



## **Guided Middle School Hour of Adoration (Prayer 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.

Meditation

Gospel: Matthew 6:7-15: The Our Father

Homily

Pray: Our Father

Song: I Believe

Thanksgiving

Sit, Kneel or Prostrate: Simplest Prayer

Praise

Petitions/Intersessions

Litany of the Holy Name of Jesus

If Time: Interior Spontaneous Prayer

Song: Lord, I Need You

Benediction and Divine Praises

Reposition of 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 Middle School Eucharistic Adoration Prayer Theme Version 2

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\_\_\_\_\_ 0 minute mark  
in plan timing.

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

[Welcome the youth 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 silence.]

[Materials needed: attached print out of prayer web for each youth, pencils, collection baskets]

Prayer is very, very important. Prayer is talking and listening to God. It is so very much needed as we live our lives. The Catechism, the book that explains our Catholic faith, says prayer is a vital necessity. <sup>1</sup> **That means we need prayer!** So today, during Adoration, we will focus on the different kinds of prayers: blessings and adoration -- where we meet with God, prayer of petition or intercession -- where we ask for our needs, prayer of thanksgiving -- where we say thank you. We will also do a mediation and a litany.

\_\_\_\_\_ 5 minute mark  
in plan timing.

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Please kneel.

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.

(Brief Pause: Approx. 30 seconds)

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. <sup>2</sup>

Moment of silence. (30 seconds - 1 minute)

Leader:

\_\_\_\_\_ 10 minute mark  
in plan timing.

<sup>2</sup> No 224 Holy Communion & Worship of the Eucharist Outside Mass

### Key for Pauses

. . . . indicates 1-2 seconds of silence

small pause: 5-10 seconds

pause: about 30 seconds

silence: 30-60 seconds

Place booklets down.

**Jesus is here with us.** We can see Him in the Monstrance on the altar. We know by our faith, but sometimes don't pay attention to the Eucharist who is "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."<sup>3</sup> (brief pause)

Please sit.

[Meditation with possible Contemplation depending of the youth]

Let us meditate for a few minutes to encounter Jesus more deeply.

Close your eyes.

Still your body.

Slow your breathing.

Clear your mind. Sweep all thoughts away.

Picture yourself some place peaceful . . . a green field perhaps or at a church or a beautiful garden.

You are sitting with Jesus in His fully human state.

You are so close to Jesus you can see His hair move with the breeze.

You let your eyes meet Jesus' eyes.

His eyes look at you with such tenderness . . . with so much love . . . it almost takes your breath away.

You feel waves of joy and beauty come from Jesus to you.

You have never felt so alive!

At this moment you are amazed and begin to grasp that Jesus loves you no matter

<sup>3</sup> St. Peter Julian Eymard

what. You realize that you do not need to hide or run from Him. Jesus loves you just as you are and loves you in a way that makes you want to come again and again to sit with Him.

Sit a few minutes with Jesus. Have a conversation with Him. You could even reach out and hold His hand. Or simply rest with Him and listen to His voice.

**(2-3 minutes of silence.)**

Open your eyes. Look at Jesus in the Blessed Host. He is the same human and divine Jesus that loves you with an unimaginable amount of love. **(small pause: 5-10 seconds)** Feel rays of mercy and graces like sunshine, come from the Host to warm your soul. **(small pause: 5-10 seconds)** Even if you cannot feel those graces, Jesus is pouring them straight to your soul. **(small pause: 5-10 seconds)** You are here with the one Who loves you! **(small pause: 5-10 seconds)**

Please stand.

\_\_\_\_\_ 18 minute mark  
in plan timing.

**Priest/ Deacon:**

‡ A Reading from the Holy Gospel according to Matthew <sup>4</sup>  
Response: Glory to You, O Lord

In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

"This is how you are to pray:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread;  
and forgive us our debts,  
as we forgive our debtors;  
and do not subject us to the final test,  
but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you.

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<sup>4</sup> Matthew 6:7-15

But if you do not forgive others, neither will your Father forgive your transgressions."

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

**Brief 2-3 minute Homily from presider. Possible homily points listed below.**

Our Blessed Lord, Jesus, often prayed to His Father. He prayed before He chose His Twelve Apostles, He prayed on the Mount of Transfiguration, He prayed before He raised Lazarus from the dead, He prayed at the Last Supper, He prayed in the Garden of Gethsemane before He was arrested, and He prayed on the Cross. Jesus loved to talk to His Father.

"Prayer is talking to God and listening. We listen with our heart when we are willing to accept and do whatever God wants of us, just as Our Lord did in Gethsemane."<sup>5</sup>

The Our Father is the only prayer that Jesus taught to His disciples so think about how important this prayer's words are to Jesus. St. Thomas Aquinas said, "The Lord's Prayer is the most perfect of prayers . . . . This prayer not only teaches us to ask for things, but also in what order we should desire them."

The Our Father consists of seven petitions or request to our merciful Father in heaven. The first three petitions relate to God and the right way of serving Him which are: the sanctification of His name, the coming of the kingdom, and the fulfillment of His will. The last four petitions present our basic human needs to Our Father in heaven. They asked that our lives be nourished, healed of sin, led by Him, and made victorious in the struggle of good over evil.

**Leader:**

\_\_\_\_\_ 23 minute mark  
in plan timing.

[Personal Prayer: vocal, memorized]

We will now say the Our Father together. Really focus and pray the words.

Our Father, who art . . .

[Praise]

<sup>5</sup> The New Saint Joseph Baltimore Catechism pg. 172

We will now a song of Praise in prayer to our Lord.

Song: I Believe (booklet)

\_\_\_\_\_ 28 minute mark  
in plan timing.

[Thanksgiving]

Now let us take time to pray in **thanksgiving** to Jesus for some of our blessings. Too often, we turn to Jesus when we need something from Him, but not as often to say Thank you. Sometimes we can think of many things to be thankful for. And at other times, when in difficult times, it may seem like there is nothing to thank Jesus for.

Join prayerfully as I get you started on some things we can always be thankful for even on the hard days. Your response will be: *Thank You, Jesus.*

For the gift of life, and every moment that we live,

R. *Thank You, Jesus.*

For the world around us - the moon, the stars, the refreshing rain and the glorious sunshine, the very air we breathe,

R. *Thank You, Jesus.*

For creating us,

R. *Thank You, Jesus.*

For the forgiveness of our sins in the Sacrament of Reconciliation,

R. *Thank You, Jesus.*

For coming to us in Holy Communion,

R. *Thank You, Jesus.*

For having lived, suffered, and died for us,

R. *Thank You, Jesus.*

For preparing a place for us in heaven where we hope to live for eternity. <sup>6</sup>

R. *Thank You, Jesus.*

Now think about the blessings and graces God has given **you**. We will take a few quiet minutes for you to name as many of those as possible in your heart and to thank Jesus for those silently into your head. Thank You, Jesus for my family. . . Thank You, Jesus for . . .

(2 minutes of silence.)

[Simplest Prayer]

[Youth Choice: kneeling or prostration]

\_\_\_\_\_ 32 minute mark  
in plan timing.

<sup>6</sup> A condensed version of a prayer by John J Cardinal Carberry, Archbishop of St Louis Dec 8, 1977



The Catechism tells us that, "The invocation [or the calling on] of the holy name of Jesus is the simplest way of praying always."<sup>7</sup> Meaning just saying Jesus' name is a prayer. His name is a prayer that you can do anywhere - here, school, when you are playing sports, each time you take a step, and even when you don't know what to say to Jesus.

Please kneel or to tuck yourselves into a humble position before our Jesus.

**Step the youth through prostration.**

For the next two or three minutes, try and put all else out of your mind. Focus on Jesus' name alone. Just say His name over and over again, in your mind. Say it slowly, with reverence and with love. **Whisper:** "Jesus . . . . Jesus . . . . Jesus"

**(Try for 2 or 3 minutes of silence.)**

Please sit.

\_\_\_\_\_ 36 minute mark  
in plan timing.

### [Petitions and Intercessions]

Let's take a moment to think about petitions, when we ask Jesus something for ourselves, and intercessions, things we might want to ask Jesus for others. Jesus says in the gospel of Matthew *"Ask and it will be given you; seek and you will find; knock, and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened."*<sup>8</sup>

In just a moment, paper and pencils will be coming down your pew. Please take just one pencil and one paper. You can see that in the center of the page, in an oval are the words: Jesus, please help me. The lines coming out are for you to write your petitions and intercessions. In the silence, speak to Jesus in your heart about these needs as you write them.

**[Volunteers should pass the paper and pencils down the rows.]**



**(Try for 2-3 minutes of silence.)**

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<sup>8</sup> Matthew 7: 7-8

Baskets will come down your pews, just like Sunday Mass when we present Jesus our gifts. This afternoon, we present Jesus, who "knows what you need before you ask him," our petitions and intercessions. We place them before Jesus, who is Love.

[Volunteers pass baskets down the pews in the same manner as the offertory at Mass.

A Volunteer or the leader should bring the baskets of petitions down the man aisle, genuflect before the Blessed Sacrament, and place the baskets on the altar before the monstrance.]

You can use this same method of prayer with Thank You Jesus or Praise You Jesus at the center of the web.

### [Litany]

\_\_\_\_\_ 42 minute mark  
in plan timing.

We will now say parts of The Litany of the Holy Name of Jesus. It is a prayer to our Lord consisting of a series of petitions and responses. "This litany . . . brings to mind the words of St. Paul: "whatever you do in word or in work, do all in the name of the Lord Jesus" (Col 3:17) . . . It gives us a good opportunity to meditate on both our Lord's attributes and His life, while asking Him for heavenly guidance and assistance."

[\* Leave these out in a time crunch.]

### The Litany of the Holy Name of Jesus

Your response will be: *have mercy on us*

God, our Father in Heaven,

R. *have mercy on us*

God the Son,

R. *have mercy on us*

God the Holy Spirit,

R. *have mercy on us*

Jesus, brightness of eternal light,

R. *have mercy on us*

\*Jesus, King of glory,

R. *have mercy on us*

Jesus, dawn of justice,

R. *have mercy on us*

Jesus, worthy of our love,

R. *have mercy on us*

Jesus, worthy of our wonder,

R. *have mercy on us*

Jesus, all powerful,

R. *have mercy on us*

Jesus, model of obedience,

R. *have mercy on us*

\*Jesus, gentle and humble of heart,

R. *have mercy on us*

Jesus, lover of chastity,

R. *have mercy on us*

Jesus, lover of us all,

R. *have mercy on us*

Jesus, God of peace,

R. *have mercy on us*

Jesus, author of life,

R. *have mercy on us*

\*Jesus, model of goodness,

R. *have mercy on us*

Jesus, seeker of souls,

R. *have mercy on us*

Jesus, our refuge,

R. *have mercy on us*

Jesus, treasure of the faithful,

R. *have mercy on us*

\* Jesus, the true light,

R. *have mercy on us*

Jesus, eternal wisdom,

R. *have mercy on us*

\* Jesus, infinite goodness,

R. *have mercy on us*

Jesus, our way and our life,

R. *have mercy on us*

Jesus, courage of Martyrs,

R. *have mercy on us*

Your response will now be: *Jesus, save Your people.*

From all evil

R. *Jesus, save Your people.*

From every sin,

R. *Jesus, save Your people.*  
 From the snares of the devil,  
 R. *Jesus, save Your people.*  
 From Your anger  
 R. *Jesus, save Your people.*  
 From everlasting death,  
 R. *Jesus, save Your people.*  
 By Your birth,  
 R. *Jesus, save Your people.*  
 By Your public ministry,  
 R. *Jesus, save Your people.*  
 \*By Your grief and sorrow  
 R. *Jesus, save Your people.*  
 By Your death and burial  
 R. *Jesus, save Your people.*  
 By Your return in glory to the Father,  
 R. *Jesus, save Your people.*  
 By Your gift of the Holy Eucharist,  
 R. *Jesus, save Your people.*

Turn now to the closing prayer of the litany in your worship aid. We will say this together.

Let us pray:

Lord, may we who honor the Holy Name of Jesus enjoy His friendship in this life and be filled with eternal joy in the kingdom where He lives and reigns forever and ever. Amen

(Pause)

\_\_\_\_\_ 46 minute mark  
in plan timing.

If Time:

[Interior Spontaneous Prayer]

Take the next couple of minutes to talk with Jesus about anything that you want.

(Try for 2 minutes of silence.)

Please kneel

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

Song: Lord, I Need You (booklet)

\_\_\_\_\_ \*\* 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.

[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. <sup>9</sup>]

**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. <sup>10</sup>

**Moment of silence.**

**Leader:**

[Blessing]

Father/Deacon will now do Benediction and Divine Praises. Benediction is a special blessing directly from God to you. 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. <sup>11</sup> During the blessing, servers may incense and ring the bells, according to local tradition.]*

**Priest/Deacon:**

**Benediction**

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<sup>9</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>10</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>11</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

[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.

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 youth, how long you pause, and where God leads you that particular time.]

Now, let us take some time to pray in **praise** to our Jesus. Praise says we know God is God and that we give Him glory. ["Praise is a form of prayer which recognizes most immediately that God is God" <sup>12</sup>]

Close your eyes and listen to the following Psalm that praises Jesus. Imagine yourself and feel yourself praising Jesus:

Praise God in his holy sanctuary; give praise in the mighty dome of heaven. Give praise for his mighty deeds, praise him for his great majesty. Give praise with blasts upon the horn, praise him with harps and lyre. Give praise with tambourines and dance, praise him with flutes and strings. Give praise with crashing cymbals, praise him with sounding cymbals. Let everything that has breath give praise to the Lord. Hallelujah! (Psalm 150:1-6)

Again, looking at Jesus in the Blessed Sacrament in the monstrance, repeat after me: Jesus, "You are God: / we praise You." <sup>13</sup>

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

Jesus is truly present in the Host on the altar. He is in the church with us right now. Jesus loves us very much and He wants to be loved by us. He waits for us night and day in the Eucharist. He longs to hear from us. He waits for us. We adore Him because He is God! Together let us adore Jesus. I will say something about Jesus and I want you to say "We adore You" when I am done.

Jesus, You are the Light of the World,  
 Response: We adore You.  
 Jesus, You are our Light and our Love,

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<sup>13</sup> Te Deum

Response: We adore You.  
 Jesus, You are the only truth,  
 Response: We adore You.  
 Jesus, You are Emmanuel, God with us,  
 Response: We adore You.  
 Jesus, You are the King of Kings,  
 Response: We adore You.  
 Jesus, You are the Lamb of God,  
 Response: We adore You.  
 Jesus, You are the Prince of Peace,  
 Response: We adore You.

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

Eucharistic Prayer of Adoration (Repeat in sections.)

O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!

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

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 youth 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 Psalms. Listen to Jesus in the words of the Psalms and also in the silence between. (Pause between lines.)

*"Keep me safe, O God; in you I take refuge."* Psalm 16:1

*"Come, let us sing joyfully to the Lord... Let us greet him with songs of praise... Let us bow down in worship; let us kneel before the Lord who made us. For this is*



*our God, whose people were are"* Psalm 95:1, 2, 6-7

*"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."* Psalm 145:1-3, 21

*"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



## 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 Youth Adoration



## Exposition Song: Come Adore

Gather: Comprehensive #888

### 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

by Karl Kohlhase, 2008, [www.k4communications.com](http://www.k4communications.com)



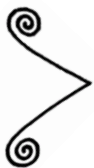
### Song: Lord, I Need You

by Matt Maher



### Litany of the Holy Name of Jesus

Lord, may we who honor the Holy Name of Jesus enjoy His friendship  
in this life and be filled with eternal joy in the kingdom where He  
lives and reigns forever and ever. Amen



## References

### Books:

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

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