



**Guided Children's Hour of Adoration:
Younger/Preschool Children
(Advent: Joyful Waiting Theme Overview)**

Intro

Exposition of the Eucharist - Kneeling and Song: You Are My All in All

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

Advent Waiting

Excitement for Jesus' Love and Heaven

Repeat after Line

I hope, I hope Reflection

Repeat after Line

Prostrate

Advent Watching

Repeat after Lines

Closing Thoughts

Song: Away in a Manager

Benediction and Divine Praises

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

Based on previous plans' rubrics that have been published with the approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

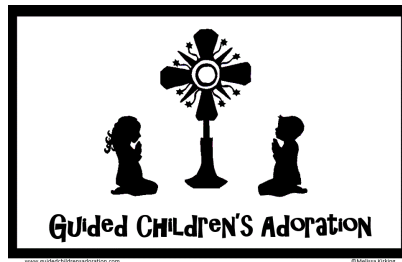
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Guided Eucharistic Adoration for Younger/Preschool Children Advent: Joyful Waiting

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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 13 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: Color Sheets]

We are about to spend time with Jesus in Eucharistic Adoration. I want to explain a little bit more about what we will be doing. Jesus in the form of Communion bread is placed inside the Monstrance. You can see Jesus in the form of a white host -- a white circle in the clear center of the Monstrance. (Physically point to/show the clear window out to the children before exposition. This helps reinforce where the children will see our Eucharistic Lord.)

Raise your hand if you remember seeing the priest lift-up the big white host . . . the big white circle during Mass? (pause) That is Jesus, just like He will be with us today. If you don't remember, look for the host at Mass this Sunday.

Quietly nod your head yes or no. When I say look at Jesus during our Adoration time, do I mean this is Jesus? [Point to the actual gold on the monstrance. Pause to look at the children.] No. Well then, would you look here? [Point to the currently empty window in the monstrance. Pause to look at the children.] Yes!

The host looks like bread but is really God . . . Jesus. His Body, His Blood, His Soul, and His Divinity, His kingship.

Oh, how Jesus loves us! . . . Oh, how Jesus loves you!

We want to be able to show Jesus our listening ears during Adoration. I want to see your listening ears. [Model your hand cupped behind your ear.]

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, keep your hands to yourself.
- You also need to stay in your pew or on your mat.

[Request catechist assistance prior to Exposition:]

Catechists, as we all know, the children need redirecting at times. I ask that you help encourage and guide them to show reverence before our Sacramental Lord with the items I just talked to them about.

[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....]

Please kneel. Kneeling shows Jesus we know He is our King.

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

(pause: about 15 seconds)

_____ 3 minute mark
in plan timing.

[Leader should be seated behind the children.]

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: You Are My All in All.

[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: (With age and experience, more of the Opening Prayer can be added.)
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,

All: Amen.¹

Moment of silence. (15-30 seconds)

_____ 5 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

Leader:

Look at Jesus . . . the white Host . . . in the clear window . . . Jesus has been waiting with joy knowing that you were coming to visit Him today. . . . He is so happy that you are here!

Jesus, right now, we see You with our eyes as white circular bread. . . .

Children, now close your eyes . . . picture Jesus as a baby in His mother's arms. (small pause: 3-5 seconds) Jesus, right now we see You in our minds as a sweet baby . . .

Please open your eyes and see Jesus as the Eucharist . . . as the bread again. (small pause: 3-5 seconds) Show me with your hand where Jesus is. (Pause long enough so the children can point to the Eucharist. Encourage them if needed.)

Jesus, You are both . . . the bread and the baby . . . because You are God and You can do anything! (small pause: 3-5 seconds)

Looking at Jesus, repeat after me:
Jesus, / I know You are here.

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

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

Please sit.

Right now, we are in a special church season called Advent which is after Thanksgiving, but **before** Christmas. During Advent, we **wait** with excitement and joy for the birth of baby Jesus.

We are waiting and hoping for Christmas right now! We get excited and feel happiness inside us as Christmas day, which is Jesus' birthday, gets closer and closer.

Look at Jesus, the white Host in the clear window and repeat after me:

"Jesus, / I am so excited / that your birthday is coming!"

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

As we get excited about Jesus being born a baby, we can get excited that God loves us and wants us to join Him in Heaven.

Nod your head to let Jesus know **you** are excited that He loves you so much. (Pause long enough so the children can nod. Encourage them if needed.)

Look at Jesus in the clear window and repeat after me:

"Jesus, / I am so excited / that you want me / to join You in Heaven!"

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

As Christmas comes closer, we are excited about Jesus coming **and** Jesus wanting us with Him in Heaven.

We also get excited about the gifts that we will get on Christmas day which is okay. We just want to make sure that we are even **more** excited about Jesus coming to earth as a baby to save us.

Every time you think, I hope, I hope I get such and such for Christmas add on an extra prayer, "I hope, I hope that my heart has lots of room for baby Jesus this Christmas."

Right now, think about something on your Christmas wish list . . . now look at Jesus in the clear window and repeat after me:

"Jesus, / I hope, I hope / that my heart has / lots of room / for baby You / this Christmas."

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

_____ 9 minute mark
in plan timing.

A minute of silence.

There are times that we run and play and talk with our friends and times that we are real still and quiet with Jesus. This is going to be one of those moments when we are still and quiet with Jesus.

Close your eyes or place your hands on your face so nothing distracts you from being still.

Be as still as you can . . . Don't move at all . . . Close your eyes. . . . Slow your breathing . . . just be still with Jesus.

(Praise if needed:

- That is good, you have been silent for 10 - 30 seconds [depending on group], let us see if you can be still and silent for another 10 -30 seconds.
- Good! Most of you are being so quiet. Now let's keep our feet and hands oh so still.)

(Repeat as needed)

(Try for 1 minutes of silence. It is important that children have at least some time of quiet which will grow in length as the children grow in age and experience.)

Open your eyes.

_____ 11 minute mark
in plan timing.

We are excited during Advent as we wait for Jesus' birthday. We can also become watchful which means looking with extra care as we wait for Christmas to come.

Where should we look? Look carefully for people being kind and showing love to others just like Jesus shows us His love. You can look for loving people at home, in the grocery store, at the playground, or anywhere else . . . Nod your head if you think you can do that - look for people being loving like Jesus. (Pause long enough so the children can nod. Encourage them if needed.)

You can carefully look around to see if anyone is sad. Then you can show them love because we know Jesus gives love. You can joyfully say a prayer or help the person even a smile could help. Nod your head if you think you can do that - say a prayer for someone having a bad time or do something to help him. (Pause long enough so the children can nod. Encourage them if needed.)

Another place you can be a careful looker is at Mass. Be watchful! Watch for the priest to lift up the big white Host - lift Jesus. Listen for the bells ringing during Mass. The bells remind you to look at Jesus. When you see the priest hold Jesus as bread or wine up high on the altar and hear the bells, be sure to whisper to Jesus, "I love You."

Let us practice being watchful now. Look carefully at Jesus, the white Host, lifted high in the window of the monstrance on the altar. Show me with your hand where Jesus is.

(Pause long enough so the children can point to the Eucharist. Encourage them if needed.)

. . . Look at Him with joy! . . . Smile at Him now and whisper, "Jesus, I love You."

(Encourage the children to whisper "I love You" if needed.)

Who has seen an angel statue, an angel picture, or an angel ornament . . . The angels waited for Jesus to be born just like we are. When you see an angel, you can say, "Jesus, I am waiting for You like this angel with joy."

Let us tell that to Jesus now:

"Jesus, / I am waiting for You / like this angel / with joy!"

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

We have just a moment left before we start our good-bye songs and prayers. Take a quiet moment to tell Jesus whatever you want.

Moment of silence. (15-30 seconds)

Look carefully at Jesus one more time and blow Jesus kisses to show your love for Him.

(Pause long enough for the children to blow Jesus kisses.)

_____ 14 minute mark
in plan timing.

Please kneel.

We will sing Jesus a song about what we are waiting to see Christmas morning.

Song: Away in a Manger (repeat after me fashion)

[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. ²]

² No 98 Holy Communion & Worship of the Eucharist Outside Mass

Priest/Deacon:

Let us pray. (With age and experience, more of the Closing Prayer can be added.)

After a brief pause for silent prayer, the presiding minister continues:

Lord our God,
You have given us the true bread from heaven.

All: Amen. ³

Moment of silence: (15-30 seconds)

Leader:

Father/Deacon will now do Benediction, a blessing from Jesus. **Talk the children through Benediction:** Look! Don't miss your special blessing from Jesus! Father's/Deacon's hands are not touching the monstrance, they are covered in cloth. This means the blessing comes right from Jesus, not Father/Deacon. Keep your eyes on the Eucharist! Jesus' blessing comes from the Host like rays of sunshine covering you in His love. He covers you with love even if you can't feel it or see it. O, how Jesus loves you! Receive your blessing by making the Sign of the Cross.

[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. ⁴ 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.]

We will now repeat a few of The Divine Praises ⁵ after Father/Deacon. **Repeat after the presider.** (With age and experience, more lines of the Divine Praises can be added.)

³ No 226 Holy Communion & Worship of the Eucharist Outside Mass

⁴ No 99 Holy Communion & Worship of the Eucharist Outside Mass

⁵ Repeating a few of the Divine Praises, but not all, expose the children to the beauty of the Praises, but allow the children to slowly learn all the Divine Praise over time just like the children learn to be silent for longer periods of time with age and experience.

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

The priest/deacon reposes the Blessed Sacrament and Song: You Are My All in All

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.]

Hundreds of years ago, people did not celebrate Christmas as we do now - no tree, carols, and probably not even presents. St. Francis thought that the birth of Jesus should be remembered in a special way. He took time in Advent to get ready a Christmas surprise for the people of the town. St. Francis wanted the town people to feel joy and excitement as they waited to see the Christmas surprise. By Christmas Eve, lots of people had heard of the surprise and people came from all around. St. Francis had built the first nativity scene - a holy scene with a full-sized manger with hay plus a live donkey and ox. God was so pleased that He allowed St Francis to hold the real Baby Jesus and some of the townspeople saw St Francis do so.

We will now say some lines taken from The Divine Praises written by St. Francis to help us get our hearts ready for Jesus' birth. Look at Jesus in the Monstrance or close your eyes. Repeat after me:

Jesus, / You are holy, Lord, / the only God, / and Your deeds are wonderful.
 Jesus, / You are strong. /
 Jesus, / You are great. /
 Jesus, / You are the Most High. /
 Jesus, / You are love. /

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

It is important for Jesus to know we love Him, so looking at Jesus, repeat after me: O Jesus, I love You! (Silence) x 2 or 3

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

The "Our Father" is a prayer that Jesus gave us. He taught us the words so think of the importance of these words. Let's say the "Our Father" together slowly and very thoughtfully, focusing on the words.

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.

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.)

Away in a Manger: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994.

You Are My All in All: Girls of Grace, Nichole Nordeman.