



**Guided Children's Hour of Adoration:
Adapted for Children with Special Needs
(Love Theme Overview)**

Intro

Exposition of the Eucharist - Kneeling and Song: I Believe

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

Repeat after Line and Gestures about Knowing Jesus is Here

Sink Reflection on Jesus' Love

Gospel Reading: John 16:27

Very Brief Homily

Sign Language: Jesus, I Love You

Showing Jesus Love

Prostrate

Procession Down Middle Aisle to Kneel/Genuflect Before Jesus during Song: I Believe

Closing Thoughts

Benediction and Divine Praises

Reposition of Blessed Sacrament and Song: I Believe

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 Adapted for Children with Special Needs Love

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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 23 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.]

[Optional Handout: A Social Story: Spending Time with Jesus in Eucharistic Adoration. You can make it available to families prior to the Adoration day.]

[Additional Helps That Can be Used with Children with Special Needs:

- Encourage families to tour the Adoration space ahead of time.
- Create a Sensory Calming Corner for children that may need a break. Set up in the narthex of the chapel/church with a rug, soft pillows, a few fidgets, etc...
- For children needing sensory stimulation (holding an object helps them learn), make monstrance pillows. (Printable on website.)
- Create a visual schedule to go along with the specific Guided Adoration.
- In the days prior to Adoration, send pictures and names of the leader and presider.
- Children will participate in singing more if they have heard the song prior to the Adoration.
- Recognize that children with special needs may not always appear to be paying attention. God is absolutely shining His graces either way.
- Recognize that there may be additional noises and assure parents that that is okay. Also, let the parents know that if their child needs a break it is okay and to please return. God's graces are following them as well.
- Praise the children often.
- Some children need longer to process auditory information thus the adaptation of repetition.
- Some children may be sensitive to lights, loud sounds, or strong scents.]

Welcome! We are about to spend time with Jesus in Eucharistic Adoration - to take time to feel Him love us and show Him that we love Him.

I want to explain a little bit more about what we will be doing. Jesus in the form of Communion bread is placed inside the Monstrance. He will be right here, but right now the window is empty . . . clear. You will see Jesus in the form of a white host -- a white circle in the clear center of the Monstrance. (Physically point to/show the clear window out to the children before exposition. This helps reinforce where the children will see our Eucharistic Lord.)

Raise your hand if you remember seeing the priest lift-up the big white host . . . the big white circle during Mass? (pause) That is Jesus, just like He will be with us today. If you don't remember, look for the host at Mass this Sunday.

Quietly nod your head yes or no. When I say look at Jesus during our Adoration time, do I mean this is Jesus? [Point to the actual gold on the monstrance. Pause to look at the children.] No. Well then, would you look here? [Point to the currently empty window in the monstrance. Pause to look at the children.] Yes!

The host looks like bread, but is really God . . . Jesus. His Body, His Blood, His Soul, and His Divinity, His Godly kingship.

Show me where Jesus will be today. [Using your hand, palm up, show the clear window to the children. This helps reinforce where the children will see our Eucharistic Lord.]

We want to be able to show Jesus our listening ears during Adoration. I want to see your listening ears. [Model your hand cupped behind your ear.]

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 being quiet and still and by being a good listener.

[Request parental assistance prior to Exposition:]

Parents, please know that if your child is making some noise it is okay. Perfect silence is not expected. Just encourage and guide your child to show reverence for our Sacramental Lord in the ways that he or she is able.

If you feel your child needs a break, it's okay to leave for a bit. God's graces follow you and your child. We have a Sensory Calming Corner set up in the narthex that you are welcome to use. When your child has had their break, please come back in.

Also, if you feel you can help your child with some of the questions, gestures, or wonders we will come across, please feel free to quietly discuss it with them.

[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.
- Show Jesus your listening ears.
- Etc....]

Please kneel. Kneeling shows Jesus we love Him and know He is God.

A quick note, I will sit behind you in the back. You don't need to see me. You just need to hear me.

We will take a few quiet deep breaths to prepare our mind and heart to spend time with Jesus.

Let's start together.

First breath. (Model the breath: Close your eyes, take a visible breath, hold a moment, and release as you relax your shoulders and body and if you wish, slowly open your eyes.)

Repeat 2 or 3 times.

Children do that two more times as I move to my seat in the back.

(pause: about 15 seconds)

_____ 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: I Believe.¹

[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: (Opening prayer's length adapted for children with special needs.)
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,

¹ Adapted Version with only one verse of each and no long music interludes.

All: Amen.²

Moment of silence. (15-30 seconds)

_____ 5 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

Leader:

Children, look at the white Host in the middle window of the Monstrance . . . look at Jesus in the window . . . Jesus has been waiting for you with love . . . He knew that you were coming to visit Him today! . . . He is so happy that you are here!

Close your eyes or look at Jesus, feel Jesus' love warming your insides and making you feel happy. Oh, how He loves you. (silence: 30-60 seconds)

Please sit.

Jesus, right now, we see You with our eyes as white circular bread, the Host . . . but our hearts and minds know it is You! . . . Your Body, Your Blood, Your Soul, and Your Divinity, Your Godly kingship. (small pause: 5-10 seconds)

Children, touch near your eyes and then point to the Host. Now, while looking at Jesus and making the motion, repeat after me:

Jesus, / I see the white Host.

Now touch your head where your mind is and repeat after me:

I know / with my mind

Now place your hands on your heart and repeat:

And I know / with my heart / that it is You.

Jesus, / You are here! /

Jesus, / You are my God!

² No 224 Holy Communion & Worship of the Eucharist Outside Mass

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

(Add praise for the children such as: Wonderful! Jesus is so proud of you.)

Let's tell Jesus that again:

Everyone, touch near your eyes and then point to the Host. Now, while looking at Jesus and making the motion, repeat after me:

Jesus, / I see the white Host.

Now touch your head where your mind is and repeat after me:

I know / with my mind

Now place your hands on your heart and repeat:

And I know / with my heart / that it is You.

Jesus, / You are here! /

Jesus, / You are my God!

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

(Add praise for the children such as: Good job!)

_____ 8 minute mark
in plan timing.

Jesus loves you so very much! . . . Jesus **loves** you! (put emphasis on the second "loves")

Nod your head if you know that Jesus loves you. (Pause long enough so the children can nod. Encourage them if needed. Praise them for nodding)

That's right! Jesus does love you!

Jesus IS Love . . . all the love everywhere comes from Jesus!

Think about your sink at home . . . when you turn on the sink, water pours out, right? . . . Jesus' love is like that . . . Jesus' love pours out on you like water . . . Jesus covers you with love . . . Jesus' love will never run out . . . Jesus has so, so, so much Love . . . Jesus's love pours out on you all the time. Jesus' love is always there!

Put your hands out like under water coming out of the sink. (Encourage the children's participation.)

This time though Jesus' Love is pouring out instead of water . . . Hold your hands up . . . catch Jesus' love! (Encourage the children's participation.) . . . Your hands are overflowing

with Love. (small pause: 5-10 seconds) Pour some of Jesus' love on your head . . . Pour some of Jesus' love on your Mom or Dad . . . Every time water pours into your hands . . . remember that Jesus pours out His love on You.

Look at Jesus in the window in the middle of the Monstrance, and repeat after me:
 Jesus, / thank You for Love
 Jesus, / thank You for You

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

_____ 11 minute mark
in plan timing.

Please stand for a Gospel Reading.

Priest/ Deacon:

The Lord be with you.
 Response: And also with you.

‡ A Reading from the Holy Gospel according to John ³
 Response: Glory to You O Lord

For the Father himself loves you, because you have loved me and have come to believe that I came from God.

The Gospel of the Lord.
 Response: Praise to you, Lord Jesus Christ

Please be seated.

Brief Homily (2-3 minute) from presider.

Children with Special Needs will need a very brief Homily from the presider as an adaptation of smaller pieces of information to keep their attention. Focus on one or two ideas with repetition. Or continue to the following.

_____ 15 minute mark
in plan timing.

Leader:

We know Jesus loves us, right? (Encourage the children's response with words such as: Yes, He does! Jesus loves each one of you.)

³ Matthew 26:26-29

It's also important to let Jesus know and feel our love. We want . . . we need to tell Jesus that we love Him. We will do that now in Sign Language.

Using your middle fingers, point to each palm of your hand one by one . . . "Jesus" . . . now point to yourself . . . "I" . . . then cross your arms over your chest . . . "love" . . . and point to Jesus in the Blessed Sacrament . . . "You." (small pause: 5-10 seconds) (Add praise for the children such as: That's it!)

One more time, use your middle fingers to point to each palm of your hand one by one . . . "Jesus" . . . now point to yourself . . . "I" . . . then cross your arms over your chest . . . "love" . . . and point to Jesus in the Blessed Sacrament . . . "You." (small pause: 5-10 seconds) (Add praise for the children such as: Jesus saw you do this. It made Him happy!)

Now tell Jesus aloud that you love Him: Jesus, I love You! (Add praise for the children such as: Yay!)

Now tell Jesus that you love Him lots of times aloud or in your mind. You can also show Jesus you love Him by blowing Him kisses or even just smiling at Him.

(Pause long enough so the children can do this.)

(Add reinforcement for the children such as: Good. He knows it! Jesus knows you love Him.)

_____ 18 minute mark
in plan timing.

A minute or two of silence.

Children, there are times that we run and play and talk with our friends. Then there are also times that we are really still and quiet with Jesus. This is going to be one of those moments when we are still and quiet with Jesus.

Close your eyes or place your hands on your face so nothing distracts you from being still.

Be as still as you can . . . Don't move at all . . . Close your eyes. . . Slow your breathing . . . just be still with Jesus. (Model the breath with emphasis on slowed breathing.)

(Praise if needed:

- That is good, you have been silent for 10 - 30 seconds [depending on group], let us see if you can be still and silent for another 10 -30 seconds.

- Good! Most of you are being so quiet. Now let's keep our feet and hands oh so still.)

(Repeat as needed)

(Try for at least 1 minutes of silence. 2 if possible. It is important that children have at least some time of quiet.)

_____ 20 minute mark
in plan timing.

Open your eyes.

Now we have the song, I Believe, that we sang earlier. During the song, please walk quietly down the center aisle like at communion time . . . row by row with great respect and love for Jesus. Keep your eyes looking at Jesus in the Host because, of course, you can't wait to get close to Him. When you reach the front, take a moment to kneel or genuflect before Jesus. You can then make The Sign of the Cross, blow Jesus a kiss, or whisper words to Him. Then, please return to your seat. It is okay for several children to stand at the front at the same time.

Song: I Believe.⁴

We have just a moment left before we start our good-bye prayers to Jesus. Take a quiet moment to talk to Jesus about whatever you would like.

Moment of silence. (15-30 seconds)

Look carefully at Jesus one more time and whisper good-bye to Jesus or blow Jesus a good-bye kiss. (small pause: 5-10 seconds)

(Pause long enough for the children to blow Jesus kisses.)

_____ 23 minute mark
in plan timing.

[After the song is finished, the Priest/Deacon stands and sings or says a prayer such as the following.⁵]

Please kneel.

Priest/Deacon:

Let us pray. (Closing prayer's length adapted for children with special needs.)

⁴ Adapted Version with only one verse of each and no long music interludes.

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.

All: Amen. ⁶

Moment of silence: (15-30 seconds)

Leader:

Father/Deacon will now do Benediction, a blessing from Jesus. **Talk the children through Benediction:** Look! Don't miss your special blessing from Jesus! Father's/Deacon's hands are not touching the monstrance, they are covered in cloth. This means the blessing comes right from Jesus, not Father/Deacon. Keep your eyes on the Eucharist! Jesus' blessing comes from the Host like rays of sunshine covering you in His love. He covers you with love even if you can't feel it or see it. O, how Jesus loves you! Receive your blessing by making the Sign of the Cross.

[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.]

We will now repeat a few of The Divine Praises ⁸ after Father/Deacon. **Repeat after the presider.** (Number of Divine Praise reduced as an adaptation for children with special needs.)

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.

⁶ No 226 Holy Communion & Worship of the Eucharist Outside Mass

⁷ No 99 Holy Communion & Worship of the Eucharist Outside Mass

⁸ Repeating a few of the Divine Praises, but not all, expose the children to the beauty of the Praises, but allow the children to slowly learn all the Divine Praise over time just like the children learn to be silent for longer periods of time with age and experience.

The priest/deacon reposes the Blessed Sacrament and Song: I Believe.⁹

⁹ Adapted Version with only one verse of each and no long music interludes.

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.]

Repeat the following song after me:

Lord, I love You
Lord, I trust You

(Can be repeated several times.)

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

Show Jesus you know where He is with your hands. [Using your hand, palm up show the clear window to the children. This helps reinforce where the children will see our Eucharistic Lord.]

Jesus shows us His love all the time. He gives us so many blessings . . . so many good or happy things . . . Let us thank Jesus for some of these blessings. Using your fingers to count them off, count at least 5 or maybe using all 10 fingers, things you can thank Jesus for.

Moment of silence. (15-30 seconds)

References

Books:

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Music:

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Song: I Believe

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

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Song: I Believe

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,
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