



## **Guided Children's Hour of Adoration (With the Words of Pope Francis to Children Theme 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: Recognizing Jesus' Presence

Pope Francis Quote on the Church being Jesus' Family Home

Pope Francis Quote on the Children Being Precious in God's Eye

Reflection on the Two Quotes

Love Jesus

Intention's Based on Pope Francis' Prayer Request to Children

Pope Francis Quote & Reflection on the Little Things to Do to Make the World a Better Place

Feeling United with Jesus and Jesus Giving Courage

Repeat Line

Pope Francis Quote about a Special Secret – Prayer

5 Minutes of Quiet, Individual Prayer Time

A Reading from the Gospel of Mark 6:9-15

Homily

Transition Song: You Are by Aly Aleigha (if desired: Children Kneel before the Blessed Sacrament)

An Act of Spiritual Communion

Pope Francis Quote & Reflection on When You Have a Problem with Another Child

5 Minutes of Quiet, Individual Prayer Time Including Asking Jesus' Blessing on Others

Repeat Prayer from Pope Francis

Pope Francis Quote & Prayer on Jesus' Forgiveness Including Pondering Your Sins

Song: I Believe

Closing Prayer

Benediction and Divine Praises

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

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 With the Words of Pope Francis to Children Theme

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[As we wait for the students to file in and get settled, play reflective music in the background to encourage silence and reflection.]

\_\_\_\_\_ 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.]

Welcome!

We so blessed to have time with Jesus today/tonight. Tonight, we will spend time with Jesus guided by the words of our late Pope Francis spoken to the children of the world. Pope Francis began the first Catholic World Children's Day in May of 2024. The second Catholic World Children's Day will be in September of 2026.

Now, just our reminders. [as 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 your hands or fold them in prayer and keep your hands to yourself.
- you also need stay in your pew or on your mat.

**[Request parental assistance prior to Exposition:]**

Parents/teachers, our goal is to help our children know the value of spending time in Eucharistic Adoration, to teach them how they can use their time before the Blessed Sacrament, and to help them 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.

**[If appropriate:** Also, I thought we would try that if you parents feel 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....

Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord. Take a few deep breaths and feel the Lord's peace fill you.

Moment of silence. (30 seconds – 1 minute)

[Leader should be seated behind the children.]

\_\_\_\_\_ 3-minute mark  
in plan timing.

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

[The Blessed Sacrament is placed in the monstrance on the altar. The presider then kneels before the altar. If altar servers are available, the priest or deacon incenses the Blessed Sacrament.]

Priest/Deacon:

[The priest or deacon may begin the time of Adoration with a prayer, such as the following.]

Opening Prayer:

Lord,  
hear the prayers of your people  
gathered here before you.  
By this sacrament of love  
bring to maturity  
the seeds you have sown  
in the field of your Church;  
may many of your people choose to serve you  
by devoting themselves to the service of their brothers and sisters.

We ask this through Christ our Lord.

All:

Amen.

Moment of silence. (30 seconds)

Leader:

\_\_\_\_\_ 6-minute mark  
in plan timing.

**Key for Pauses**

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

Jesus, we see You now with our very own eyes! . . . We are here . . . and You are here . . . You

are our God! . . . we are Your people.

(small pause: 5-10 seconds)

Look closely now at the white Consecrated Host in the middle of the monstrance.

(small pause: 5-10 seconds)

See Jesus . . . before us see “God the Son Who redeemed us.” <sup>1</sup> (small pause: 5-10 seconds)

Look at Jesus and repeat after me.

Jesus, / I see Your Body, / Your Blood, / Your Soul, / and Your Divinity / in what looks like bread, / but is really and truly You.

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

We see You, Jesus . . . You are one in the three persons of the one, true God. “God the Father who created the world, God the Son who redeemed us and God the Holy Spirit.” <sup>2</sup>

(small pause: 5-10 seconds)

Jesus, You are joy! . . . Jesus, You are the Prince of Peace . . . You help us to build a world of peace. <sup>3</sup>

Guide us . . . Show us . . . Teach us. <sup>4</sup>

Looking at Jesus in the Eucharist, let us pray that together to our Prince of Peace: “Guide us . . . Show us . . . teach us.”

(small pause: 5-10 seconds)

\_\_\_\_\_ 9-minute mark  
in plan timing.

Please sit.

Pope Francis said to all the children of the world, “In fact, you have come here from all over the world, just like many brothers and sisters who meet one another in a big house. It's the big house that Jesus has given us: the Church is the family home and the Lord always receives us with an embrace, with a caress.” <sup>5</sup>

“I want to speak to *each of you*, dear children, because, as the Bible teaches us, and as Jesus

<sup>1</sup> World Children's Day, Trinity Sunday – Holy Mass, Homily of His Holiness Pope Francis, Saint Peter's Square, Sunday, 26 May 2024

<sup>2</sup> World Children's Day, Trinity Sunday – Holy Mass, Homily of His Holiness Pope Francis, Saint Peter's Square, Sunday, 26 May 2024

<sup>3</sup> Based on First World Children's Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>4</sup> Melissa Kirking

<sup>5</sup> “Children Meet the Pope – Let Us Learn from Boys and Girls” Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

showed so often, “you are precious” in God’s eye.”<sup>6</sup>

(small pause: 20 seconds)

Take a moment. Look around you. We are all brothers and sisters in Jesus’ big house, the Church.

(small pause: 20 seconds)

Now look at Jesus . . . look at Him, the Eucharist . . . He loves you! Oh how He loves you! . . . Jesus loves you so much that He created precious you in His image . . . He loves each one of you with a tremendous love . . . a huge love! . . . a love that fills you completely if you open your heart to Jesus . . . Jesus’ love that surrounds you like a gentle, beautiful bubble.

(small pause: 5-10 seconds)

Close your eyes now if you wish . . . feel . . . imagine Jesus’ embrace around you . . . a joyful embrace . . . hug . . . that helps you feel deep inside you . . . to your very core . . . that indeed . . . without a doubt . . . you are so very precious to Him.

(small pause: 20 seconds)

Let’s spend a moment just staying in His embrace.

(silence: 30-60 seconds)

Now using your own words or actions in the quiet of your heart or in a quiet whisper tell Jesus that you love Him.

Some suggestions are:

- Tell Jesus you love Him slowly 10x in a row
- Blow Jesus kisses
- Describe why you love Him
- Speak sweet words of love to Jesus

(silence: 30-60 seconds)

\_\_\_\_\_ 13-minute mark  
in plan timing.

We will now pray Prayers of Intentions based on what Pope Francis has asked children to pray for. Your response will be: “Lord, hear our prayer.”

<sup>6</sup> Message of the Holy Father for the First World Children’s Day (25 to 26 May 2024), 02.03.2024

For the children of the world “to pay attention to the stories of grown-ups; ~~you~~ their moms and dads, ~~you~~ their grandparents and great grandparents.” <sup>7</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

“For children who cannot go to school.” <sup>8</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

“For children who suffer because of wars.” <sup>9</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

“For children who have no food.” <sup>10</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

“For children who are sick but have no one to take care of them.” <sup>11</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

For “children and young people who are already battling illness and hardship.” <sup>12</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

For “children who are suffering at this time . . . from climate disasters.” <sup>13</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

For the children of the world “to build a world of peace, where we are all brothers and sisters.” <sup>14</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

For the soul of Pope Francis who has asked us to pray for him. <sup>15</sup> We pray to the Lord.

**All:** Lord, hear our prayer.

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<sup>7</sup> Author changed Pope quote to say “their” instead of “your.”

<sup>8</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>9</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>10</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>11</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>12</sup> Message of the Holy Father for the First World Children’s Day (25 to 26 May 2024), 02.03.2024

<sup>13</sup> “Children Meet the Pope – Let Us Learn from Boys and Girls” Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

<sup>14</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>15</sup> “And pray for me too. Thank you.” “Children Meet the Pope – Let Us Learn from Boys and Girls” Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

For your own personal intention. (small pause: 5-10 seconds) We pray to the Lord.

**All:** Lord, hear our prayer.

Lord, you always hear the prayers of your children.  
Hear these our prayers as we make them through Christ Our Lord.  
Amen.

(small pause: 5-10 seconds)

Pope Francis said, “With Jesus, we can dream of the renewal of our human family and work for a more fraternal (meaning friendly) society that cares for our common home. This starts with little things, like saying hello to others, asking permission, begging pardon, and saying thank you. Our world will change if we all begin with these little things, without being ashamed to take small steps, one at a time. The fact that we are small reminds us that we are also frail and need one another as members of one body (cf. *Rom* 12:5; *1 Cor* 12:26).”<sup>16</sup>

(small pause: 5-10 seconds)

Hear these little things that will help change the world for the better that Pope Francis talks about one more time:

- saying hello to others
- asking permission
- begging pardon
- saying thank you

(small pause: 5-10 seconds)

Ponder . . . think prayerfully about these little things that each of us can do. These are just a few. Take time to ask Jesus now what little things He wants you to do and how He wants you to do them.

(silence: 30-60 seconds)

Pope Francis reminds us that “we need, above all else, to be united with Jesus. From him we receive a great deal of courage.”<sup>17</sup>

(small pause: 5-10 seconds)

Take a moment to really feel united . . . joined . . . together . . . combined with Jesus.

(silence: 30-60 seconds)

When it is hard to make good choices that will please Jesus, ask Him to give you courage to do the little and the big things to make the world a better place for all brothers and sisters in Jesus’ big house, the Church.

<sup>16</sup> Message of the Holy Father for the First World Children’s Day (25 to 26 May 2024), 02.03.2024

<sup>17</sup> Message of the Holy Father for the First World Children’s Day (25 to 26 May 2024), 02.03.2024

(small pause: 5-10 seconds)

Looking at Jesus in the Eucharist, repeat after me:  
 Jesus, You are my hope.  
 Jesus, You are the answer to everything.  
 Jesus, I trust You.  
 Jesus, please give me courage at all times.

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

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

Pope Francis told the children of the world, "Now, I am going to share a special secret with you. If we really want to be happy, we need to pray, to pray a lot, to pray every day, because prayer connects us directly to God. Prayer fills our hearts with light and warmth; it helps us to do everything with confidence and peace of mind. Jesus constantly prayed to the Father." <sup>18</sup>

(small pause: 5-10 seconds)

We will take the next 5 minutes of quiet time to pray to Jesus. There are some ideas in the worship aid if you need some prayer options. Sit, kneel or humble yourself as you feel called.

(5 minutes of silence.)

Now stand for the Gospel:

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

✠ A Reading from the Holy Gospel according to Matthew<sup>19</sup>  
 Response: Glory to You O Lord

**The Lord's Prayer.**

This is how you are to pray:

Our Father in heaven,  
 hallowed be your name,  
 10 your kingdom come,  
 your will be done,  
 on earth as in heaven.  
 Give us today our daily bread;  
 12 and forgive us our debts  
 as we forgive our debtors;  
 13 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.  
 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

<sup>18</sup> Message of the Holy Father for the First World Children's Day (25 to 26 May 2024), 02.03.2024

<sup>19</sup> Mark 6:9-15

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

**Possible help for homily:**

Pope Francis said, “To prepare well for this (World Children’s Day), I would ask all of you to pray the same prayer that Jesus taught us – the *Our Father*. Recite it every morning and every evening, in your families too, together with your parents, brothers, sisters and grandparents. But not just by saying the words! Think about those words that Jesus taught us. He is calling us and he wants us to join actively with him, on this World Children’s Day, to become builders of a new, more humane, just and peaceful world. Jesus, who offered himself on the Cross to gather all of us together in love, who conquered death and reconciled us with the Father, wants to continue his work in the Church through us.”<sup>20</sup>

“When we pray to God the Father, what is the name of the prayer that we all pray together? [Respond: Our Father] We always ask God, in the Our Father, to accompany us in life and to help us grow.”<sup>21</sup>

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

**Leader:**

[If in a small group setting, you may choose to do the following: We will have our transition song now. During the following song, you can 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 kneel before Jesus and ask Him to make you holy.** Then stand, bow to Jesus, make the Sign of the Cross, 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 by Aly Aleigha (booklet)

\_\_\_\_\_ 38-minute mark  
in plan timing.

Let’s pray together An Act of Spiritual Communion.

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.

<sup>20</sup> Message of His Holiness Pope Francis for the First World Children’s Day 25-26 May 2024

<sup>21</sup> World Children’s Day, Trinity Sunday – Holy Mass, Homily of His Holiness Pope Francis, Saint Peter’s Square, Sunday, 26 May 2024

Never permit me to be separated from You.  
Amen.

(small pause: 5-10 seconds)

Pope Francis gives simple beautiful advice. He said, “What must I do when I have a problem with another child? . . . Apologizing and forgiving... and asking . . . Make peace... In our neighbourhood, when we play with children at school, at times there is something, some fight, . . . What must we do? . . . we make peace . . . by forgiving and apologizing.”<sup>22</sup>

Pope Francis tells us what we can do when we are angry so we can take a moment to react with love, not anger. He told the children, “When I was a child, a person who helped me a lot in my life once told me: “When you are angry, drink a glass of water before answering back”. This is good advice.”<sup>23</sup>

(small pause: 5-10 seconds)

Take time now to talk to Jesus about a time or two that you had a fight with someone . . . a sibling . . . a friend . . . a classmate. Talk to Him about how you handled the fight. Ask Him if you could have done something better. Ask Him to help you in future fights.

(silence: 30-60 seconds)

Pope Francis asked that, “now in silence, . . . each one of you can think about your family, think about all the people to whom you would like this blessing to reach. May God Almighty bless you, Father, Son and Holy Spirit.”<sup>24</sup>

Prostrate or kneel – adorer’s choice.

**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.**

We will spend about 4 – 5 minutes in prayer Please kneel.

Let’s do that now. Ask Jesus in front of us in the Eucharist to bless your family and friends. Name their names . . . as many as you would like Jesus to bless . . . Jesus, please bless my mother . . . Jesus, please bless my friend, Sandra

When you are done asking Jesus to bless people spend some quiet time listening to Jesus.

<sup>22</sup> First World Children’s Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

<sup>23</sup> “Children Meet the Pope – Let Us Learn from Boys and Girls” Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

<sup>24</sup> “Children Meet the Pope – Let Us Learn from Boys and Girls” Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

(Try for 5 minutes of silence.)

Looking at Jesus in the Eucharist, repeat after me a prayer from Pope Francis:

“Come, Holy Spirit,  
show us your beauty,  
reflected in the faces  
of children all over the world.  
Come, Jesus,  
you who make all things new,  
who are the way that leads us to the Father,  
come and remain with us always.  
Amen.”

\_\_\_\_\_ 45-minute mark  
in plan timing.

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

Pope Francis said, “Never forget this: Jesus forgives everything and always, but we must have the humility to ask for forgiveness.”<sup>25</sup>

Ponder and pray, have you committed any sins? If so, tell them to Jesus.

(silence: 30-60 seconds)

Looking at Jesus, repeat after me the prayer of Pope Francis:

“Forgive me, Lord, / I have done wrong. / I am weak. / Life has many difficulties / but you forgive everything. / I would like to change my life / and you will help me.”<sup>26</sup>

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

Shortly, we will be saying our ending prayers. Take a quiet moment with Jesus to say good-bye before we start our closing prayers.

**Moment of silence. (30 seconds)**

Pope Francis tells us, “Dear children, let us go ahead with joy. Joy is good for the soul.”<sup>27</sup>

Let us, too, go with joy back to our daily lives.

Please kneel.

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

\_\_\_\_\_ **\*\* 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>25</sup> World Children's Day, Trinity Sunday – Holy Mass, Homily of His Holiness Pope Francis, Saint Peter's Square, Sunday, 26 May 2024

<sup>26</sup> World Children's Day, Trinity Sunday – Holy Mass, Homily of His Holiness Pope Francis, Saint Peter's Square, Sunday, 26 May 2024

<sup>27</sup> First World Children's Day, Greetings of His Holiness Pope Francis, Olympic Stadium, Saturday, 25 May 2024

Song: I Believe (booklet)

(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. <sup>28</sup>]

**Priest/Deacon:**

Let us pray.

After a brief period of silence, the presiding minister continues:

Lord Jesus Christ,  
 we worship you living among us  
 in the sacrament of your body and blood.  
 May we offer to our Father in heaven  
 a solemn pledge of undivided love.  
 May we offer to our brothers and sisters  
 a life poured out in loving service of that kingdom  
 where you live with the Father and the Holy Spirit,  
 one God, for ever and ever.

**All:**

Amen.

Moment of silence. (30 seconds)

**Leader:**

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

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. <sup>29</sup> During the blessing, servers may incense and ring the bells, according to local tradition.]

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<sup>28</sup> No 98 Holy Communion & Worship of the Eucharist Outside Mass

<sup>29</sup> No 99 Holy Communion & Worship of the Eucharist Outside Mass

**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)

## 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.]

Let's ponder Pope Francis words about food, "Please, do not waste, do not waste your food because there are many people who do not eat; always consume your meals, do not throw them away. Food is a grace from God. . . . And if there are some leftovers from lunchtime, eat them in the evening but do not throw away food." <sup>30</sup>

Consider what you can do and the choice you can make to not waste this grace from God.

"All of you, girls and boys, are a source of joy for your parents and your families, but also for our human family and for the Church, in which each of us is like a link in a great chain stretching from the past to the future and covering the whole earth. That is why I encourage you to pay attention to the stories of grown-ups: your moms and dads, your grandparents and great grandparents."

Pope Francis tells us, "There is a gesture: peace is made with the hand outstretched, with the hand of friendship, outstretched, always trying to involve other people, to go together. An outstretched hand. . . . make a gesture, all together: an outstretched hand, all together, you too, all together. Peace is made with an outstretched hand, greeting friends, welcoming everyone at home. Peace is made with the heart and with outstretched hands." <sup>31</sup>

Imagine now making this gesture of peace, an outstretch hand, to the people you love . . . the people you are friends with . . . the people you just meet . . . and the people that bother you.

Pope Francis tells that, "We have to learn to safeguard creation, to safeguard nature and not to "dirty" nature." <sup>32</sup>

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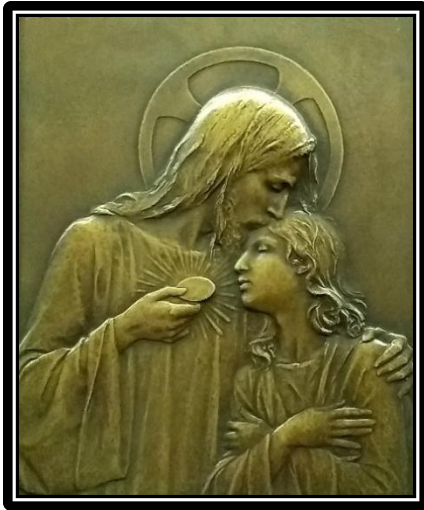
<sup>30</sup> "Children Meet the Pope – Let Us Learn from Boys and Girls" Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

<sup>31</sup> "Children Meet the Pope – Let Us Learn from Boys and Girls" Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

<sup>32</sup> "Children Meet the Pope – Let Us Learn from Boys and Girls" Address of His Holiness Pope Francis to Children from Various Parts of the World, Paul VI Audience Hall, Monday, 6 November 2023

Take a moment now to ask Jesus what you personally can do to keep nature . . . the world He created . . . safe.

“Instead, when we are all together, everything is different! Think of your friends, and how great it is to spend time with them: at home, at school, in the parish and the playground, everywhere. Playing, singing, discovering new things, having fun, everyone being together and excluding no one. Friendship is wonderful and it grows only in this way: through sharing and forgiving, with patience, courage, creativity and imagination, without fear and without prejudice.”



### **The Divine Praises**

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

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

Blessed be the Holy Spirit, the Paraclete.

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

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

### **Repose Song: Holy God We Praise Thy Name**

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

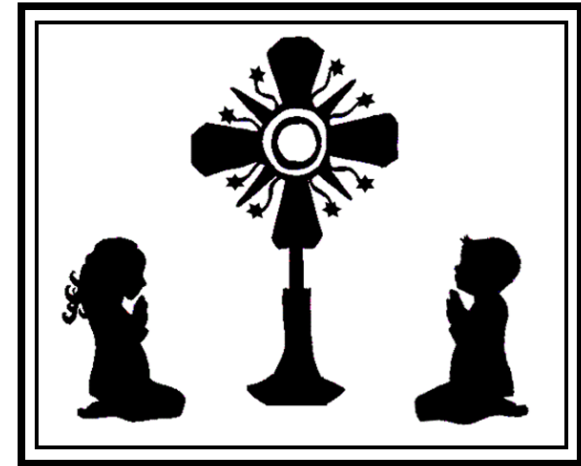
All on earth Thy scepter claim; All in heaven above adore Thee.

Infinite Thy vast domain, Everlasting is Thy reign! x2

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

Cherubim and Seraphim, In unceasing chorus praising,

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



## **Guided Children's Adoration**



### **Exposition Song: Come Adore**

Gather: Comprehensive #888

Come adore this wondrous presence, Bow to Christ the source of grace. Here is kept the ancient promise of God's earthly dwelling place. Sight is blind before God's glory, Faith alone may see His face.

Glory be to God the Father, Praise to His co-equal Son,  
Adoration to the Spirit, bond of love in God-head one.  
Blest be God by all creation, Joyously while ages run.



## Prayer Options

Pray and ponder these words from Pope Francis: “The fact is that we cannot be happy all by ourselves, because our joy increases to the extent that we share it. Joy is born of gratitude for the gifts we have received and which we share in turn and it grows in our relationships with others. When we keep the blessings we have received to ourselves, or throw tantrums to get this or that gift, we forget that the greatest gift that we possess is ourselves, one another: all of us, together, are “God’s gift.” Other gifts are nice, but only if they help us to be together. If we don’t use them for that purpose, we will always end up being unhappy; they will never be enough.”

### Pray the Divine Mercy Chaplet

In a slow, prayerful way say, “Jesus, I hope in You!” ten or even twenty times.

### Prayer the Act of Hope

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

Tell Jesus about anything that is bothering you . . . upsetting you . . . or you are sad about.

Pray and ponder these words from Pope Francis: “the Earth gives us everything to live on: it gives us oxygen, it gives us water, it gives us herbs, it helps us to live. If we destroy the Earth, we destroy ourselves.”<sup>1</sup>

## You Are by Aly Aleigha



## Song: I Believe

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

Your blood, Your body,  
Your soul, and Your divinity,  
Jesus, truly present  
In this most Blessed Sacrament

I believe, I believe, I believe it's true  
I believe, I believe, I believe it's You

I believe, I adore You,  
I hope, and I love You,  
Jesus, truly present  
In this most Blessed Sacrament

## References

### Books:

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### 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.

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

*I Believe: Words and Music for Eucharistic Adoration* by Karl Kohlhase, 2008, [www.k4communications.com](http://www.k4communications.com). Song/words used with permission by Karl Kohlhase. Permission is granted to copy the song's words for use of the worship aide/booklet for Adoration. (It can be heard on his website <http://www.k4communications.com/karl/recordings.html> under the album title, "Bread Of Life: Eucharistic Reflections")

*You Are: Jealous Love*, Aly Aleigha