



## **Guided Children's Hour of Adoration (Praise and Adoration: Version 2 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

Psalm 145:2-3

Bubbles of Praise

Praise Repeat

Gospel: Luke 2:22-32

Reflection/Homily

Repeat Praises

Prostrate While Imagining Looking at Baby Jesus

Repeat Praise

Jesus, THE Royal King

Walking down Aisle & Bowing Before the Blessed Sacrament during Song: Father I Adore Thee

Act of Love

Petitions and Intercessions

Decade of the Rosary: The Institution of the Eucharist

Prostrate

Prayer of Praise by Saint Pope Gregory the Great

Holy, Holy, Holy Lord God of Hosts

God's Name is Holy

(If time) Repeat Praise Lines

Good-byes

Song: Joyful, Joyful, We Adore You

[www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com)

Copyright by Melissa Kirking February 2019

Closing Prayer

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.

Excerpts from the English translation of Holy Communion & Worship of the Eucharist Outside Mass © 1974, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of The Roman Missal © 2010, ICEL. All rights reserved.

Scripture texts in this work are taken from the New American Bible, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

Copyright © Melissa Kirking, Round Rock, Texas

All plans, activities, information, etc. are free; however, they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on [www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com).

Contact Information: [melissa@guidedchildrensadoration.com](mailto:melissa@guidedchildrensadoration.com)



## Guided Eucharistic Adoration for Children Praise and Adoration Version 2

**Copyright:** All plans, activities, information, etc. are free; however, they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on [www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com).

[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: A bottle of Praise Bubbles]

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. So today/tonight we are going to go beyond that to praising God - giving Him glory for just being God - not for

what He gives or does for us. We are going to think Wow God! You are awesome! Jesus, You are amazing!

**[If needed]**

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:]**

Catechist/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.

**[If appropriate:** Also, I thought we would try that if parents felt you should help your younger ones with some of the questions or wonders we will come across, please feel free to quietly discuss it with them.]

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.

[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....

[Back to plan.]

Saint Lugi (Guanella) said, "The earth is filled with tabernacles - Praise Him!" (small pause: 2 seconds) We are blessed to have one step more than Jesus in the tabernacle - we will see Jesus in the Eucharist in the monstrance. Let us praise Him now with all our heart!

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 (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.<sup>1</sup>

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

Place booklets down.

**Right now, this very minute, we see Jesus!** . . . We use our faith and our trust to know that the Host . . . the Eucharist **IS** God! . . . Our God is sitting with us. . . . He comes down from glorious heaven to spend time with us . . . He doesn't have to . . . He chooses to . . . He wants to . . . He waits for people . . . for **us** to come talk with Him . . . to come listen to Him . . . or simply to sit in the same room as Him to keep Him company . . . . **(small pause: 5-10 seconds)** Jesus sees **you** here and is full of love for you! . . . Jesus is sending you extra special and powerful blessings and graces and His love . . . **(small pause: 5-10 seconds)** . Jesus, You are amazing! . . . You are where all grace and love comes from . . .

<sup>1</sup> No 224 Holy Communion & Worship of the Eucharist Outside Mass

(small pause: 5-10 seconds) You are magnificent and mighty! . . . Holy and True . . . . (small pause: 5-10 seconds)

Close your eyes now and picture the following words as I say them.

We worship You, Jesus. We show You special honor at this moment by giving You ALL of our love . . . and ALL of our praise . . . and ALL of our adoration. (small pause: 5-10 seconds)

Now put your hands on your heart to gather all of your love. As I resay our offering, offer all your love to Jesus with your arms stretched out to Him and your palms offering Him these things.

Jesus, we show You special honor at this moment by giving You all of our love . . . and all of our praise . . . and all of our adoration. (small pause: 5-10 seconds)

Sit

Looking at Jesus in the Host, repeat after me: "Lord, oh how I love You!" x 2 or 3

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

Again, repeating after me, we will praise Jesus with Psalm 145.

Every day I will bless you; /  
I will praise your name forever and ever. /  
Great is the LORD / and worthy of much praise, /  
whose grandeur is beyond understanding. <sup>2</sup> /

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

Think about bubbles for a moment. . . What happens when you blow a bubble? . . . (small pause: 5-10 seconds) They float upwards towards heaven, right? . . . Now imagine yourself softly blowing bubbles of praise to God . . . . [soft blowing noise] and you can see your bubble of praise float up to heaven and land on Jesus' cheek like a soft kiss full of your love. (small pause: 5-10 seconds)

Now pretend in your mind or even act out with quiet motions the following:

---

<sup>2</sup> Psalm 145:2-3



Blow a praise bubble of "Jesus, I praise You!" . . . . [soft blowing noise] watch it float up to Jesus in Heaven and land tenderly on His cheek. (small pause: 5-10 seconds)

Next blow the praise bubble of "Jesus, You are amazing!" . . . . [soft blowing noise] watch it float up to Jesus and land on His other cheek. (small pause: 5-10 seconds)

Now blow a praise bubble of "Jesus, You are magnificent and mighty!" [soft blowing noise] and see Jesus smile at you as it floats to Him. (small pause: 5-10 seconds)

And now just one more, blow the praise bubble of "Jesus, I Love You so very much!" [soft blowing noise] and watch it float heavenly. (small pause: 5-10 seconds)

Next time you are blowing bubbles with your friends or siblings or see bubbles or even pretend to blow bubbles, think of bubbles of praise that you can blow to Jesus and then with your mind watch your praise bubble rise up towards heaven and land on Jesus' cheek. (small pause: 5-10 seconds)

We should praise Jesus always and everyday no matter how we feel. Think about some of the different ways you can feel on a good day . . . . on a bad day . . . . on a so so day. (small pause: 5-10 seconds) Now take a moment to ask Jesus to help you to praise Him no matter how you feel. (small pause: 5-10 seconds)

Please stand.

\_\_\_\_\_ 14 minute mark  
in plan timing.

**Priest/ Deacon:**

‡ A Reading from the Holy Gospel according to Luke.  
Response: *Glory to You, O Lord*

The Presentation in the Temple.

When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord, "Every male that opens the womb shall be consecrated to the Lord," and to offer the sacrifice of "a pair of turtledoves or two young pigeons," in accordance with the dictate in the law of the Lord.

Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him. It

had been revealed to him by the holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying:

"Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel."<sup>3</sup>

The Gospel of the Lord.

Response: Praise to You, Lord Jesus Christ

Please sit.

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

Even as a baby, Jesus was praised by those who recognized him as God. In fact, Simeon had waited years and years, for the Savior of the World to come. That is something hard to understand since we can talk to Jesus, receive Him in Communion, and come see Him in His Eucharistic Presence any time we want.

**Leader:**

\_\_\_\_\_ 19 minute mark  
in plan timing.

Looking at Jesus with love in your eyes, please repeat after me the following praises to Jesus:

Praise You Jesus, / You are King of all kings. / Praise You from our homes / and Praise You from the rooftops 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!<sup>4</sup>

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

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

<sup>3</sup> Luke 2:22-32

<sup>4</sup> *Secrets of the Eucharist* by Michael Brown page 49

Please kneel.

We will be taking some more time to praise Jesus in a special way.

**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.

Close your eyes . . . . Just like in our Gospel Reading, picture Jesus as a baby being held by His Mother . . . . You are looking at Him . . . . He is looking at you with His sweet baby eyes . . . . so much love fills your heart . . . . you can't help but smile. **(small pause: 5-10 seconds)**

How awesome it is that Jesus loves us so much He came down from heaven to be born a human baby. **(small pause: 5-10 seconds)**

Breathe slowly now . . . . Every time you breathe out, say in your mind or whisper very softly, "Jesus, You are awesome." And now breathe in, looking at baby Jesus and thinking in your mind about how amazing Jesus is . . . . then repeat . . . breathe out . . . "Jesus, You are awesome." . . . Breathe in, look at baby Jesus and think about how amazing He is. . . . We will repeat this for two or three minutes. **(silence)**

Still your body. . . . Close your eyes. . . . Slow your breathing.

**(Repeat as needed)**

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

Please sit.

\_\_\_\_\_ 25 minute mark  
in plan timing.

God loves us always and everywhere . . . His love is in places you never even think about . . . . You feel God's love touch you in so many beautiful, funny, and soothing ways . . . Bless God for the love He lets you feel! . . . Praise the way God's love encourages us to grow! . . . Praise God for always touching us with His love!

Close your eyes if you wish to focus on the upcoming praise. I will say a praise line and you will respond with: Praise You, Jesus!

Jesus, You are my God!  
 R. Praise you Jesus!  
 Jesus, You are my King!  
 R. Praise you Jesus!  
 Jesus, You are my Lord!  
 R. Praise you Jesus!  
 Jesus, You are my savior!.  
 R. Praise you Jesus!  
 Jesus, You are generous!  
 R. Praise you Jesus!  
 Jesus, You are awesome!  
 R. Praise you Jesus!

Please stand and we will continue to praise God.

Jesus, You are awe-inspiring!  
 R. Praise you Jesus!  
 Jesus, You are wondrous!  
 R. Praise you Jesus!  
 Jesus, You are love!  
 R. Praise you Jesus!  
 Jesus, You are faithful!  
 R. Praise you Jesus!  
 Jesus, You are miraculous!  
 R. Praise you Jesus!  
 Jesus, You are mighty!  
 R. Praise you Jesus!  
 Jesus, You are patient!  
 R. Praise you Jesus!

(small pause: 5-10 seconds)

Please sit.

Jesus, you are THE Royal King . . . the God King seated on Your magnificent throne in glorious Heaven . . . and at the same time a small humble white Host that sits with us now . . . You are above every king and queen, prince and princess, all presidents in the history of the world and every other ruler that has ever been here on this earth . . . who is ruling now . . . or might ever rule anywhere . . . You Jesus are MY King! (small pause: 5-10 seconds)

Say that with me now: You Jesus are my King!

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

\_\_\_\_\_ 30 minute mark  
in plan timing.

Whisper in wonder, your own praise words to Jesus. Even if it is just saying His name in amazement for how great He is: Jesus! (pause: 30 seconds)

[If in a small group setting, you may choose to do the following: 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, of course, you can't wait to get close to Him. When you reach the front, take a moment to bow before Jesus with respect and if you wish, blow Him a kiss. Then 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.]

We are going to sing: Father, I Adore You (booklet)

\_\_\_\_\_ 35 minute mark  
in plan timing.

Together let us say the Act of Love by repeating after me.

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. / Amen.

Place booklets down.

We have been adoring and praising Jesus. He knows that we might have needs or prayer intentions too. Take a couple of minutes to talk to Jesus about anything that is important to you or close to your heart.

(Try for 2 minutes of silence.)

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 5<sup>th</sup> 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 Marys, Glory Be

End Rosary with O My Jesus.

We are now going to enter into a silent moment 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.

\_\_\_\_\_ 41 minute mark  
in plan timing.

(A moment of silence.)

Prostrate - Try for 4 or 5 minutes of silence.

Please kneel.

Let us now take some time with Jesus to just sit and listen to Him.

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 . . . Try and keep your mind still and silent . . . no questions to God . . . no thinking about your day . . . Just listen to God in your heart.

(Repeat as needed)

(Try for 4 or 5 minutes of silence.)

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

Please sit.

Listen to this Prayer of Praise by Saint Pope Gregory the Great.

It is only right,  
with all the powers of our heart and mind,  
to praise You Father  
and Your Only-Begotten Son,  
Our Lord Jesus Christ.

Dear Father,  
 by Your wondrous condescension  
 of loving-kindness toward us, Your servants,  
 You gave up Your Son.  
 Dear Jesus,  
 You paid the debt of Adam for us  
 to the Eternal Father by Your Blood  
 poured forth in loving-kindness.  
 You cleared away the darkness of sin  
 by Your magnificent and radiant Resurrection.  
 You broke the bonds of death  
 and rose from the grave as a Conqueror.  
 You reconciled heaven and earth.  
 Our life had no hope of eternal happiness  
 before You redeemed us.  
 Your Resurrection has washed away our sins,  
 restored our innocence and brought us joy.  
 How inestimable is the tenderness  
 of Your Love!  
 Amen

(small pause: 5-10 seconds)

During Mass, right before the plain bread and wine are transformed into the Body, Blood, Soul, and Divinity of Jesus, we join everyone in saying the following words. If you remember them, join in with me.

"Holy, Holy, Holy Lord God of hosts.  
 Heaven and earth are full of your glory.  
 Hosanna in the highest.  
 Blessed is he who comes in the name of the Lord.  
 Hosanna in the highest."

When we say these words, we are welcoming Jesus into our church by using the same words as the crowd on Palm Sunday, "Hosanna," for He is the King of Kings who will become present in the Eucharist on the altar and who is present at this very second in front of us in Adoration. Also, the seraphim which are the highest choir of angels in heaven continuously praise God with the words, "Holy, holy, holy Lord God of hosts."

In Mass, we are combining both of these praises as we, humans, join the thousands of angels, your own personal guardian angel, the Virgin Mary, and all the saints, including

your family members in heaven, in their joyful song of praise. These heavenly people and angels are invisible to us, but they absolutely are at Mass with us.

Let us stand now. Picture all these heavenly people and angels with us and repeat after me what they all say. **[If needed, do in repeat after me fashion.]**

"Holy, Holy, Holy Lord God of hosts. /  
Heaven and earth are full of your glory. /  
Hosanna in the highest. /  
Blessed is he who comes in the name of the Lord. /  
Hosanna in the highest."

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

Please sit.

Listen to the following Prayer of Praise:

Blessed are You, Lord God:  
Blessed are You forever.  
Holy is Your name:  
Blessed are You forever.  
Great is Your mercy for Your people:  
Blessed are You forever.  
Amen!

We know that God Himself is holy. Now think about this: God's **name** itself is holy as well! . . . **(small pause: 5-10 seconds)** Before Jesus came to earth as a human, the ancient Israelites would not even whisper God's name because it was too holy to say aloud. **(small pause: 5-10 seconds)**

We are so used to saying Lord, Jesus, God, the Father, and Holy Spirit that God's name has become very common for us . . . We have stopped thinking about the power in HIS name alone . . . Take a moment to think about how you should always speak and think God's name with respect and honor and never use it in vain.

**(A moment of silence.)**

**(If time)** We are going to say some more praise and adoration to Jesus by repeating lines after me that describe Jesus. As we describe Him, extend your hands up towards Jesus with joy.



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.)

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!

We will be starting closing songs and prayers soon. Take the next minute to talk to Jesus about anything else that might be on your heart.

(A moment of silence.)

Please kneel.

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

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

[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>5</sup>]

**Priest/Deacon:**  
 Let us pray.

**\* \* 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.

<sup>5</sup> 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. <sup>6</sup>

Moment of silence. (30 seconds - 1 minute)

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 goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. <sup>7</sup> 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.

<sup>6</sup> No 226 Holy Communion & Worship of the Eucharist Outside Mass

<sup>7</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

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.]

We are so favored by God that He called us to be HIS people. God takes care of HIS people! Repeat after me our recognition of this wonderful joy.

Father, Son, and Holy Spirit, /  
 We praise You and give You glory; /  
 We bless You for calling us to be Your holy people. /

Take a moment to think about how wonderful it is to be one of God's holy people.

(A moment of silence.)

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

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.

(A moment of silence.)

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.)

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.

(A moment of silence.)

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



### **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;

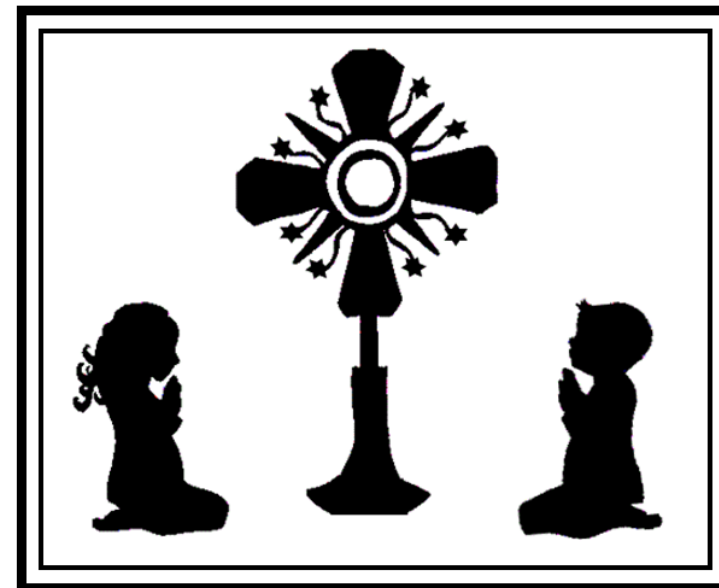
Cherubim and Seraphim, In unceasing chorus praising,

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



### Act of Love

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. Amen.

### Song: Father I Adore You

Words by Terrye Coelho 1972



### Song: Joyful, Joyful, We Adore Thee

Gather: Comprehensive #528

Joyful, joyful, we adore thee,  
God of glory, Lord of love;  
hearts unfold like flowers before thee,  
opening to the sun above.  
Melt the clouds of sin and sadness;  
drive the dark of doubt away.  
Giver of immortal gladness,  
fill us with the light of day!

All thy works with joy surround thee,  
earth and heaven reflect thy rays,  
stars and angels sing around thee,  
center of unbroken praise.  
Field and forest, vale and mountain,  
flowery meadow, flashing sea,  
chanting bird and flowing fountain,  
call us to rejoice in thee.

Thou art giving and forgiving,  
ever blessing, ever blest,  
well-spring of the joy of living,  
ocean depth of happy rest!  
Thou our Father, Christ our brother,  
all who live in love are thine;  
teach us how to love each other,  
lift us to the joy divine.



# I Adore You Jesus!



## References

### Books:

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, ICEL. All rights reserved.

Scripture texts in this work are taken from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

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

### Music:

(All listed songs hold copyrights and are subject to copyright laws. Please consult your own parish's rights to use the suggested songs.)

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

Father I Adore You

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

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