



Guided Children's Hour of Adoration (The Real Presence with Eucharistic Miracle Stories Theme Overview)

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Guided Eucharistic Adoration for Children The Real Presence with Eucharistic Miracle Stories 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:

[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!

As a reminder, Jesus, in the form of a Host which was consecrated at Mass by a priest, 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 for a special time of prayer before the Eucharistic Presence of Jesus.

"Adoring the Body of Christ means believing that there, in that piece of Bread, Christ is really there."¹

¹ Pope Benedict XVI

One of my favorite quotes about visiting Jesus is by St. Josemaria Escriva who said, "Each time you approach the Blessed Sacrament remember that Jesus has been waiting for you for twenty centuries for this personal visit from you."

Be sure to take time to really think about the fact that you are in the very Presence of God!! His Body, His Blood, His Soul, and His Divinity.

St Francis once wrote, "I beg you to show the greatest possible reverence and honor for the most holy Body and Blood of our Lord Jesus Christ." (x2 to be sure children hear the importance)

This means everything we do reflects reverence for Jesus.

Since we are here to spend time with our Jesus, we want to show Jesus we are listening to Him. We do that by keeping our voices off, no whispering, you bow your head, close your eyes, or look at Jesus in the Blessed Sacrament, still hands or fold them in prayer, only holding the worship aids when you need them, etc...

My voice will be your guide during adoration so I will stay behind you so that I don't come between you and Jesus. Do not worry about where I am -- just listen.

[Request parent assistance prior to Exposition:]

Teachers/parents, if you see a student/child that needs redirecting, I ask that you help encourage and guide that child to show reverence before our Sacramental Lord with the items I just talked to them about.

[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 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.²

Moment of silence.

Leader:

Look with wonder and reverence at the Blessed Host in the monstrance see Jesus . . .

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

. the Eucharist the Miracle of Miracles . . . powerful yet appearing so common
so ordinary (small pause)

The Eucharist, our Jesus contains Abundant Love Endless Mercy Full
Forgiveness Strength for any battle or temptation Sweet Tenderness (small
pause)

You, my God, are truly here, hidden in the Eucharist, just as when the Blessed Mother
held You in her arms as a baby You, my God, are truly here just as You were with the
apostles . . . just as much here as when You offered Your Body and Blood at the Last
Supper . . . just as much here as when You died on the cross You, my God, are truly
here just as when you rose from the dead

Jesus, we know You are here we know that You are the Eucharist we know You
are here with us in the same way as You are seated at the right hand of God, the Father
in heaven. (small pause)

Let us close our eyes now and feel "His wondrous love which, like rays of light, stream
forth from Jesus Christ" ³ and cover you with His radiance. (pause)

Open your eyes now and look at Jesus in the Host in the monstrance before us. Repeat
after me: O Lord, / You are truly present in the Eucharist. / "O Most Holy Trinity, / I
adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!" ⁴

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

Please sit.

Take a moment and think about these words from a saint, "How many of you say: I should
like to see His face, His garments, His shoes. (pause) You **do** see Him, you touch Him, you
eat Him. He gives Himself to you, not only that you may see Him, but also to be your food
and nourishment." ⁵

(Silence)

Please stand for a Gospel Reading.

³ Mirae Caritatis (on the Holy Eucharist) Encyclical of Pope Leo XIII promulgated on May 28, 1902

⁴ Fatima Prayer taught by Our Lady of Fatima

⁵ Saint John Chrysostom Quotes emphasis added by author

Priest/ Deacon:

The Lord be with you.

Response: And also with you.

‡ A Reading from the Holy Gospel according to Matthew ⁶

Response: Glory to You O Lord

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body."

Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you,

for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father."

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Please be seated.

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

Leader:

We hear, in Mass, the priest proclaim, "The Mystery of Faith" after consecration, when the bread becomes the Body of Jesus. Look now at the Eucharist, The Mystery of Faith which seems to be bread, but is not bread, even though it tastes like bread and looks like bread, It is the Body of Christ. ⁷ (pause)

Jesus uses Eucharistic Miracles to show that His Body and Blood are truly in this sacrament. ⁸ He uses these Miracles to help our faith grow stronger, to show love for those who believe, and to remind those who doubt He is really present in the Eucharist.

⁶ Matthew 26:26-29

⁷ Based on a quote from St Cyril of Alexandria, emphasis added

⁸ Summa Theologiae, Third Part (Tertia Pars), Question 76. The way in which Christ is in this sacrament

Yet even without miracles, trusting our faith, we recognize Jesus in the Eucharist. Trusting our faith, we know His glory is there as well, shining like the sun. As the sun circling our planet sends out rays of warmth to touch our skin, the Son of God send out rays of mercy and love to touch our soul. (pause)

There are many, many Eucharistic Miracle stories. You will now listen to one of those stories.

Many years ago in Spain, a priest rode his donkey to bring Communion to several sick church members. As the priest and donkey crossed a river to reach their destination, the priest and the ciborium, which is a sacred container holding the Hosts, toppled over into the water. The priest barely made it out of the swiftly moving river. The ciborium and Hosts vanished into the water. The priest felt deep sadness that the Consecrated Host, the **real** Body, Blood, Soul and Divinity of Jesus had disappeared. His job protecting the Blessed Hosts had been unsuccessful.

While the priest stood on the edge of the river, he heard fishermen shouting to him. They witnessed with astonishment three fish holding the lost Hosts in their mouths. Hurrying to the church, the priest returned with another ciborium. He approached the three fish that were holding the Blessed Host above the water. As the priest held the ciborium out, he prayed deeply and the fish placed the Host into it one by one and then swam away.

At that point, the priest realized a crowd had gathered and many had observed this incredible miracle.⁹ (pause)

The fish recognized Jesus in the Host and rescued Him from the water. Amazing! If fish, creatures without a soul, know Jesus in the Host, think about how much **you**, a beloved child of God, should know and appreciate Jesus' Real Presence in the Host. Since Jesus humbly appears as a piece of bread, something so small and normal, we sometimes forget we should feel absolute awe in the presence of Jesus in the Blessed Host, our God who stays with us forever. . . . to be completely thrilled!

(pause)

Look at the Blessed Host "just as He appeared before the holy Apostles in true flesh, so now He has us see Him in the Sacred Bread. . . . as we see bread with our bodily eyes, let us see and **believe** firmly that it is His Most Holy Body , True and Living."¹⁰

⁹ Eucharistic Miracle: Alboraya-Almacera, Spain 1348

¹⁰ St Francis of Assisi, emphasis added

(A minute of silence.)

Just like Peter said to Jesus at the Transfiguration, "Lord, it is good that we are here" ¹¹ we too feel the same at being in our Lord's presence.

Prostrate:
Please kneel.

Repeat after me: "Lord, it is good that we are here." ¹² (Pause long enough so the children don't repeat after you anymore.) We are going to silently prostrate now.

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.

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Feel Jesus here in this very church and know that "it is good that we are here." ¹³

(Repeat as needed.)

(Try for 2 or 3 minutes of silence.)

Please sit.

Look at Jesus and repeat after me:

Lord, help me recognize You in the Eucharist! /
Lord, help me recognize my need for You. /
Lord, help me recognize Your plan for me.

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

Song: I Believe (booklet)

Keeping your eyes upon Jesus in the monstrance and **not** using your booklet, let us pray part of "Litany of the Most Blessed Sacrament" ¹⁴

¹¹ Matthew 17:4

¹² Matthew 17:4

¹³ Matthew 17:4

¹⁴ Partial Litany

I will say a line and you will respond with "have mercy on us."

Please practice that with me now:

"have mercy on us."

O Living Bread, Who from Heaven descended,

Response: have mercy on us.

Hidden God and Savior,

Response: have mercy on us.

Perpetual sacrifice,

Response: have mercy on us.

Lamb without spot,

Response: have mercy on us.

Food of Angels,

Response: have mercy on us.

Hidden manna,

Response: have mercy on us.

Memorial of God's wonders,

Response: have mercy on us.

Super substantial Bread,

Response: have mercy on us.

Word made flesh, dwelling in us,

Response: have mercy on us.

Holy Victim,

Response: have mercy on us.

O Mystery of faith,

Response: have mercy on us.

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

Often times, we take the Eucharist for granted. We see It . . . Him each week at Mass and the awe has worn off. We must always work towards keeping that awe.

Lord, let us see You like it was the first time we looked at You . . . Let us see You with new eyes, with our faith eyes . . . Remove the film of time and common place from our eyes . . . Let us **KNOW** that hidden in this ordinary white host is **YOU** with the brilliance You shone with at the transfiguration on the mountain top . . . and the glory at Your resurrection . . . Let us listen with our faith ears and hear the angels and saints singing at this very moment, "Glory!, Glory!, Glory!"

(Silence)

Lord, we will never doubt in You! "God Almighty, at the beginning of time, (You) created the world out of nothing." ¹⁵ You made water into wine. You raised people from the dead. You fed five thousand people with a small amount of bread and fish. I believe that Your Word alone can turn bread into You! (pause)

Look at Jesus and repeat after me: Lord, I will never doubt in You! (Silence) x 2 or 3

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

Take a moment and just look at Jesus with wonder, awe, and amazement. Feel the thrill of sitting in the very Presence of God!

(Silence)

Prostrate - Try for 4 or 5 minutes of silence. We need to learn how to quiet ourselves so we can hear God speak in whispers to our heart. Psalms says, "Be still and know that I am God." ¹⁶

Still your body. . . . Close your eyes. . . . Slow your breathing. . . Listen to God.

(Try for 4 or 5 minutes of silence.)

Please sit.

It is important to let Jesus know we love him so look at Jesus and repeat after me: O

¹⁵ Mysterium Fidei (Mystery of Faith) Pope Paul VI Encyclical Letter of His Holiness promulgated on 3 September 1965.

¹⁶ Psalm 46:11

Jesus, I love You! (Silence) x 2 or 3

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

Listen now to another Eucharistic Miracle story.

In France two hundred years ago, a priest, Abbot Delort, presided over Eucharistic Adoration at a chapel for nuns, called the Holy Family of Bordeaux. After Abbot Delort exposed the Blessed Sacrament, just like our priest/deacon did at the start of our hour, the priest in his own words wrote, I "saw our Saviour, head, chest, and arms, in the middle of the circle that served Him as a frame like a painting, but with this difference, that the painting looked alive. His figure was . . . a young man about thirty years old, extraordinarily beautiful. He was dressed with a dark red scarf draped over His shoulder and chest."¹⁷

Abbot Delort called the altar server over who confirmed that he too could see Jesus in the Host. In fact, many people saw this miracle which lasted more than twenty minutes. Jesus' head moved from side to side, He smiled at the people in the church, and raised His right hand in blessing. One person heard Jesus say, "I am He Who Is."

At the end, Abbot Delort raised the monstrance and gave Benediction to those at the Holy Hour like our priest/deacon will do in a little while. Remember that during Benediction, the priest holds the monstrance with the Consecrated Host up with hands covered by the humeral veil. Since the priest's hands do not touch the monstrance, we believe and **know** that Benediction is a special blessing directly from Jesus. During this particular Benediction in France, the priest gave the blessing with "our Divine Saviour"¹⁸ visible in the Host the whole time. Imagine, picture with your mind, that incredibly rare blessing the members received, a blessing from Jesus while actually seeing Jesus in the Host. (pause)

The priest told the congregation that Jesus showed himself "in order to make us remember that He is really with us and to ask you to love Him always, and more so than before, and to practice the virtues since He gave **you** such grace."¹⁹

The Mother Superior who was present said, "Although we do not always see Him with the eyes of the body, He did give me the grace to see Him."^{20 21} (pause)

¹⁷ Abbot Delort's documentation of the miracle. Feb 5, 1822

¹⁸ Abbot Delort's documentation of the miracle. Feb 5, 1822

¹⁹ Abbot Delort's documentation of the miracle. Feb 5, 1822, emphasis added

²⁰ Mère Trinité, Supérieure de la Maison de Lorette. Feb 6, 1822

²¹ Eucharistic Miracle: Bordeaux, France 1822

Looking at Jesus in the Blessed Sacrament or closing your eyes, repeat after me: Jesus in "The Eucharist, / You are my "spiritual food" / and my "most precious possession." ²²

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

Say together the Prayer to Jesus in the Blessed Sacrament (booklet)

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.

Saint Mother Teresa of Calcutta said, "Every hour we make so pleases the Heart of Jesus that it is recorded in Heaven and retold for all eternity!" That means that Jesus was so happy that you were here today that He marked each one of your names down in a special place in heaven. (brief pause)

Take a moment to say any last words to Jesus before we start our closing . . . a petition, a thanksgiving, a praise.

(A couple moments of silence.)

Please kneel.

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

Song: Joyful, Joyful, We Adore Thee (hymnal)

[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. ²³]

Priest/Deacon:

Let us pray.

²² Encyclical Letter Ecclesia de Eucharistia of His Holiness Pope John Paul II

²³ 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. ²⁴

Moment of silence.

Leader:

Father/Deacon will now do Benediction, our special blessing from Jesus like in our second story. 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. ²⁵ 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.

²⁴ No 226 Holy Communion & Worship of the Eucharist Outside Mass

²⁵ No 99 Holy Communion & Worship of the Eucharist Outside Mass

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

Blessed be the Holy Spirit, the Paraclete.

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

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

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

Extra

[Sometimes you will get through the whole set of plans, sometimes you won't. Here are some extra prayers and reflections in case you get done early. Each group and each session will flow differently depending on the age of the children, how long you pause, and where God leads you that particular time.]

Looking a Jesus, repeat after me:

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.)

Looking a Jesus, repeat after me:

You are my Wonderful God, / my Risen Lord, / the Eternal Son

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

Looking a Jesus, repeat after me:

"Holy, Holy, Holy, Lord God of hosts." Isaiah 6:3

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

In the Eucharist "Christ, God and man, makes himself wholly and entirely present" (CCC #1374)

"Christ's presence in the Eucharist is unique in that, even though the consecrated bread and wine truly are in substance the Body and Blood of Christ, they have none of the accidents or characteristics of a human body, but only those of bread and wine."²⁶

We believe that our Jesus is really present, hidden in the Eucharist. Together let us say the 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.

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

Let us say the Forgiveness Prayer in the booklet to help us change. I will say the first line, you will say the bold line. (Repeat in sections.)

For all the times we have turned away from You,

Father Forgive Us

For all the times we hurt others,

Father Forgive Us

Open our hearts to see Your light.

Jesus, Hear Us

Strengthen our love for God and others.

Jesus, Hear Us

Teach us to work and play as friends.

Holy Spirit, Help us

Give us courage to keep trying.

Holy Spirit, Help us

Give thanks to the Lord, for He is good.

His mercy endures forever!

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

²⁶ The Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers, Produced by the Committee on Doctrine of the United States Conference of Catholic Bishops and approved by the full body of bishops at their June 2001 General Meeting.

Together let us say the Act of Love. (Repeat in sections.)

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

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

Act of Hope

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

(A moment of silence.)



The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

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

Blessed be the Holy Spirit, the Paraclete.

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

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

Repose Song: Holy God We Praise Thy Name

Holy God we praise Thy name; Lord of all we bow before Thee;

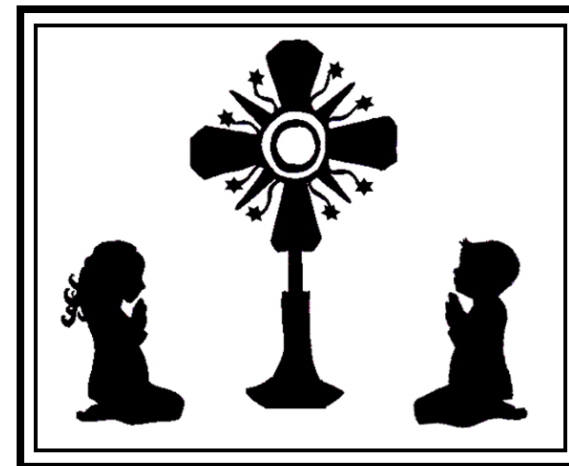
All on earth Thy scepter claim; All in heaven above adore Thee.

Infinite Thy vast domain, Everlasting is Thy reign! x2

Hark, the loud celestial hymn; Angel choirs above are rising;

Cherubim and Seraphim, In unceasing chorus praising,

Fill the heavens with sweet accord: Holy, holy, holy, Lord! x2



Guided Children's Adoration

Exposition Song: Come Adore

Gather: Comprehensive #888

O LIVING BREAD



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



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.

Song: Joyful, Joyful, We Adore Thee

References

Books:

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Music:

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

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

I Believe: Words and Music for Eucharistic Adoration by Karl Kohlhase, 2008, www.k4communications.com. 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")

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