



Guided Children's Hour of Adoration (Divine Friend Theme Version 2 Overview)

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

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

Repeat after line

St. Pope John Paul II Quote & Reflection

Thanking Jesus for His Love for Us

Repeat Line

Prostrate

Fatima Prayer -- repeat

Isaiah 49 Song Reflection

Your Name on God's Palm

Number of Hairs on Your Head Reflection

St. Dominic Savio Story

Asking to Be a Saint

Being Held in the Palm of God's hand

Walking down Aisle & Bowing Before the Blessed Sacrament during Song: Isaiah 49 (I Will Never Forget You)

Graces from God during Adoration Quote and Reflection

Gospel Reading: Matthew 11:28-30 & Homily

St. Pope John Paul II Quote

Sharing with Jesus Our Struggles

St. Pope John Paul II Quote

Pact of Friendship

Lines of Scripture Mixed with Silence

Quotes

Prostrate

Psalm 103 -- Repeating

Communion Reflection

Counting Our Blessings

Closing Thoughts

Last Word Prayer

Song: You are My All In All

Benediction and Divine Praises

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

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 for Children Divine Friend Theme Version 2

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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 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.]

[Optional Handouts: Friendship Pact with Jesus]

I'd like to start with a quote from St. Pope John Paul II, "Jesus is your greatest friend . . . Never forget it! Jesus wishes to be our closest friend, our companion along the way. You have, certainly, so many friends; but you cannot always be with them and they cannot always help you, listen to you, console you. Jesus, on the contrary, is the friend who never

abandons you. Jesus knows you." ¹

How wonderful for us to be able to be in the same room as our Lord, **your greatest friend** . . . to sit with Him . . . to talk to Him . . . to listen to Him . . . to love Him . . . and to feel Him love you. He is the friend that you can turn to no matter what.

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 to stay in your pew or on your mat.

[Request parental assistance prior to Exposition:]

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 Paul 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 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.

¹ St. John Paul II 14 June 1979

[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 breaths and feel the Lord's peace fill you.

Moment of silence. (30 seconds - 1 minute)

[Leader should be seated behind the children.]

_____ 3 minute mark
in plan timing.

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

[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. (30 seconds)

_____ 7 minute mark
 in plan timing.

Leader:

Key for Pauses

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

Look at Jesus in the monstrance . . . see Him in front of you . . He **IS** the white host that you see in the middle of the monstrance. (small pause: 5-10 seconds) He **IS** the white host that at Mass the priest, with the help of the Holy Spirit, turned from plain, nothing bread into completely, fully Jesus. . . . (small pause: 5-10 seconds) This white host **IS** just as much Jesus as when Jesus placed His hands on the children and blessed them. . . . (small pause: 5-10 seconds) We don't have to understand. All we have to do is trust Jesus' word. **This is Him!** This is our God who is our Divine Friend. (small pause: 5-10 seconds)

Whisper "Hello" to Jesus in your thoughts inside your heart or in a soft whisper so He hears your words out loud. (pause: about 30 seconds)

We thank You Lord for waiting for us in the Eucharist . . . for always being there for us . . . when we are sad, You are there . . . when we are happy, You are there . . . when we are scared, You are there . . . when we are mad, You are there . . . Jesus we love being able to talk to You about everything . . . always . . . knowing that You are always . . . forever . . . every second . . . there for us! (small pause: 5-10 seconds)

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

Close your eyes now and feel Jesus being here with you this very second . . . His love warmly and wonderfully surrounds you like a gentle hug . . . Wrap your arms around yourself in a hug Imagine the hug you are feeling is from Jesus. (pause: about 30 seconds)

Open your eyes.

Please sit.

Look at Jesus in the Blessed Host and repeat after me: "Jesus, my Divine Friend / I know You are here / present in the Blessed Sacrament on the altar."

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

Now think about these words that St. Pope John Paul II told some youth/children, "First of all I tell you that Jesus loves you! This is the most beautiful truth! Jesus loves you!" ³ (pause: about 30 seconds)

Spread your arms out to your sides. (small pause: 5-10 seconds) Stretch your arms as wide as you can. (small pause: 5-10 seconds) Can you stretch them open anymore? (small pause: 5-10 seconds) Your arms are open pretty big . . . Now imagine if your arms could stretch to the chapel walls. (small pause: 5-10 seconds) That would be much bigger, right?

Jesus' love for **you** is even bigger than how wide you can imagine stretching your arms out. (small pause: 5-10 seconds) Close your eyes. Think about the biggest thing you can imagine now . . . something huge. (small pause: 5-10 seconds) He loves you even more than that . . . more than you can even understand Enormous, huge Love! That's how Jesus loves **you!**

Take a moment to feel loved by Jesus. ⁴

(A moment of silence.)

Repeat after me: "Jesus, / my closest friend, / thank You for loving me!"

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

³ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

⁴ Based on a quote from St. Pope John Paul II: Speech to the children in the Church of San Basilio, Rome, Italy

Let us use sign language to tell Jesus thank you in another way. Place your flat, open hand on your chin just under your lips. Move your hand forward and a bit down in the direction of Jesus in the Host and smile. This means thank you!

Let's do it one more time. Place your flat, open hand on your chin just under your lips. Move your hand forward and a bit down in the direction of Jesus in the Host and smile.

Using the sign, repeat after me: "Jesus, / my closest friend, / thank You for loving me!"

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

_____ 13 minute mark
in plan timing.

We want Jesus to know that we love Him too so, looking at Jesus in the Blessed Host, repeat after me: "O Jesus, / my friend that is God/ I love You! / O Jesus, my Divine friend, / I adore You! / O Jesus, my best friend, / I love You!"

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

Jesus is your Divine Friend -- your friend from heaven -- your friend who is God . . . Jesus is waiting for **you** . . . waiting to hear from you . . . waiting to be asked to be part of your day . . . waiting to share your burdens . . . waiting to give you His love. You have delighted Jesus by visiting with Him in Eucharistic Adoration today. He had been waiting for you!

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

Prostrate - **A couple of minutes of silence.**

We are going to spend some quiet time in prostration with our Divine Friend, Jesus.

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. . . Listen to God.

(Repeat as needed)

You can quietly whisper your words to Jesus aloud or talk to Him in your heart about anything that is important to you because these things are important to Jesus too. You can ask Him to be part of your day. You can ask Him to fill you with His love. You ask His

help on anything. You can even simply tell Him you love Him over and over.

(Try for 2 or 3 minutes of silence.)

Please sit.

We are going to say one of the Fatima prayers taught by Our Lady of Fatima. Looking at Jesus, repeat after me: "O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!" ⁵

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

There is a song (Isaiah 49 by Carey Landry) with the words: "I will never forget you, I have carved you on the palm of my hand." The Lord has placed **your** name on the palm of His hand. **(small pause: 5-10 seconds)** Imagine that. **(small pause: 5-10 seconds)** Do you think that Jesus could ever forget you if He sees your name on his hand all the time? **(small pause: 5-10 seconds)** Look at the palm of your hand and wonder a moment about having Jesus' name placed on your hand. **(small pause: 5-10 seconds)**

Jesus knows you in a special way. You are important to God! Listen to that one more time: You . . are . . important . . to . . God! **(small pause: 5-10 seconds)** He not only knows your name, He remembers your hair and eye color. He knows your favorite food and your favorite toy. What else do you think Jesus knows about you? **(pause: about 30 seconds)** Jesus knows you so well that He has even counted the number of hairs on your heads. (Matthew 10:30)

Touch the hair on your head. **(small pause: 5-10 seconds)** Can you figure out how many pieces of hair are on your head? **(pause: about 30 seconds)** Do you think your mom or dad knows exactly how many hairs are on your head? **(small pause: 5-10 seconds)** Jesus knows! He knows that John has 100,003 hairs on his head, Melissa has 117,067, and Cindy has 90,239 hairs. He knows exactly how many hairs are on your head. **(small pause: 5-10 seconds)**

_____ 20 minute mark
in plan timing.

Listen now to a little bit about St. Dominic Savio, the Patron of Children.

St. Dominic was born in 1842 in Northern Italy. By the age of five, he was an altar server at Mass. Imagine that! A kindergartener helping the priest at Mass. **(small pause: 5-10 seconds)**

⁵ Fatima Prayer taught by Our Lady of Fatima

Dominic knew so much about Jesus and his love for Jesus was so obvious to other people that he was allowed to receive his First Communion six years earlier than what was normal at the time.

Sometimes, after Dominic received Communion at Mass, he would be so deep in prayer with Jesus, that he would lose track of time for **hours** and not realize that Mass was even over. Think about this: one day Dominic missed breakfast, classes, and lunch because he was so focused on Jesus. (small pause: 5-10 seconds)

He loved to spend time with Jesus in the Blessed Sacrament every day and would ask his friends to come also. Would you want to invite your friends to come spend time with you and our Eucharistic Lord? (small pause: 5-10 seconds) "Of being in the Presence of his Best Friend, Jesus in the Holy Eucharist, St. Dominic used to say, "What else do I need to be happy? Nothing in this world but to see Him, [Jesus in the Sacred Host] Whom I see by faith and adore on the altar." ⁶ Dominic was so very happy to be doing exactly what you are doing right now, spending time with Jesus.

One of the main things that Dominic wanted to do with his life was to be the best possible friend of Jesus and Mary. If you wanted to be the best friend of Jesus and Mary, what would and could you do? (pause: about 30 seconds)

Dominic had such a deep love for Jesus that if he saw a priest bringing Communion to the sick, he would kneel wherever he was, even in the street to adore Jesus. He knew of Jesus' great love for us and one of the big ways Jesus showed His love was turning ordinary bread into His very own Body, Blood, Soul and Divinity in the Blessed Sacrament. Jesus love keeps Him present here on earth and not just in heaven. Dominic wanted to be able to give big love back to Jesus. Dominic showed Jesus his love with great reverence and respect and offering of his time to Jesus in the Blessed Sacrament.

St. Dominic said, "Ask Jesus to make you a saint. After all, only He can do that. Go to confession regularly and to Communion as often as you can."

Let ask that now. Repeat after me: Jesus / please make me a saint.

_____ 25 minute mark
in plan timing.

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

We talked earlier about our name being written in the palm of God's hand. He is so much bigger than us, yet He holds us so gently, so lovingly in His hand. Close your eyes. Imagine

⁶ *Stories of the Eucharist* by Linda & Mary Beth Bracy p. 16

yourself cradled -- being held in our Lord's hands. (pause: about 30 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. Keep your eyes looking at Him because you can't wait to reach Him. When you reach the front, take a moment to look at Jesus in the Blessed Sacrament, our God of Love . . . blow Him a kiss . . . whisper that you love Him or say "Jesus, You are my Best Friend!" or "Jesus, thank you for always being there for me." 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. 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.

Sing: Isaiah 49 (I Will Never Forget You) (booklet)

(Place booklets down.)

_____ 29 minute mark
in plan timing.

Another thing that St. Dominic said was, "Do you want many graces? Go and visit the Blessed Sacrament often. Do you want few graces? Visit the Blessed Sacrament rarely. Do you want none at all? Then never pay a visit to the Blessed Sacrament."

Answer that in your mind now: "Do you want many graces?" (pause: about 30 seconds)

Think about this: Right now you are receiving many, many graces from Jesus . . . graces that help you make good choices in life . . . graces that let you know you are loved by Jesus . . . graces that help you when you are sad . . . graces that help you love others . . . graces that help you in every single moment in your life. (small pause: 5-10 seconds)

Please stand.

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Matthew:

Response: Glory to You, O Lord

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11: 28-30)

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

Brief Homily (2-3 minutes) from presider. Or continue with the following reflection.

Leader:

_____ 34 minute mark
in plan timing.

St. Pope John Paul II said, "He alone can calm (your) fear. . . He is your inseparable friend." ⁷ "He alone is the solutions to all your problems. He alone is the way, the truth, and the life; he alone is the real salvation of the world; he alone is the hope of mankind." ⁸
(pause)

Jesus is always ready to love and be there for us when we struggle. He is our Hope! Look at Jesus and let's tell Him (repeat after): Jesus, You are my Hope!

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

Take a minute now to share with Jesus any struggle you may be experiencing. (A moment of silence. 30-60 seconds)

St. Pope John Paul II also said: "Jesus knows you one by one, personally. He knows your name. He follows you, accompanies you, walks with you every day. He participates in your joys and consoles you in moments of grief and sadness. Jesus is the friend we cannot do without when we have met him and understood that he loves us and wants our love. . . . Make a pact of friendship with Jesus and never break it! In all situations of your life (that means always, always), turn to the Divine Friend . . . Jesus is waiting for us." ⁹

Let us now make a "Pact of Friendship with Jesus," which means an agreement of friendship with Jesus.

Please stand.

Looking at Jesus on the altar, repeat the Pact after me:

Jesus, my Divine Friend, my God, / I promise: /

I will take time / to not only talk to You daily, / but also to spend time in silence to
listen to You. /

⁷ Poland -- June 1997

⁸ St. Pope John Paul II: Speech to the 8000 children in Guadalajara, Mexico

⁹ On the Solemnity of the Body and Blood of Christ celebrated with First Communicants in St. Peter's Basilica June 14, 1979

I will actively look and thank You /for Your blessings, big and small. /

I promise that when I make mistakes, / I will ask for Your forgiveness and make time for Confession. / I understand that You are always willing to forgive me / if I am truly sorry.

I promise to trust You and Your mercy / in good times and in difficult times. /

I know Your plans for me are better than anything I might choose. / I will come to You for help and guidance often. /

I will think and say words of love to You frequently. /

I will remember that Your love for me is HUGE, / bigger than I can imagine / and that You are always, forever there / to help, listen, and console me. /

Please sit.

Keeping your eyes upon Jesus in the monstrance, we will have some silence mixed with me saying lines of scripture. Listen to Jesus in the words and in the silence. **(Pause 10-15 seconds between lines.)**

"Before I formed you in the womb I knew you." Jeremiah 1:5

"But to those who did accept him he gave power to become children of God, to those who believe in his name." John 1:12

"Even all the hairs of your head are counted" Matthew 10:30

"Lord you have probed me, you know me: you know when I sit and stand." Psalm 139:1-2

"You understand my thoughts from afar." Psalm 139:2

"Even before a word is on my tongue, Lord, you know it all." Psalm 139:4

"Behind and before you encircle me and rest your hand upon me". Psalm 139:5

St. Pope John Paul II said "Jesus is not only an outstanding figure of human history, a hero, a representative man: **He is the Son of God**; He is Immanuel, the God with us, the Divine Friend who alone has words of Eternal Life! He is the light in darkness; He

is our joy because we know that He loves each of us, personally" ¹⁰

St. Josemaria (Escriva) adds, "Jesus is your friend. **The** Friend. With a human heart, like yours. With loving eyes that wept for Lazarus. And He loves you as much as He loved Lazarus" ¹¹

Again, we are going to prostrate before Jesus. Let us quietly in our hearts ask our Divine Friend, the Son of God, to light our lives and lead us to Eternal Life.

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

If needed, 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. . . Be with God . . . Offer Him your best love . . . your best praise your best adoration.

(Repeat as needed)

(Try for 4 or 5 minutes of silence.)

Please sit.

_____ 45 minute mark
in plan timing.

We will now say part of Psalm 103. Looking at Jesus, repeat after me: "Bless the Lord, my soul; / all my being, bless his holy name! / Bless the Lord, my soul; / do not forget all the gifts of God, / who pardons all your sins... / fills your days with good things... / Merciful and gracious is the Lord, / slow to anger and abounding in kindness." ^{Psalm 103:1-3, 5, 8}

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

Similar to St. Dominic saying, "Go . . . to Communion as often as you can." St. Pope John Paul II told us to receive Communion often in order to keep a close friendship with Jesus. ¹² So not only do we want to attend Mass and receive Jesus in the Eucharist, we want to do so with a loving and pure heart. Take a few minutes to review your attitude and your attention towards Jesus as you receive Him in the appearance of the Host when you attend Mass or as you prepare to receive Him this spring at your First Communion. Do you

¹⁰ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

¹¹ Emphasis added

¹² Letter from St. Pope John Paul II to Children in the Year of the Family from the Vatican December 13, 1994

clear your heart from sin? Do you truly focus on Him? Do you walk forward towards Him full of joy, wonder, and love? **Moment of silence. (30 seconds - 1 minute)**

Let's take a minute to talk to Jesus about the times we don't pay any attention to Him. Tell Jesus you are sorry for ignoring Him at times . . . not paying Him enough attention at times Ask Jesus to please help you love Him more and more . . . to long more and more to spend time with Him. **(pause: about 30 seconds)**

Take time now to thank your Divine Friend for all your many blessings. Take time to name them one by one and say thank you to Him. Can you name at least ten? What about twenty or thirty? **(A minute of silence.)**

**** Important**

_____ 50 minute mark in plan timing.

This time is firm.

You must start

kneeling by 50-52 minutes past the

start of the

Adoration to close on time.

Shortly, we will be coming to a close. Take a moment to think about these words. "Remember that you are never alone, Christ is with you on your journey every day of your lives! . . . Turn to Him in prayer and in love. Ask Him to grant you the courage and strength to live in this freedom always. Walk with Him who is 'the Way, the Truth and the Life.'" ¹³

Moment of silence. (30 seconds - 1 minute)

Pray The Last Word (booklet).

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon. Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again. Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and those I have promised to pray for.

Please kneel.

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

Song: You are My All In All (booklet)

(Place booklets down.)

[During the song, the minister may incense the Holy Eucharist. After the song is

¹³ Saint Pope John Paul II

finished, he stands and sings or says a prayer such as the following. ^{14]}

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. ¹⁵

Moment of silence. (30 seconds - 1 minute)

Leader:

We will now have Benediction which is a wonderful blessing **directly** from Jesus. Father will wear a special veil which keeps his hands from touching the monstrance. Father will then make the Sign of the Cross over us with the Blessed Sacrament, Jesus, in the monstrance. Since Father's hands aren't touching the monstrance, we know this blessing comes right from Jesus. Make sure you make the Sign of the Cross as you receive Jesus' special blessing.

[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. ¹⁶ 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

¹⁴ No 98 Holy Communion & Worship of the Eucharist Outside Mass

¹⁵ No 226 Holy Communion & Worship of the Eucharist Outside Mass

¹⁶ No 99 Holy Communion & Worship of the Eucharist Outside Mass

those assembled in the Divine Praises. The Divine Praises can also be said as the priest or deacon reposes the Blessed Sacrament.]

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

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

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

Blessed be the Holy Spirit, the Paraclete.

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

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

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.]

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. / Amen.

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

Keeping your eyes upon Jesus in the monstrance, we will have some more silence mixed with me saying lines of scripture. (Pause between lines.)

"You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself." Luke 10:27

"This is the day the Lord has made; let us rejoice in it and be glad." Psalm 118:26

"The heavens declare the glory of God" Psalm 19:2

"Whoever believes in me believes not only in me but also the one who sent me" John 12:44

Reflect on the words of St. Pope John Paul II: "Jesus loves you! Jesus came to this earth to reveal to us and to guarantee to us God's love. He came to love us and to be loved. Let yourselves be loved by Christ!" ¹⁷ (A moment of silence.)

Reflect on a quote by Blessed Brother Andre: "O Holy angels, make me see God on the altar as you see Him in heaven," (A moment of silence.)

¹⁷ Address of his Holiness John Paul II to the Young People of the Roman Parish of "San Basilio" Sunday, 11 March 1979

Reflect on a quote by St. Peter Julian Eymard: "Our Lord did not want to remain on earth only through His grace, His truth or His words; He remains in person. We possess the same Lord Jesus Christ Who lived in Judea, although under a different form of life. He has put on a sacramental garment, but He does not cease being Jesus, the Son of God and the Son of Mary." (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "May you experience the truth that He, Christ, looks upon you with love!" ¹⁸ (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "Let no one mislead you or prevent you from seeing what really matters. Turn to Jesus, listen to Him, and discover the true meaning and direction of your lives." ¹⁹ (A moment of silence.)

Reflect on the words of St. Pope John Paul II: "Dear young people, like the first disciples, *follow Jesus!* Do not be afraid to draw near to Him, to cross the threshold of His dwelling, to speak to Him face to face, as you talk with a friend." ²⁰ (A moment of silence.)

Thanksgiving Prayer (Repeat in sections.)

Lord Jesus I adore You! Thank You for Your awesome love which keeps You on earth with us, night and day, in the Holy Eucharist! Thank You for the gift of life! Thank You for my family, friends and loved ones, for the countless graces and blessings that You have showered upon me and every person in the entire world! Thank You for Your ongoing merciful and tender loving care!

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

Prayer to Jesus in the Blessed Sacrament (Repeat in sections.)

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

¹⁸ St. Pope John Paul II, *Dilecti Amici*

¹⁹ St. Pope John Paul II, *St. Louis, Missouri*

²⁰ St. Pope John Paul II, *World Youth Day XII*

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.

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

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 so the children don't repeat after you anymore.)

Reflect on: St. John Chrysostom said, "How many of you say: I should like to see His Face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also be your food and nourishment."

(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! x 2

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

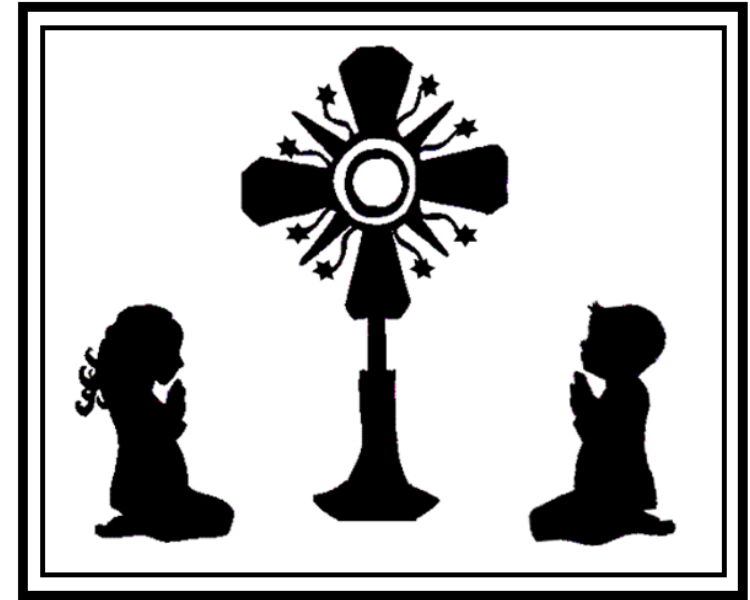
Cherubim and Seraphim, In unceasing chorus praising,

Fill the heavens with sweet accord: Holy, holy, holy, Lord! x 2

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. x 2



Guided Children's Adoration



Exposition Song: Come Adore

Gather: Comprehensive #888





Song: Isaiah 49 by Carey Landry

The Last Word

Jesus, I must soon leave You, but I carry away with me the memory of Your love which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon. Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again. Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and those I have promised to pray for.

Song: You are My All In All by Nichole Nordeman



Jesus is your Divine Friend ~
your friend from heaven ~
your friend who is God.

-St. Pope John Paul II



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.

Isaiah 49: Carey Landry.

You are My All In All: by Nichole Nordeman. *Girls of Grace* Album