "I love You, O my God."

You Who did first love me,

R: I love You, O my God.

With all my heart,

R: I love You, O my God.

With all my soul,

R: I love You, O my God.

With all my mind,

R: I love You, O my God.

With all my strength,

R: I love You, O my God.

Above all possessions and honors,

R: I love You, O my God.

Above all pleasures and enjoyments,

R: I love You, O my God.

More than myself and all that belongs to me,

R: I love You, O my God.

More than all my relatives and friends,

R: I love You, O my God.

In wealth and in poverty,

R: I love You, O my God.

In health and in sickness,

R: I love You, O my God.

In life and in death,

R: I love You, O my God.

In time and in eternity,

R: I love You, O my God.

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

Repeat: O Jesus, I love You! (Fatima prayer) . . . O Jesus, I Adore Thee! . . . O
Jesus, I love You!

(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 repeat after me the Act of Faith.

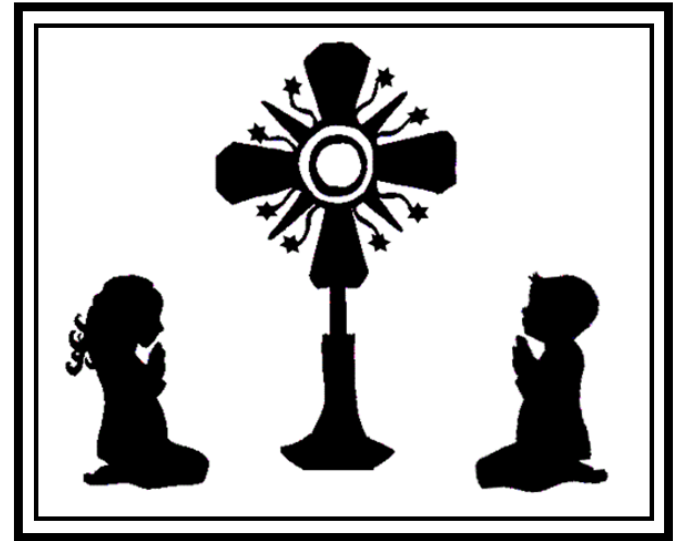
O my God, / I firmly believe that You are one God / in three divine Persons, /
Father, Son, and Holy Spirit; / I believe that Your divine Son / became man and
died for our sins, / and that He will come to judge the living and the dead. / I
believe these and all the truths / which the Holy Catholic Church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

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

The Our Father is a prayer that Jesus gave us. He taught us the words so think of the importance of these words. Let's say the Our Father together slowly and very thoughtfully, focusing on the words.

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.

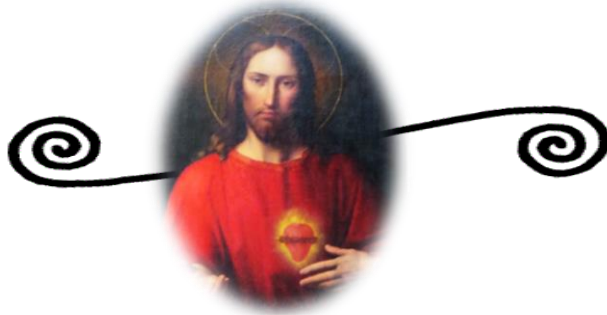


Guided Children's Adoration

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



Exposition Song: Come Adore





Prayer for the Souls in Purgatory.

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 Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

Petitions Prayer

Lord Jesus, please help my family, friends, and loved ones with our needs and intentions, that are in order with the will of the Father. (silence)

Dear Jesus, please help all the sick, suffering, and dying, especially those that will die this day and those who have died. (silence)

Please remember all those who are in need of God's love and mercy the most this day and at this very hour. (silence)

Lord God, please help Our Holy Father to lead our church in the fullness of the truth of our faith. (silence)

Send Your Holy Spirit upon all the clergy and religious of our church. (silence)

We pray that our church may remain One, Holy, Catholic, and Apostolic. (silence)

Make My Heart Your Dwelling Place By Jim Cowan 1986

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.

I Could Sing of Your Love Forever: Spirit and Song, Portland, OR: OCP Publications 1999. #184.

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