



Guided Children's Hour of Adoration (Sacred Heart: Version 2 Overview)

Intro

Exposition of the Eucharist - Kneeling and Song: Come Adore

Opening Prayer

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

Repeat after Line x 2

Sacred Heart Background

Thanking Jesus

Blow Kiss

Prostrate - Jesus You are Amazing

St. Margaret Mary Quote & Reflection

Walking down Aisle & Bowing Before the Blessed Sacrament during Song: You are My All In All

Prayer to the Sacred Heart of Jesus

Gospel Reading: John 19:31-37

Homily

Promises for Those Devoted to Sacred Heart

Consecrate to the Sacred Heart Repeat Line

Jesus' Love

Repeat after Line

Fatima Prayer - Repeat

Litany to the Sacred Heart of Jesus

St. Margaret Mary Quote

Prostrate

Cardinal Newman's Prayer to the Sacred Heart

St. Pope John Paul II Idea & Reflecting

Repeat after Line

Lines of Scripture Mixed with Silence

Being Filled with Jesus' Blessings & Graces

Quiet Time with Jesus

Song: Open My Eyes

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.

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Guided Eucharistic Adoration for Children Sacred Heart 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: Picture of Sacred Heart of Jesus, How to Draw the Sacred Heart Guide]

We are here to adore Jesus - to love Jesus!

This afternoon we will be reflecting on the Sacred Heart of Jesus. We will be praying to,

singing to, loving, and adoring our most wonderful Jesus - our God!

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 Paull 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.

[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 (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.¹

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 Jesus in front of you . . . Jesus is the white consecrated Host. . . Jesus is our God and King . . . The monstrance is a kingly throne for our God. (small pause: 5-10 seconds)

Jesus is here with us. . . . The most sacred, the most loving Heart of Jesus is hidden in the Holy Eucharist before us² . . . Look at this Host . . . look at this Heart of Jesus who has so loved men who has so loved children!³ . . . Jesus calls your name . . . Jesus loves you! . . . He adores you. . . Jesus loves spending time with you. (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)

Look at the Blessed Sacrament which we can also call the Heart of Jesus . . . Jesus is the savior who saves you Jesus is the Judge who forgives you Jesus is the Friend who loves you. (pause: about 30 seconds)

Close your eyes now Wrap your arms around yourself in a hug Feel Jesus here with you this very moment Imagine the hug you are feeling is from Jesus. (small pause: 5-10 seconds) Be so very still that you can feel your heart beating (pause: about 30 seconds)

Whisper with me now while you are still feeling hugged: O make my heart / beat with

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass

² Based on Cardinal Newman's Prayer to the Sacred Heart

³ Based on Jesus' words to St. Margaret Mary

Your Heart Jesus.⁴

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

Do you have any words of love you want to tell Jesus? If so, tell Him in a quiet whisper or silently in your head. (pause: about 30 seconds)

Open your eyes now and please quietly stand.

_____ 10 minute mark
in plan timing.

Jesus is the Blessed Sacrament, also called the Host. We believe our God has made Himself small in the Host to give us strength, to help us, to feed us, to love us! We trust Jesus when He tells us the Host is Him!

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

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

Patting your chest or just placing your hands on your chest, tell Jesus, "Here I am Jesus / I'm here to spend time with you."

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

Please quietly sit down.

We will now hear a bit about what the Sacred Heart of Jesus is and why we celebrate His Sacred Heart.

Over 300 years ago, a nun named St. Margaret Mary saw a vision of Jesus who showed Himself to her in His human body as His disciples saw Him walk the earth. Her vision happened during the Feast of Corpus Christi also known as the Feast of the Body and Blood of Christ.

This feast celebrates our belief, our knowing, that Jesus becomes the Host or altar bread at consecration during Mass. Jesus asked St. Margaret Mary for a Sacred Heart of Jesus Feast as a way to make up for people not being thankful for everything Jesus suffered for us and for Him dying on the cross so that our sins can be forgiven and we can go to Heaven.

⁴ From Cardinal Newman's Prayer to the Sacred Heart

Think about this a moment, if Jesus didn't choose to suffer and die, we would not be able to go to Heaven. (small pause: 5-10 seconds) That is how much Jesus loves you and me, He said yes to hurting . . . He said yes to dying . . . so we could be with Him forever in Heaven.

The Sacred Heart of Jesus is not just His physical heart, His beating heart in His body, but **also** Jesus' enormous love and mercy for all people.

Jesus gave several reasons for the Sacred Heart Feast. One of those reasons He told St. Margaret Mary was that people should give Him thanksgiving for the great gift He has left on earth for them in the Adorable Eucharist which is truly His Body, Blood, Soul, and Divinity.

Wonder a moment why Jesus asked for people to say thank you to Him. (small pause: 5-10 seconds) Have your parents ever reminded you to tell someone thank you? (small pause: 5-10 seconds)

People had gotten so busy living their lives and doing what they pleased that they forgot to thank Jesus for becoming the Host. Maybe people were busy working, or playing, or eating or reading or a million other things.

Think for a moment about how **you** would feel if you gave your best friend the most perfect gift . . . a gift that they could never buy for themselves . . . a gift that helps them live a happier life . . . and your friend never even told you thank you. (small pause: 5-10 seconds) Ask yourself now how Jesus might feel if we never thank Him for His amazing gift of the Host. (small pause: 5-10 seconds)

Let us thank Him **now**. Look at Jesus and repeat after me: Thank You Jesus / for this great gift before us / You in the most Adorable Eucharist, the Host.

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

Let us use the sign from 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.

Jesus gives us so many other wonderful gifts each day that we should be thankful for.

Using your fingers on at least one of your hands, count off your blessings to Jesus. Your parent can help you name them if you'd like. (pause: about 30 seconds)

Looking at Jesus, repeat after me: Sacred Heart of Jesus, / I thank You for all the blessings You have given me.

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

Now blow Him a kiss or two and sign thank you to Jesus.

We have times we like to run and play and there are times we need to learn to be still. It is good to work on having times of being very, very still before Jesus. We are going to try that now - being very, very still before our Jesus.

_____ 15 minute mark
in plan timing.

Prostration

We are going to be tucking ourselves into a humble position before our Jesus because we love Him.

Step the children through prostration. Kneel on the kneeler, put your bottom on your seat behind you, and bring your face to the back of the pew in front of you. You can leave your hands free this time.

Say to Jesus in your heart, "Jesus, you are amazing," at least ten times. You can start with your hands closed and slowly place one finger up each time you say the words to Jesus.

Slowly start the children off.

(Try for 2 or 3 minutes of silence.)

Please stand.

St. Margaret Mary said something to the effect of: Oh how lucky people are that we get to hold the Host, the God of Love in our hands and that we can do this every day if we choose to. And that when we receive Jesus, we can place Jesus in our heart. ⁵ (small pause: 5-10 seconds)

Close your eyes. Picture walking down the aisle at Communion time in Mass, you could even

⁵ "Oh, how fortunate you shall be to be able to receive every day this divine Sacrament, to hold this God of Love in your hands and place Him in your own heart!"

quietly walk in place now. (small pause: 5 seconds) Hold your hands now as you would for Communion, or cross your arms like you do for your blessing, or just stand respectfully before the Eucharist Imagine this God of Love ⁶ being placed in your hands by the Communion minister . . . your King in your hands. . . . Even if you can't receive Jesus yet in Communion, you can look at Jesus in the Eucharist as the minister holds Him up as you walk down the aisle at Mass with your parents. (small pause: 5-10 seconds)

With your eyes still closed and still looking at the Eucharist at Mass or Jesus, your King, in your hands, repeat after me, "Come into my heart Jesus."

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

_____ 19 minute mark
in plan timing.

[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 like 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 "Come into my heart Jesus." 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: You are My All In All (booklet)

_____ 24 minute mark
in plan timing.

Let us pray together the Prayer to the Sacred Heart of Jesus in the booklet:

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Amen.

(Place booklets down.)

We will now listen to the Gospel that is read during Mass on the Feast of the Sacred Heart of Jesus.

Please stand.

Priest/ Deacon:

⁶ St Margaret Mary's words to describe Jesus: "God of Love"

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

Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may [come to] believe. For this happened so that the scripture passage might be fulfilled: "Not a bone of it will be broken." And again another passage says: "They will look upon him whom they have pierced." (John 19:31-37)

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

Please sit.

Brief Homily from presider (can be based on suggestions below). Or continue with the Leader.

St. Pope John Paul II said "We come here to meet the Heart of Jesus pierced for us, from which water and blood gush. It is the redeeming love, which is at the origin of salvation, of our salvation, which is at the origin of the Church. Now still, today, the living Christ loves us and presents His heart to us as the source of our redemption . . . We are called not only to meditate and contemplate on this mystery of Christ's love; we are called to take part in it. It is the mystery of the Holy Eucharist, the center of our faith, the center of our worship of Christ's merciful love manifested in his Sacred Heart, a mystery which is adored here night and day." ⁷

Reworded for greater understanding for children:

St. Pope John Paul II had written and spoken many wonderful thoughts. In words more friendly for children, he said, we come to Adoration to meet the Heart of Jesus pierced for us, from which water and blood gushed.

⁷ From Our Holy Father, Pope John Paul II's address at the Basilica of Montmartre in 1980, where he spoke of the Sacred Heart of Jesus in the Most Blessed Sacrament Who has been perpetually adored there for more than one hundred year; author's explanation in ()

The Heart of Jesus, when it was stabbed by a soldier when Jesus died on the cross, is the saving love which is the beginning of salvation, the beginning of God forgiving our sins. The Heart of Jesus, meaning His love for us, which took all our sins, is at the beginning of the Catholic Church.

Now still, today, the living, risen Christ, truly present, truly alive in the Eucharist, the Host, loves us and offers His heart to us, to you, as THE Way to be forgiven for our sins . . .

Jesus calls us first to think deeply and wonder on this mystery of Christ's love and second we are called **to take part** in His love. It is the mystery of the Holy Eucharist, something we may never fully understand. The Heart of Jesus is the center of our faith, the center of our worship of Christ's merciful love made known in his Sacred Heart, a mystery which is adored here night and day.⁸

That is what we are doing now . . . we are adoring Jesus . . . this very second . . . we are adoring Christ's merciful love in His Sacred Heart.

Leader:

_____ 30 minute mark
in plan timing.

Jesus told St. Margaret Mary of twelve promises for people who are devoted to His Sacred Heart. A couple of these are: He will give peace in their families, He will console them in all their troubles, He will pour abundant blessings on everything they do, and He will bless the homes in which the image of His Sacred Heart is exposed and honored.

Let us devote our ourselves to the Sacred Heart of Jesus. Repeat after me: Merciful Jesus, / I consecrate myself today / and always to Thy Most Sacred Heart.

Sometimes we forget that Jesus loves us. He told St. Margaret Mary, "Announce it, and let it be announced to the whole world, that I set neither limit nor measure to my gifts of grace for those who seek them in my heart!" . . . This means that there is no way you can use up Jesus' love for you. There is no limit to how much love He is willing to give you.

(small pause: 5-10 seconds)

Patting your chest, repeat after me: Sacred Heart of Jesus, / I believe in Your love for me. **X 2 or 3 times**

⁸ Author reworded for greater children's understanding. From Our Holy Father, Pope John Paul II's address at the Basilica of Montmartre in 1980, where he spoke of the Sacred Heart of Jesus in the Most Blessed Sacrament Who has been perpetually adored there for more than one hundred year.

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

It is important to let Jesus know that we love Him too, so looking at Jesus in the Blessed Host repeat after me: O Jesus, I love You! . . . O Jesus, I adore You! . . . O Jesus, I love You!

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

We will now do part of The Litany of the Sacred Heart of Jesus. Repeat after me:

Lord, have mercy. / Christ, have mercy. /
 Lord, have mercy. / Christ, graciously hear us. /

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

Now I will say something about the Heart of Jesus and your response will be "Have mercy on us." Let's practice this now.

Heart of Jesus, Son of the Eternal Father,
 Response: Have mercy on us.
 Heart of Jesus, holy temple of God,
 Response: Have mercy on us.
 Heart of Jesus, full of goodness and love,
 Response: Have mercy on us.
 Heart of Jesus, king and center of all hearts,
 Response: Have mercy on us.
 Heart of Jesus, in whom are all the treasures of wisdom and knowledge,
 Response: Have mercy on us.
 Heart of Jesus, patient and rich in mercy,
 Response: Have mercy on us.
 Heart of Jesus, pierced with a lance,
 Response: Have mercy on us.
 Heart of Jesus, our life and resurrection,
 Response: Have mercy on us.

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

Again, we are going to prostrate, humble ourselves, before Jesus. St Margaret Mary prayed the following prayer, "From the depth of my nothingness, I prostrate myself

before Thee, O Most Sacred, Divine and Adorable Heart of Jesus, to pay Thee all the homage of love, praise and adoration in my power. Amen." Keep this prayer in mind as you now humble yourself before the Sacred Heart of Jesus.

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.

(Try for 4 or 5 minutes of silence.)

Please sit.

_____ 39 minute mark
in plan timing.

Looking at the Most Blessed Sacrament repeat after me: "May the Heart of Jesus / in the Most Blessed Sacrament / be praised, adored, and loved / with grateful affection, at every moment, / in all the tabernacles of the world, / even to the end of time."

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

Using your booklets, let us pray together: Cardinal Newman's Prayer to the Sacred Heart (booklet)

Most sacred, most loving Heart of Jesus, You are concealed in the Holy Eucharist. I worship You with all my best love and awe, with deep affection, and with my most resolved will. For a while You take up Your home within me. O make my heart beat with Your Heart. Purify it of all that is earthly, all that is proud, of all perversity, and of all disorder. So fill it with You, that neither the events of the day, nor the circumstances of the time, may have the power to ruffle it; but that in Your love and Your fear, it may have peace. Amen

(Place booklets down.)

St. Pope John Paul II loved to spend time with Jesus in the Blessed Sacrament just like we are doing now. St. Pope John Paul II said spending time with Jesus made him strong in his faith so that he could make good choices when it was hard to do so. Spending time

with Jesus helped the pope through hardship, sadness and pain. The pope depended on Jesus in the Blessed Sacrament to help him always.⁹

Let us think about this for a moment . . . spending time with Jesus in Adoration can do all of this for you as well. (small pause: 5-10 seconds) In this moment, let Jesus make you strong . . . let Him comfort you . . . let Him bring you peace and joy.

(A moment of silence. 30-60 seconds)

Repeat: "O Heart of Love / I place my trust / entirely in You."

(Pause long enough for the children not to repeat after you anymore.)

_____ 43 minute mark
in plan timing.

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

"My heart is moved with pity for the crowd" Matthew 15:32

"God is love" 1 John 4:16

"I will place my law within them, and write it upon their hearts; I will be their God, and they shall be my people." Jer 31:33

"Do not let your hearts be troubled. You have faith in God; have faith also in me."
John 14:1

"If you love me, you will keep my commandments." John 14:15

"God's teaching is in their hearts; their steps do not falter." Psalm 37:31

Shortly, we will be ending our visit with Jesus. During Eucharistic Adoration Jesus shows us His Sacred Heart, opening His heart wide for us to receive lots and lots of graces won for us by His painful death on the cross. Jesus has wonderful graces and blessings beyond what we can even imagine but we have to come to Jesus and ask Him For His blessings and graces.¹⁰

⁹ John Paul II, Encyclical Letter: Ecclesia de Eucharistia p. 34 based on: "It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in his heart. . . . How often, dear brothers and sisters, have I experienced this, and drawn from it strength, consolation and support!"

¹⁰ Based on *The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist* by Lee Ann Schoofs

Ask Jesus right now to fill you with His graces and blessings Sit quietly for a few moments to feel His graces come from the Blessed Sacrament to fill you Feel your body filling up with His graces, blessing, and love. Filled up to your ankles . . . up to your knees . . . your hips . . . filled up to your neck with Jesus' graces and blessings . . . all the way up to the top of your head.

Moment of silence. (30 seconds - 1 minute)

For our last few moments talk to Jesus about anything that is important to you . . . anything you want to tell Him or ask Him or share with Him.

Moment of silence. (30 seconds - 1 minute)

Please kneel.

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

Song: Make My Heart Your Dwelling Place

(Place booklets down.)

[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. ¹¹]

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. ¹²

**** Important**

_____ 52 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.

¹¹ No 98 Holy Communion & Worship of the Eucharist Outside Mass

¹² No 226 Holy Communion & Worship of the Eucharist Outside Mass

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.¹³ During the blessing, servers may incense and ring the bells, according to local tradition.]

Priest/Deacon:
Benediction

[After replacing the monstrance on the altar, the priest or deacon may kneel and lead those assembled in the Divine Praises. The Divine Praises can also be said as the priest or deacon reposes the Blessed Sacrament.]

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

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

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)

¹³ No 99 Holy Communion & Worship of the Eucharist Outside Mass

Extra

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

Looking at Jesus repeat after me: Most Sacred Heart of Jesus / I ask that I may ever love You / more and more.

(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. / Amen.

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

Repeat after me:

Most Sacred Heart of Jesus, / I trust in Thee.

Most Sacred Heart of Jesus, / have mercy on us!

Sacred Heart of Jesus / Thy Kingdom Come.

Most Sacred Heart of Jesus, / convert sinners, / save the dying, / deliver the Holy Souls in Purgatory.

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

Prayer to the Sacred Heart of Jesus (Repeat in sections.)

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger, comfort me in my

afflictions, give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. 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.)

"This I command you: love one another." John 15:17

"Let the words of my mouth meet with your favor." Psalm 19:15

"In this is love, not that we loved God, but that he loved us and sent his Son as expiation for our sins." 1 John 4:10

"I will give them a heart with which to understand that I am the Lord. They shall be my people and I will be their God, for they shall return to me with their whole heart." Jer 24:7

" 'I will put my laws in their hearts, and I will write them upon their minds' " Hebrews 10:16

"and that Christ may dwell in your hearts through faith" Ephesians 3:17

Say the following to Adore Jesus (Repeat in sections.)

Jesus, You are the Light of the World, / we adore You.

Jesus, You are our Light and our Love, / we adore You.

Jesus, You are the only truth, / we adore You.

Jesus, You are Emmanuel, / God with us, / we adore You.

Jesus, You are the King of Kings, / we adore You.

Jesus, You are the Lamb of God, / we adore You.

Jesus, You are the Prince of Peace, / we adore You.

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

Reflect on: "Set up your abode in this loving Heart of Jesus and you will there find lasting peace and the strength both to bring to fruition all the good desires He inspires in you, and to avoid every deliberate fault. Place in this Heart all your sufferings and

difficulties. Everything that comes from the Sacred Heart is sweet. He changes everything into love." ¹⁴ (Silence)

Reflect on the words of 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." (Silence)

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 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.

(A moment of silence.)

¹⁴ St. Margaret Mary



The Divine Praises

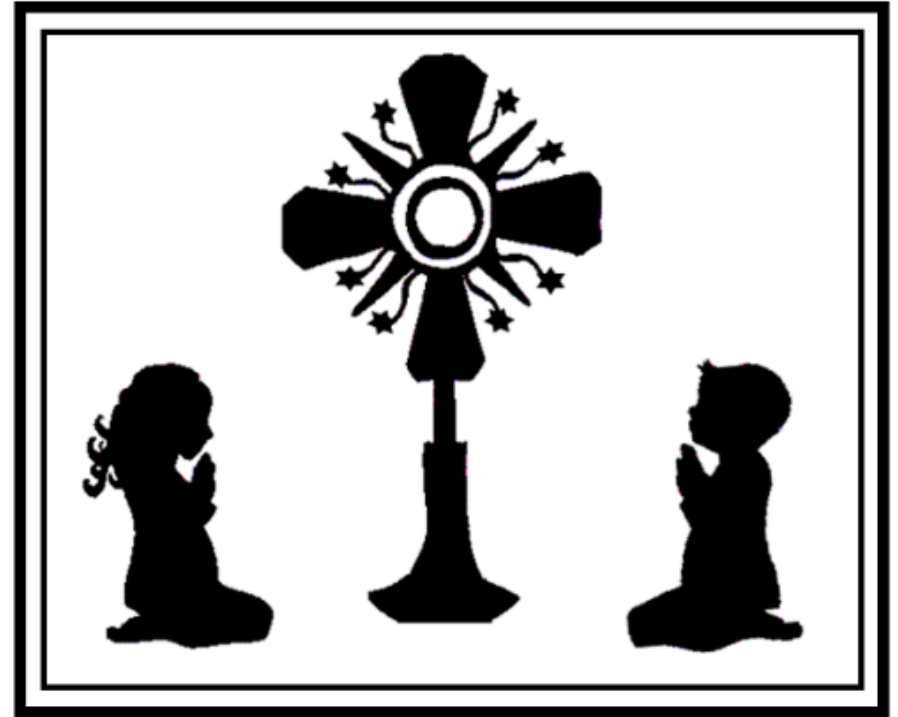
Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in His angels and in His Saints.

Repose Song: Holy God We Praise Thy Name

Holy God we praise Thy name; Lord of all we bow before Thee;
All on earth Thy scepter claim; All in heaven above adore Thee.
Infinite Thy vast domain, Everlasting is Thy reign! x2

Hark, the loud celestial hymn; Angel choirs above are raising;
Cherubim and Seraphim, In unceasing chorus praising,
Fill the heavens with sweet accord: Holy, holy, holy, Lord! x2

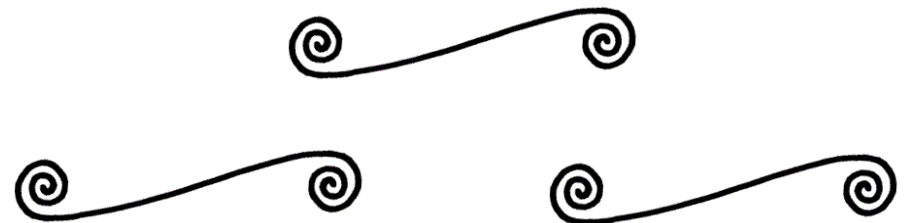
Holy Father, Holy Son, Holy Spirit: three we name Thee,
Though in essence only one; Undivided God we claim Thee,
And adoring bend the knee while we own the mystery. x2



Guided Children's Adoration

Exposition Song: We are the Children of the World

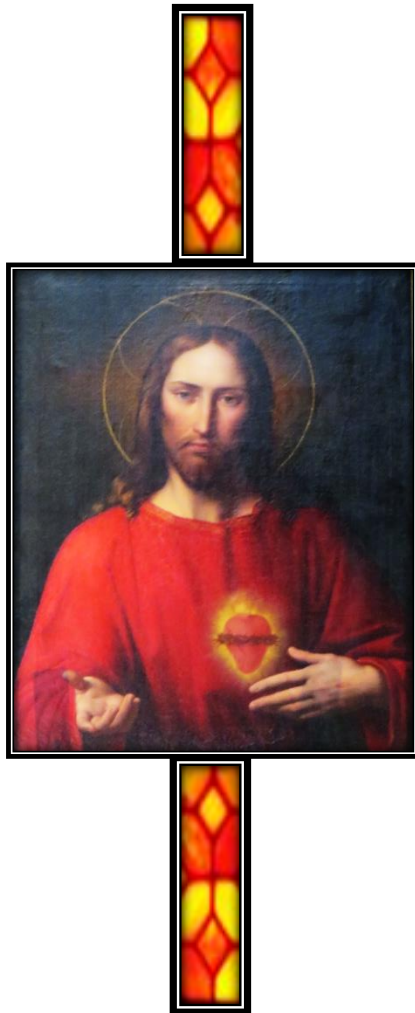
By Dana



Prayer to the Sacred Heart of Jesus

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You and with true sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Amen.

Song: You are My All in All by Nichole Nordeman



Cardinal Newman's Prayer to the Sacred Heart

Most sacred, most loving Heart of Jesus, You are concealed in the Holy Eucharist. I worship You with all my best love and awe, with deep affection, and with my most resolved will. For a while You take up Your home within me. O make my heart beat with Your Heart. Purify it of all that is earthly, all that is proud, of all perversity, and of all disorder. So fill it with You, that neither the events of the day, nor the circumstances of the time, may have the power to ruffle it; but that in Your love and Your fear, it may have peace. Amen.



Make My Heart Your Dwelling Place

By Jim Cowan 1986



References

Books:

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The Promises of the Sacred Heart, Father Lovasik S.V.D., Catholic Book Publishing Co.

Internet Resources:

[www.therealpresence.org](http://therealpresence.org), *The Real Presence: An elementary understanding of Jesus in the Sacrament of the Holy Eucharist* by Lee Ann Schoofs,
<http://therealpresence.org/eucharst/pea/element.htm>

Music:

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

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Make My Heart Your Dwelling Place: Jim Cowan. 1986

We are the Children of the World (answering His Call): Dana. Good Morning Jesus Album

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