



Guided Children's Hour of Adoration (Praise and Adoration 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

Act of Faith

St. Francis praises

Jesus, I Love You Repeat

Prostration

Praise Repeat

Gospel: Matthew 15:29-31

Reflection/Homily

Song: All the Ends of the Earth

Silence mixed with scripture

Prostrate

Gloria Repeat

Adoration Lines

Repeat Fatima Prayer

St. Anthony Story

Repeat Line

Prayer to Jesus in the Blessed Sacrament

Good-byes

Song: Joyful, Joyful, We Adore You

Closing Prayer

Benediction and Divine Praises

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



Guided Eucharistic Adoration for Children Praise and Adoration

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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:

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.

One line from our opening song will be, *"Here is kept the ancient promise of God's earthly dwelling place."* God's earthly dwelling place is the Monstrance and the ancient promise is Jesus promise to remain with us until the end of time in the Blessed Sacrament. Jesus Real Presence is hidden in the Host, the real Body, Blood, Soul and Divinity of Jesus

Pope John Paul II said, "Your faith will help you realize that it is Jesus Himself Who is present in the Blessed Sacrament, waiting for you." Jesus has been waiting for **you** to come today, waiting for **you** to come to this very church and be here with Him! Oh how Jesus loves you!

Today we are going to praise and adore Jesus, our God. We all know that we should thank God for the wonderful things he gives us and surrounds us with. Today/tonight we are going to go beyond that to praising God - giving Him glory for just being God - not for what He does for us. We are going to think Wow God! You are awesome! Jesus, You are amazing!

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.

We are going to sing an opening song to Jesus. Psalm 100 says, "*Shout joyfully to the Lord, you lands; worship the Lord with cries of gladness; come before him with joyful song. Know that the Lord is God.*" Psalm 100:1-3 Let us now sing to the Lord with joy!

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

[The Blessed Sacrament is placed on the altar. The presider then kneels before the altar. If altar servers are available, the priest/deacon incenses the Blessed Sacrament with three double swings during the song. ¹]

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. ²

Leader:

Our opening song said "*Come adore this wondrous presence.*" We have come today to adore Jesus, to say that we know that Jesus is God! The Blessed Sacrament before us, the white Host in the monstrance is the wondrous, amazing presence of Jesus! (brief pause)

¹ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

² No 224 Holy Communion & Worship of the Outside Mass

Right now, this very minute, Jesus is here before us. Use your faith and your trust in Jesus and look for Him hidden in the Eucharist. **(brief pause)** Can you feel his presence now? **(brief pause)** St John the Baptist Vianney said, "When Our Lord sees pure souls coming eagerly to visit Him in the Blessed Sacrament He smiles on them." **You** are here visiting Jesus, close your eyes. Imagine Jesus' face. . . . Can you see the joy on His face that you are here to spend an hour with Him? **(brief pause)** Can you see the smile on Jesus' face for you? . . . Does His smile extend to His eyes? . . . His smile, filled with love, is looking right at you. **(brief pause)** Take a moment to feel Jesus smiling at you and to feel the joy from that smile fill your heart. **(Couple minutes of silence.)**

Another line from our opening song says, "*Bow to Christ the source of grace.*" Bowing shows respect and reverence that we know Jesus is God. Jesus gives us grace to live our life the way God wants us to. Let us now bow to Jesus, our source of Grace.

Sit

Looking at Jesus, repeat after me: "Lord, how good it is to be here!" x 2

(Pause long enough for the kids not to repeat the next part.)

We believe that our Jesus is really present, hidden in the Eucharist. Together let us say the Act of Faith. **(Act of Faith** from booklet)

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.

Listen carefully a few lines taken from The Divine Praises written by St. Francis of Assisi. Look at Jesus in the Monstrance or close your eyes. Let Jesus speak to you in the words of the prayer.

Praise You Jesus, You are holy, Lord, the only God, and Your deeds are wonderful.
Praise You Jesus, You are our courage. You are our haven and our hope.
Praise You Jesus, You are our eternal life, Great and Wonderful Lord, God
Almighty, Merciful Savior.

Now looking at Jesus in the Blessed Host, you will repeat some lines after me from St. Francis' The Divine Praises.

Praise You Jesus, / You are strong.
 Praise You Jesus, / You are great.
 Praise You Jesus, / You are the Most High.
 Praise You Jesus, / You are King of heaven and earth.
 Praise You Jesus, / You are love. You are wisdom.
 Praise You Jesus, / You are joy and gladness.
 Praise You Jesus, / You are beauty.
 Praise You Jesus, / You are gentleness.
 Praise You Jesus, / You are my protector.
 Praise You Jesus, / You are my guardian and defender.

(Pause long enough for the kids not to repeat the next part.)

It is important for Jesus to know we love Him, so looking at Jesus, repeat after me: O Jesus, I love You! (Fatima prayer) - (Silence) x 2 or 3

(Pause long enough for the kids not to repeat the next part.)

Prostrate - 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.

We are going to do an interior prayer. That means that slowly and prayerfully, you will repeat silently over and over in your mind and heart the words "Lord, how great You are!" I will say it the first couple of times to get you going and then you continue silently in your head. If it helps, you can close your eyes so you can remain more attentive to Jesus' presence and His love.

Sit

Listen and then repeat the following Praises to Jesus:

Praise You Jesus, / You are King of all kings. / Praise You from our homes / and
 Praise You from the roof tops of the cities. / Praise You from the highest mountain
 / and Praise You from the lowest valley. / Praise You, Jesus, from the happiest and
 saddest parts of our lives. / Praise You, oh Lord, / praise You, Lord Jesus Christ! ³

(Pause long enough for the kids not to repeat the next part.)

Priest/ Deacon:

³ *Secrets of the Eucharist* by Michael Brown page 49
www.guidedchildrensadoration.com

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

"Moving on from there Jesus walked by the Sea of Galilee, went up on the mountain, and sat down there. Great crowds came to him, having with them the lame, the blind, the deformed, the mute, and many others. They placed them at his feet, and he cured them. The crowds were amazed when they saw the mute speaking, the deformed made whole, the lame walking, and the blind able to see, and they glorified the God of Israel." Matthew 15:29-31

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

Brief Homily from presider. Or continue to following reflection.

Leader:

Jesus was able to heal and cure people because He is God! Wow! What an amazing God we have! Reflect on that a moment: Wow Jesus! You are awesome, amazing, wonderful, incredible! **(Pause)**

We are going to sing: All the Ends of the Earth (hymnal)

Keeping your eyes upon Jesus in the Monstrance, we are going to have silence mixed with me saying lines of praise from the Psalms. Listen to Jesus talking to you in the words and also in the silence of your hearts. **(Pause between lines)**

"Praise the Lord, my soul; I shall praise the Lord all my life, sing praises to my God while I live." Psalms 146:1-2

"I will extol you, my God and king; I will bless your name forever. Every day I will bless you; I will praise your name forever. Great is the Lord and worthy of high praise; God's grandeur is beyond understanding... My mouth will speak your praises, Lord." Psalms 145:1-3, 21

Give praise for his mighty deeds, praise him for his great majesty. Give praise with blasts upon the horn, praise him with harp and lyre... Give praise with crashing cymbals, praise him with sounding cymbals. Let everything that has breath give praise to the Lord! Psalms 150:1-3, 5-6

Prostrate - **Try for 4 or 5 minutes of silence.** Come, let us sing joyfully to the Lord. . . .

let us bow down in worship; let us kneel before the Lord, who made us. For this is our God, whose people we are Psalm. 95:1,6-7

Sit

Looking at Jesus, repeat after me from the Gloria at the opening of Mass: "You alone are the Holy One, / You alone are the Lord, / You alone are the Most High, Jesus Christ, / with the Holy Spirit, / in the glory of God the Father."

We are going to praise and adore Jesus. I will say a line and you will say after each line: I

Adore You! (Practice the response)

Response: "I adore You!"

You are Christ, the King.
 You are the Lord of lords.
 You are the Lamb of God.
 You are the Way for our life.
 You are the only Truth.
 You are the Real Life.
 You are the Wonderful Counselor.
 You are the Prince of Peace.
 You are the Light of the World.
 You are the Good Shepherd.
 You are the Bread of Life.
 You are the Beginning and the End.
 You are all that I need.
 You are all that I want.
 You are worthy of all praise!

(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.)

Our opening song said, "*Blest be God by all creation.*" That means **all** creation: us, all people, the saints, angels, and all animals should be blessing God. You will now hear the story of St. Anthony and a donkey.

There was a wealthy man who did not believe that the Eucharist is truly Jesus like we do. One day he approached St. Anthony publicly and after saying all of his reasons for not believing in the Real Presence of Jesus in the Blessed Sacrament, he challenged Anthony to a contest. He bet that the Real Presence was a lie, and he suggested that he not give his donkey any food for three days so that it would be very, very hungry. Then they could see if the donkey would choose to eat hay or go to the Eucharist. St. Anthony accepted the challenge.

The man brought out his donkey and tied it to a post in town where the donkey could be seen by everyone. The man then did not feed his donkey for three days. At the same time, St. Anthony fasted for three days which means he ate no food. Of course, he also prayed.

On the day of the contest, St. Anthony went to the Church where he took the Eucharist and returned to the spot where the donkey was tied and a large crowd had gathered. Meanwhile, the wealthy man had placed a large pile of hay about 20 ft. away from the donkey. St. Anthony took out the Eucharist and the rich man untied the donkey. St. Anthony held up high the Eucharist in a monstrance and called out in a loud voice: "Mule, in the Name of the Lord Our God, I command you to come here and adore your Creator!"

The donkey ran to where St. Anthony was holding the Blessed Host in the monstrance, dropped his front legs to the ground, kept his back legs standing, and put his head to the ground. He was bowing before Jesus who is really present in the Blessed Eucharist which St. Anthony continued to hold high. The donkey was adoring Jesus because Jesus is God!

The rich man was so surprised by what happened and amazed that he begged St. Anthony's forgiveness for not believing, became a believer in the True Presence of Jesus in the Eucharist right then and there in front of all the town people, and gave money to build a new Catholic Church.

Repeat: Bless You God, You are my creator!

Think about this a moment, even a donkey knew to adore God something we should be doing every day. (Pause)

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. Give God your eyes and everything you look at Give Him your hands and everything you touch Give Him your ears and everything you listen to Give Him your mouth and everything you speak Give Him your very heart . . . your soul . . . your love.

We are going to say a prayer about trusting God. A prayer about giving God everything that we are. Repeat after me.

Prayer of Abandonment:

Jesus, I trust in You. /
 Jesus, I surrender. /
 Father, Son, and Spirit One, /
 I give You all that I am. /

(Pause long enough for the kids not to repeat the next part.)

(if time) Repeat after me the Prayer to Jesus in the Blessed Sacrament

Hail to You, Lord Jesus Christ, / present in the Blessed Sacrament. / We hail You, / our Savior and Redeemer of the world. / You are the King of heaven and earth, / our joy and the eternal spring of Grace. / Before You returned to the Father in the Ascension, / You promised never to leave us orphaned. / How wondrously You fulfilled this promise / in the gift of the Eucharist, / by which Sacrament You are with us until the end of time. / Bread of Heaven, / we praise You / and ask Your continued mercy upon our nation / and upon ourselves as well. / May glory be given to the Holy Sacrament, / the true Body and Blood of Christ, / both now and forever. Amen.

Our time before and with Jesus, our God, is coming to a close. Pope Paul VI said, our visit is proof of our gratitude, our appreciation, of Jesus and a way of showing Jesus our love." Our visit shows that we know that the Blessed Host is truly God! In our hearts let us again tell Jesus of our great love for Him and let us thank Him for spending this hour with us. (Silence)

Please kneel

[The priest or deacon goes to the altar, genuflects, and kneels. ⁴]

Song: Joyful, Joyful, We Adore You (booklet)

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament" ⁵ with three double swings. After the hymn is finished, "the minister rises and sings or says." ⁶]

⁴ No 97 Holy Communion & Worship of the Outside Mass

⁵ No 97 Holy Communion & Worship of the Outside Mass

⁶ No 98 Holy Communion & Worship of the Outside Mass

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.

All: Amen.⁷

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 takes the monstrance (or ciborium). He then makes the sign of the cross over the people with the monstrance (or ciborium), in silence.⁸ During the Eucharistic Blessing (actual Benediction), if altar servers are available and trained, one may incense the Eucharist while kneeling with three double swings, bowing before and after the incensation.⁹ Another server may ring the bells three times, keeping pace with the blessing.¹⁰]

Priest/Deacon:

Benediction

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises.¹¹]

⁷ No 226 Holy Communion & Worship of the Outside Mass

⁸ No 99 Holy Communion & Worship of the Outside Mass

⁹ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

¹⁰ Ceremonies of the Modern Roman Rite no. 688

¹¹ USCCB's Office of Divine Worship recommends presider's posture/position per phone call on August 8, 2014 when editor asked for clarification. USCCB's Office of Divine Worship recommends saying Divine Praises between Benediction and Reposition. Also according to how Pope Benedict and Pope Francis preside at Holy Hours.

Say The Divine Praises repeating after the presider. (booklet)

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

The priest/deacon reposes the Blessed Sacrament and Song: Holy God, We Praise Thy Name (booklet)

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.]

We are going to pray one decade of the rosary. Let's say the words slowly and think about the words as we say them. I will lead the decade by saying the first part of the prayers and then you will say the second half.

We are going to focus on the 5th Luminous Mystery: The Institution of the Eucharist: On the night before He died, at the Last Supper, Jesus gave His disciples and us His body and blood through bread and wine.

Our Father, 10 Hail Maries, Glory Be

End rosary with O My Jesus.

We are now going to enter into a silent period of prayer from our hearts. In this time, think about the decade we just prayed and adore the treasure we have in the Eucharist - Jesus.

Listen carefully to a few more lines from the Praises from St. Francis of Assisi:

You are Almighty.
 You are rest. You are peace.
 You are Three and One, / Lord God, all Good.
 You are Good, all Good, supreme Good,
 Lord God, living and true.
 You are humility. You are endurance.
 You are justice and moderation.
 You are all our riches, and You suffice for us.
 You are our faith, our great consolation.

We pray for the poor souls in Purgatory because they need many prayers to go to Heaven. Say Prayer for the souls in Purgatory (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 Holy
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 for the kids not to repeat the next part.)

Act of Hope (repeat in sections)

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.

(Pause long enough for the kids not to repeat the next part.)

References

Books:

Ceremonies of the Modern Roman Rite, Revised Edition, Peter J. Elliott, © Ignatius Press; San Francisco, 2005. All rights reserved.

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Secrets of the Eucharist, Michael H. Brown, Queenship Publishing Co. 1996. Used with permission.

Music:

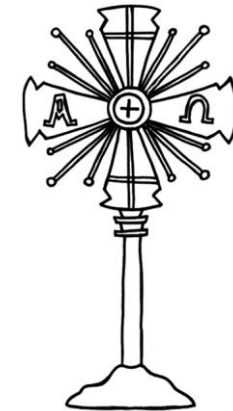
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All the Ends of the Earth: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #520.

Come Adore: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #888. Text by Thomas Aquinas.

Joyful, Joyful, We Adore Thee: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #528.

A Guided Hour of Eucharistic Adoration for Youth



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!

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!

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.

I Adore You Jesus!



Exposition Song: Come Adore

Gather: Comprehensive #888

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.

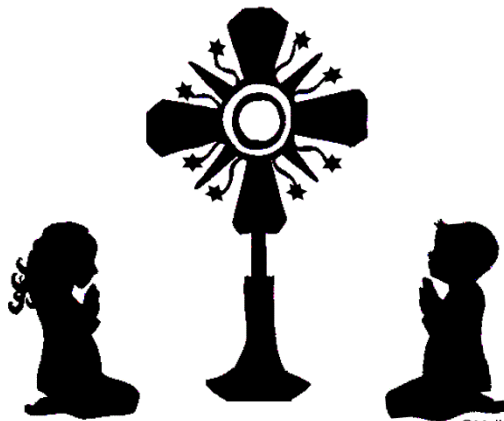


Song: All the Ends of the Earth

Gather: Comprehensive #520

Prayer to Jesus in the Blessed Sacrament

Hail to You, Lord Jesus Christ, present in the Blessed Sacrament. We hail You, our Savior and Redeemer of the world. You are the King of heaven and earth, our joy and the eternal spring of Grace. Before You returned to the Father in the Ascension, You promised never to leave us orphaned. How wondrously You fulfilled this promise in the gift of the Eucharist, by which Sacrament You are with us until the end of time. Bread of Heaven, we praise You and ask Your continued mercy upon our nation and upon ourselves as well. May glory be given to the Holy Sacrament, the true Body and Blood of Christ, both now and forever. Amen.



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Song: Joyful, Joyful, We Adore Thee

Gather: Comprehensive #528



I will always praise
the Lord!



